

DECEMBER

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.



Mind Body Mental Fitness (MBMF)

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

Dec 3 • 2 PM

Module 2: Mindfulness and Meditation

Dec 5 • 2 PM

Module 3: Living Core Values

Dec 10 • 2 PM

Module 4: Flexibility

Dec 12 • 2 PM

Module 5: Problem Solving

Dec 17 • 2 PM

Module 6: Connection

Dec 19 • 2 PM



Thrift Savings Plan Dec 3 • 10 AM

What are the benefits of participating in the TSP, and what is difference between traditional and Roth TSP options? Learn how the Thrift Savings Plan (TSP) can contribute to your financial security during retirement.

Navigating Federal Employment Dec 3 • 2 PM

Get the latest information and resources to navigate the federal employment process. Learn tips from the experts on how to create the perfect federal employment resume.

Holiday Destress Multi-series

Holidays often come with the stress of family gatherings that are rarely stress-free. During this three-part series workshop, we will explore several ways to reduce stress during the holiday season.



Establish Healthy Boundaries

Dec 3 • 3 PM

Setting healthy boundaries helps us prioritize and communicate our needs to others. Learn to maintain healthy boundaries while still enjoying the holiday season.

Toddler Take Over Dec 4 • 9 AM

Come meet other parents and learn tips and strategies to use during the toddler years. We welcome you to bring your toddlers to play while you learn.

SCAN TO
RECEIVE FFSC
TEXT ALERTS.





DECEMBER

FLEET AND FAMILY SUPPORT CENTER EVENTS AND WORKSHOP CALENDAR

RESERVATIONS REQUIRED FOR ALL WORKSHOPS 1 WEEK IN ADVANCE. PLEASE CONTACT THE FLEET AND FAMILY SUPPORT CENTER FOR RESERVATIONS OR QUESTIONS AT 760-939-4545 OR EMAIL US AT NAWSCL_FFSC@US.NAVY.MIL

Acing the Interview

Dec 4 - 10 AM

Make your dream job a reality! Gain information and resources to develop expert interview skills.

Job Search Strategies

Dec 4 - 2 PM

Are you looking for employment? Would you like to learn how to find, federal, state, county local or remote jobs? Attend this workshop to get the information you need to find jobs.

Family Advocacy

Program 101

Dec 5 - 2 PM

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

Balanced Parenting with Teens

Dec 5 - 3 PM

Teens raised with a careful blend of security and freedom usually become healthy, well-rounded individuals. Learn strategies that have been shown to help with behavior and effective communication with teens.

Sponsorship Training

Dec 10 - 10 AM

Pre-registration is required. Review the role of the Sponsor and discuss each stage of the program. Provides incoming personnel with communication, support, and relocation assistance to meet the Sailor's needs.

Home Buying

Dec 10 - 3 PM

Determine if you are ready to purchase a home. Learn how to choose a real estate agent and mortgage.

New Spouse Welcome

Aboard

Dec 11 - 9 AM

You are not alone. Attend this workshop to learn about the area, meet other spouses, learn about local military programs, and get information about resources for foreign born spouses.

Debt Destroyer

Dec 11 - 2 PM

Get control of your financial affairs, develop financial goals, and develop a budget that can put you on the path to wealth!

Parenting Practices & Styles

Dec 11 - 4 PM

During this workshop, we will explore various parenting styles and practices that can be used for a balanced parenting approach.

Consumer Awareness

Dec 17 - 2 PM

Master the art of deterring, detecting and defending against consumer fraud. Learn to identify and protect yourself from misleading and fraudulent consumer practices.

Virtual Navigating Federal Employment Workshop

Dec 18 - 2 PM

Learn tips from the experts on how to create the perfect federal employment resume. Call 760-939-4553 or email Debroah.a.edwards57.naf@us.navy.mil to receive link to attend.



Deployment Workshops By Appointment

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

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

SCAN TO
RECEIVE FFSC
TEXT ALERTS.

@ffscchinalake



The
Fleet & Family Support
Center

DECEMBER



FLEET AND FAMILY SUPPORT CENTER EVENTS AND WORKSHOP CALENDAR

RESERVATIONS REQUIRED FOR ALL WORKSHOPS 1 WEEK IN ADVANCE
PLEASE CONTACT THE FLEET AND FAMILY SUPPORT FOR RESERVATIONS OR QUESTIONS 760-939-4545



Mindfulness and Meditation
Dec 5 • 2 PM



Thrift Savings Plan
Dec 1 • 10 AM



Toddler Take Over
Dec 4 • 9 AM



New Spouse Welcome Aboard
Dec 11 • 9 AM



WORKSHOPS
By Appointment

FFSC VOLUNTEERS NEEDED | RELOCATION WORKSHOPS BY APPOINTMENT | INFO: 760-939-4545



DECEMBER



FLEET AND FAMILY SUPPORT CENTER EVENTS AND WORKSHOP CALENDAR

RESERVATIONS REQUIRED FOR ALL WORKSHOPS 1 WEEK IN ADVANCE

PLEASE CONTACT THE FLEET AND FAMILY SUPPORT FOR RESERVATIONS OR QUESTIONS 760-939-4545



Mindfulness and Meditation
Dec 5 • 2 PM



Thrift Savings Plan
Dec 1 • 10 AM



Toddler Take Over
Dec 4 • 9 AM



New Spouse Welcome Aboard
Dec 11 • 9 AM



WORKSHOPS
By Appointment

FFSC VOLUNTEERS NEEDED | RELOCATION WORKSHOPS BY APPOINTMENT | INFO: 760-939-4545

