

# 2025 Life Skills Workshop Schedule



Reservations required for all workshops 1 week in advance.

For reservations or questions, please contact:

Fleet and Family Support Center at 760-939-4545 or email us at [nawsc1\\_ffsc@us.navy.mil](mailto:nawsc1_ffsc@us.navy.mil).

Jan 16	Anger Management	2 pm
Jan 27	Effective Communication Skills	10 am

Feb 12	Effective Communication Skills	12 pm
Feb 25	Stress Management 101	10 am

Mar 21	Anger Management	2 pm
Mar 25	Effective Communication Skills	10 am

Apr 1	Effective Communication Skills	10 am
Apr 30	Anger Management	2 pm

May 14	Conflict Management	2 pm
May 19	Stress Management 101	10 am

June 23	Anger Management	10 am
June 26	Effective Communication Skills	10 am

July 08	Conflict Management	10 am
July 17	Stress Management 101	2 pm

Aug 5	Effective Communication Skills	10 am
Aug 26	Anger Management	3 pm

Sept 10	Stress Management 101	10 am
Sept 23	Conflict Management	10 am

Oct 8	Effective Communication Skills	10 am
Oct 21	Anger Management	10 am

Nov 12	Conflict Management	10 am
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## *Holiday De-Stress Series*

Nov 13	Reducing Holiday Stress	2 pm
Nov 20	Minimizing Family Conflicts	10 am
Dec 3	Establishing Healthy Boundaries	1 pm

### ***Anger Management***

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

### ***Break The Stigma of Mental Illness***

May is Mental Health Awareness month and we want to Break The Stigma of Mental Illness. Join us for a presentation and receive information from local mental health resources.

### ***Communication Skills***

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

### ***Conflict Management***

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

### ***September is Suicide Awareness Month Kick Off***

During Suicide Prevention Month, we are promoting resources for Service Members, Civilians, and Families who need crisis support or want to help someone they know. Get information about suicide prevention or schedule a workshop for your command.

### ***Stress Management 101***

Having a well-organized life reduces stress and improves self-esteem. Learn to take a thoughtful and proactive approach to addressing the stressors inherent in the military.

### ***Holiday De-stress Multi-series Descriptions***

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

#### ***Reduce Holiday Stress***

Changes in daily routines during the holidays, such as altered eating habits and sleep schedules, can contribute to stress and anxiety. In this workshop, you will learn how to take a thoughtful and proactive approach to addressing the stressors of the holidays.

#### ***Minimizing Family Conflicts***

Crowded stores, traffic, juggling priorities, and worrying about overspending are common holiday stressors. This workshop will help you apply collaborative problem-solving techniques to create positive outcomes from conflict situations.

#### ***Establishing Health Boundaries***

Setting healthy boundaries helps us prioritize and communicate our needs to others. This reduces the anxiety associated with overcommitting and the stress of feeling unsupported. Learn to maintain healthy boundaries while still enjoying the holiday season.

All workshops can be scheduled at individual commands or as a one on one, just contact:

Deborah Edwards at 760-939-4553 or email: [Deborah.a.edwards57.naf@us.navy.mil](mailto:Deborah.a.edwards57.naf@us.navy.mil)