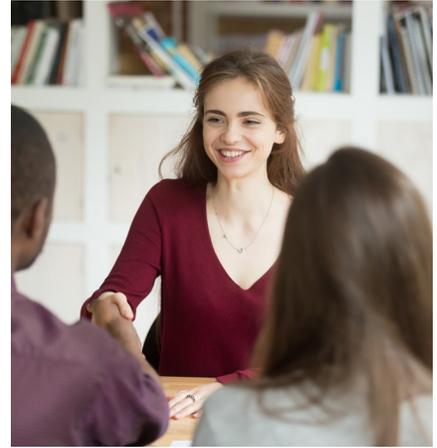


JUNE

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



M-F 6:30-9 AM **Coffee Savings Club**

Want to save money on coffee? During the month of June, stop by Fleet & Family for a FREE cup of coffee in the morning until 9 AM (Closed Flex Friday). Save an average of \$3 a day on coffee- that's \$15 a week, or \$60 a month! Be our top saver and win the Strong Saver award!

Jun 04 - 2 PM **How to Survive the Holidays Financially**

Stay merry without the financial stress! Create a foolproof holiday spending plan to steer clear of overspending and debt. Secure your festive season without breaking the bank.

Jun 05 - 9 AM **Toddler Take Over**

Meet other parents in this workshop while learning tips and strategies for the toddler years. We welcome you to bring your toddlers to play while you learn.

Jun 05 - 4 PM **EFMP Coffee & Chaos**

During this workshop, 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).

Jun 06 - 3 PM **Balanced Parenting with Teens**

Teens raised with a careful blend of security and freedom usually become healthy, well-rounded individuals, but knowing where to draw the line can be difficult. This workshop will give you strategies to help with behavior and communication with your teen.

Jun 11 - 9 AM **Developing Your Spending Plan**

Gain the tools you need to set clear financial goals. We will guide you through creating a spending plan, covering income, savings, expenses, and more. Pave your way to a brighter financial future.

Jun 11 - 2 PM **Navigating Federal Employment**

Gain the latest insights for navigating the federal employment process. Get expert tips on crafting the perfect federal employment resume, ensuring you stand out in the competitive job market.

Jun 12 - 10 AM **Acing the Interview**

Our skilled staff will help unlock the secrets to interview success! Mastering the art of acing interviews is the key to your next career move!



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Jun 12 - 2 PM

Job Search Strategies

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.

Jun 12 - 4 PM

Parenting Practices & Styles

Parenting styles provide a broad framework for understanding the parent-child relationship, whereas parenting practices are the distinct strategies used to implement that framework. During this workshop, we will explore various parenting styles and practices that can be used for a balanced parenting approach.

Jun 13 - 09 AM

New Spouse Welcome Aboard

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! Let's build a supportive community together.

Jun 25 - 10 AM

Sponsorship Training

Pre-registration is required. Delve into the essential roles and responsibilities of sponsors. From communication to relocation assistance, we've got every stage of the program covered.

Jun 26 - 3 PM

Car Buying

Rev up your car-buying confidence! Navigate the ins and outs of purchasing a new car. Discover the keys to conducting thorough research, determining your budget, and mastering the art of negotiation.

Jun 27 - 2 PM

Anger Management

Learn to address the signs and symptoms of anger mismanagement, identify effective ways to express anger, and discover resources available to help change destructive anger-related behaviors. The class is available in-person and online.

Mind Body Mental Fitness

Mind Body Mental Fitness (MBMF) program: Enhance mind, body, spirit, and social domains. Learn proactive pathways for mental fitness and stress management.

Module 3 - June 04 - 2:30 PM

Living Core Values

Module 4 - June 11 - 2:30 PM

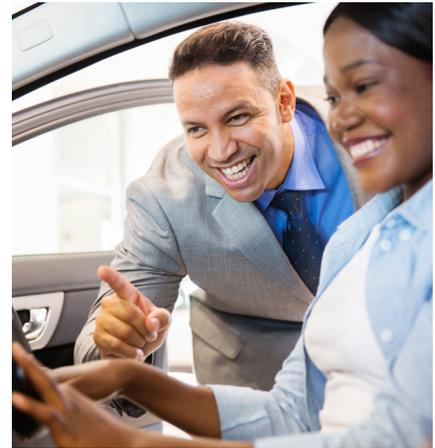
Flexibility

Module 5 - June 18 - 2:30 PM

Problem Solving

Module 6 - June 25 - 2:30 PM

Connection



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 volunteer opportunities at the Fleet and Family Support Center with flexible schedules and diverse 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.



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