

# SEPTEMBER

## FLEET AND FAMILY SUPPORT CENTER EVENTS AND WORKSHOP CALENDAR

RESERVATIONS REQUIRED FOR ALL WORKSHOPS 1 WEEK IN ADVANCE. FOR RESERVATIONS OR QUESTIONS, PLEASE CONTACT THE FLEET AND FAMILY SUPPORT CENTER 760-939-4545 OR EMAIL US AT [NAWSCL\\_FFSC@US.NAVY.MIL](mailto:NAWSCL_FFSC@US.NAVY.MIL).



### ACTIVE PARENTING: FIRST 5 YEARS

Pre-registration is required. For parents and caregivers of littles. Learn child development principals along with age-appropriate behaviors utilizing ages and stages in this 4-part interactive series. We will focus on encouraging positive behaviors, preventing problems and learn methods for positive discipline.

Session 1: You and Your Child

**September 8 - 9 am**

Session 2: Preventing Problems

**September 9 - 9 am**

Session 3: Encouraging Positive Behavior

**September 10 - 9 am**

Session 4: Preparing for School Success

**September 11 - 9 am**

### Mind Body Mental Fitness Program

Learn to enhance the mind, body, spirit, and social domains in one's life. MBMF teaches proactive pathways to achieve mental fitness and gives you the tools to manage stress.

Module 1: Stress Resilience

**September 2 - 2 pm**

Module 2: Mindfulness and Meditation

**September 9 - 2 pm**

Module 3: Living Core Values

**September 16 - 2 pm**

Module 4: Flexibility

**September 30 - 2 pm**

Module 5: Problem Solving

**October 7 - 2 pm**

Module 6: Connection

**October 14 - 2 pm**



### EFMP Coffee & Chaos

**September 3 - 4 pm**

We invite you to bring your little ones to play while you have coffee and learn about advocacy tips for parents with children in the Exceptional Family Member Program (EFMP).

### (VIRTUAL) Suicide Prevention GMT

**September 9 - 2 pm**

This training on Microsoft Teams will provide the tools, resources, and confidence to recognize someone at risk and how to intervene. Learn suicide risk and protective factors, warning signs, lethal means safety, and active postvention.

### New Spouse Welcome Aboard

**September 5 - 10 am**

Connect with fellow military spouses, explore local gems, and dive into valuable insights on military programs. Special focus on resources for our foreign-born spouses!

### (VIRTUAL) EFMP: Resources & Support

**September 8 - 8 am**

This VIRTUAL workshop is a place for Exceptional Family Member Program (EFMP) families to come and gain value insight into the EFMP program and resources needed to support a your EFMP family member and gain insight from other EFMP families.

### Car Buying

**September 9 - 9 am**

Get the knowledge and skills to conduct adequate research on a new car purchase. Learn to determine how much you can afford to spend on a car and how to negotiate a fair price.



### Stress Management 101

**September 10 - 10 am**

Identify and learn how to establish personal accountability strategies, to reduce stress at work and in the home.

### EFMP POC Training

**September 11 - 2 pm**

**(VIRTUAL) September 15 - 8 am**

Exceptional Family Member Program (EFMP) Point of Contact Training. Assists all Commands in developing and establishing an EFMP Point of Contact program. Command designated POC assist to enhance communication and support, to orient EFMP families at INDOC and refer to EFMP Medical and Fleet & Family EFMP.

### Family Advocacy Program 101

**September 11 - 2 pm**

Overview of the Family Advocacy Program (FAP) prevention and intervention process.



SCAN TO JOIN  
OUR FACEBOOK  
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### FAP Leadership Orientation Training September 11 - 3 pm

This 1.5-hour training fulfills the Family Advocacy Program (FAP) training requirements for OPNAVINST 1752.2C for new Commanding Officers to be oriented to the Family Advocacy Program in the local area within 90 days of assuming command. Meets the annual training requirements for Senior Enlisted Advisors.

### Developing a Spending Plan September 16 - 10 am

Get the tools to help you develop financial goals and a written plan to achieve those goals. Complete a spending plan that includes income, savings, expenses, indebtedness, a summary, and an action plan.

### Thrift Saving Plan (TSP) September 16 - 3 pm

Learn how the Thrift Savings Plan (TSP) can contribute to your financial security during retirement.

### SAPR - Spouse Orientation September 18 - 11 am and 3 pm

Overview of the Sexual Assault Prevention and Response (SAPR) program for spouses and dependents (over 18) of service members. Know your options, resources, intervention skills, and information on how you can support others who experience sexual violence.

### EFMP: 504 and IEP- What do they mean? September 18 - 3 pm

This workshop addresses the differences between 504 plans and Individual Education Plans (IEP) and how to advocate for your child to receive the proper services needed for their individual needs.

### (VIRTUAL) Navigating Federal Employment

September 22 - 8 am

Discover the latest federal employment information and resources, and learn how to create the perfect federal employment resume from the experts.

### Sexual Assault Case Management Group (SACMG) Training September 22 - 11 am

This training is for new Commanding Officers, Executive Officers, Senior Enlisted Leaders, or Officers in Charge. It orients them to their responsibilities and the SAPR Case Management Group process, fulfilling CINCPINST 1752.4 requirements and is required before attending SACMG.

### Sexual Assault Response Program Command Leadership Training September 22 - 12 pm

This 1-hour training fulfills the SAPR training requirements for OPNAVINST 1752.2C for new Commanding Officers, Executive Officers, Senior Enlisted Leaders, or Officers in Charge to be oriented to the SAPR program within the mandatory 30 days of assuming command.

### CFS Quarterly Forum September 23 - 3 pm

Explore the four pillars of our PFM program: education, counseling, consumer advocacy, and information & referrals. Open to all CFSs, senior enlisted advisors, and command career counselors. Additional CFS Course Dates available upon request.

### (VIRTUAL) Acing the Interview

September 25 • 10 am

Make your dream job a reality! Learn the best strategies in this virtual workshop to interview so you can land that perfect job.

### (VIRTUAL) New Spouse Welcome Aboard September 25 - 1 pm

Connect with fellow military spouses, explore local gems, and dive into valuable insights on military programs. Special focus on resources for our foreign-born spouses!

### Ombudsman Training (OBT) - In-Person

To register, reach out to Deborah Edwards 760-939-4553. Registration ends September 15. This in-person workshop series is a mandatory 17.5-hour course that provides appointed Ombudsman with the knowledge and skills needed to be successful in their volunteer role. Must attend all workshops for Ombudsman certification.

September 29 - 5 pm - 9:30 pm

September 30 - 5 - 9:30 pm

October 1 - 5pm - 9:30 pm

October 2 - 5 pm - 9:00 pm

### Conflict Management September 29 - 10 am

Apply collaborative problem-solving techniques to create positive outcomes from conflict situations.

### TAP Class

September 29 - October 1 - 8 am

This class is your compass for a smooth journey into civilian life. Registration required through your Command Career Counselor.

CALL. TEXT. CHAT. 24/7

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LIFELINE

### TAP Track - Education October 2-3 - 8 am

From the basics to choosing a field of study, selecting the right institution, gaining admission, and securing funding we've got your academic journey.

### TAP Track - Employment October 2-3 - 8 am

Chart Your Career Course! Join Tap Track workshop for a comprehensive introduction to the tools and resources essential for evaluating career options.

### Deployment Workshops By Appointment, Virtual Classes Available

Get the skills and resources needed to prepare for and manage the realities of separation and reintegration.

### Volunteer Orientation By Appointment

Discover Fleet and Family Support Center volunteer opportunities with flexible schedules and various learning experiences.

### Relocation Workshops By Appointment, Virtual Classes Available

Whether you are settling in or departing from a duty station, the relocation program can make the transition easier for you and your family.

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