

MAY

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

May 6 • 2 pm

Module 2: Mindfulness and Meditation

May 13 • 2 pm

Module 3: Living Core Values

May 20 • 2 pm

Module 4: Flexibility

May 27 • 2 pm

Module 5: Problem Solving

June 3 • 2 pm

Module 6: Connection

June 10 • 2 pm

EFMP Coffee & Chaos

May 7 • 4 pm

Bring your little ones to play while you enjoy coffee and learn about advocacy tips for parents in the Exceptional Family Member Program (EFMP).



Conflict Management May 14 • 2 pm

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

The three following TAP classes do not have class times due to fluctuations.

TAP Class May 12-14

This class is every service member's compass for a smooth journey into civilian life. Gain insights, resources, and essential skills to make your transition a success. Registration required through your Command Career Counselor.

TAP TRACK - Entrepreneurship May 15-16

This workshop covers important steps related to business ownership as a post-military career. You'll learn fundamental tools and strategies for launching and growing a small business.



TAP TRACK - Employment May 15-16

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

Stress Management May 19 • 10 am

Learn that stress is not always bad in moderation and how to channel your stress into growth opportunities.

SCAN TO JOIN
OUR FACEBOOK
GROUP!



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EFMP Point of Contact (POC) Training

May 19 - 3 pm

Command-designated POC will assist in enhancing communication and support, orienting EFMP families at INDOC, and referring them to EFMP Medical and Fleet and Family EFMP.

How to Create a Resume for MWR

May 20 - 10 am

Ready to join the MWR family? Discover the insider's guide to landing your dream job with us. Learn the art of crafting a standout resume that catches the eye of MWR hiring managers.

CFS Quarterly Forum

May 20 - 3 pm

Explore the Personal Finance Management program. Open to all CFSs, senior enlisted advisors, and command career counselors. Additional CFS Course Dates Available Upon Request.

Family Advocacy Program 101

May 21 - 2 pm

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

Tailoring Your Resume

May 21 - 2 pm

Your resume is the key to interviews, and we're here to help you craft a standout one! Join us for expert guidance in showcasing your skills and highlighting your achievements.

Family Advocacy Program & SAIL Program Leadership Orientation Training

May 22 - 2 pm

This 1.5-hour training fulfills the 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.

Disaster Preparedness

May 27 - 3 pm

Learn to identify the information and resources you need to be physically and financially ready for an emergency or natural disaster.

New Spouse Welcome Aboard

May 28 - 3 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!

Survivor Benefit Plan

May 29 - 10 am

Learn the function and benefits of the military retiree Survivor Benefit Program so that you can make the best decision for yourself and your beneficiaries.

Your Insurance Needs

May 29 - 1 pm

Evaluate different types of insurance and determine your personal insurance needs. Learn to manage risk, safeguard wealth, and protect your assets with the right insurance.



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.

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