

# JANUARY

## 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).



### 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

Jan 7 • 2 PM

#### Module 2: Mindfulness and Meditation

Jan 14 • 2 PM

#### Module 3: Living Core Values

Jan 21 • 2 PM

#### Module 4: Flexibility

Jan 28 • 2 PM

#### Module 5: Problem Solving

Feb 4 • 2 PM

#### Module 6: Connection

Feb 11 • 2 PM

### TAP Class

Jan 6-8 - 8 AM

Every service member will transition out of the military at some point; this class is your compass for a smooth journey into civilian life. Registration required through your Command Career Counselor.

### TAP Track - Career Technical Education

Jan 9-10 - 8 AM

Participants are guided through a variety of career considerations, including labor market projections, education, apprenticeships, certifications, and licensure requirements.

### TAP Track - Employment

Jan 9-10 - 8 AM

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

### Build a Budget That Works for You!

Jan 8 - 10 AM

You will receive tools to help you set financial goals and create a strategy for reaching them. Create a spending plan that includes income, savings, expenses, indebtedness, a summary, and an action plan.

### Boost Your Credit, Boost Your Life

Jan 8 - 3 PM

Understand how to establish and maintain good credit, determine a safe debt load, and avoid excessive debt. Learn about the importance of establishing a credit history, qualifying for credit, and reducing the cost of credit.

### Parenting Practices & Styles

Jan 8 - 4 PM

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

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The  
Fleet & Family Support  
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### Family Advocacy Program 101 Jan 9 - 2 PM

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

### Paying off Student Loans Jan 13 - 3 PM

Discover how to apply repayment options to your student loans by learning about student loan management options.

### Career Exploration Jan 14 - 2 PM

Take a career assessment to determine which careers fit your personality and skills. An FFSC counselor can assist you in finding jobs that will follow your spouse through the course of their Navy career.

### Career Networking Jan 14 - 3 PM

Explore the art of strategically making connections and building relationships that will bring more opportunities into your life.

### Million Dollar Sailor Jan 15-16 - 8 AM-4 PM

This workshop is a two-day personal wealth-building workshop designed to assist Sailors and their families with successfully navigating through the financial transitions of Navy life.

### Anger Management Jan 16 - 2 PM

Learn to address signs and symptoms of anger mismanagement, identify effective ways to express anger, and identify resources available to assist in changing destructive anger related behaviors.

### Effective Communication Skills Jan 27 - 10 AM

Learn how to utilize the power of effective communication as a vehicle for enhancing relationships at work and at home.

### CFS Quarterly Forum Jan 28 - 3 PM

CFS, senior enlisted advisors, and command career counselors are invited to discuss personal financial management trends, benefits and policy updates, and new financial programs. CFS are required to attend at least 2 quarterly CFS forums per year in order to maintain CFS certification.

### Debt Destroyer Jan 29 - 10 AM

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

### New Spouse Welcome Aboard Jan 30 - 2 PM

Connect with fellow military spouses, explore local gems, and dive into valuable insights on military programs. Special focus on resources for foreign-born spouses! Let's build a supportive community together.



### 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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