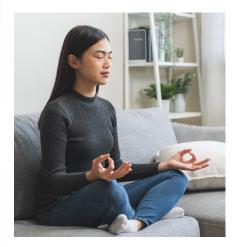
## EGE

#### **FLEET AND FAMILY SUPPORT CENTER EVENTS AND WORKSHOP CALENDAR**

RESERVATIONS REQUIRED FOR ALL WORKSHOPS I 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 vou learn.

> **SCAN TO RECEIVE FFSC TEXT ALERTS**









## EGEN

#### **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 Destrover** 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.









## 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

# DEGEMBER



### 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



