

# NOVEMBER

## 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](mailto:NAWSCL_FFSC@US.NAVY.MIL)



### Retirement Planning Nov 5 - 10 AM

Learn to estimate retirement needs, understand military retirement plans, and evaluate retirement account options.

### Tailoring Your Resume Nov 5 - 2 PM

A resume is the key to obtaining interviews. We can help make sure your resume advertises your skills and abilities. Wow employers with an organized, effective, and winning resume.

### Toddler Take Over Nov 6 - 9 AM

Meet other parents and learn tips and strategies to use during the toddler years. This workshop will provide strategies to use in areas parents struggle with during the toddler years. We welcome you to bring your toddlers to play while you learn.



### How to Create a Resume for MWR Nov 6 - 10 AM

Looking for a job with MWR? Learn the process of getting hired at MWR including how to create a resume that will stand out to MWR hiring managers.

### EFMP Coffee & Chaos Nov 6 - 4 PM

You're invited 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).

### Mind Body Mental Fitness Program (MBMF) Nov 7 - 2:30 PM

Module 6: Connection. Learn the importance of interpersonal connection and different communication styles.



### What About the Kids, Co-parenting Nov 7 - 3 PM

Co-parenting is not just about dividing time and responsibilities, but also creating a supportive and nurturing environment. Participants will learn how to put the child(ren)'s needs first by providing stability, consistency, and kindness.

### Sponsorship Training Nov 12 - 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.

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### Parenting Practices & Styles

**Nov 13 - 4 PM**

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

### Raising Financially Fit Kids

**Nov 19 - 10 AM**

Examine your own financial skills and behaviors to determine how to best implement age-appropriate sound financial practices for your children.

### The Thrift Savings Plan

**Nov 19 - 3 PM**

Learn how the Thrift Savings Plan (TSP) can contribute to your financial security during retirement.

### New Spouse Welcome Aboard

**Nov 20 - 3 PM**

You are not alone. Attend this workshop to learn about the area, meet other spouses, discover local military programs, and get information about resources for foreign-born spouses.

### Stress Management 101

**Nov 21 - 11 AM**

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.

### Anger Management

**Nov 26 - 2 PM**

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

### Holiday Distress 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 a number of ways to reduce stress during the holiday season.

### Reduce Holiday Stress

**Nov 19 - 1 PM**

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

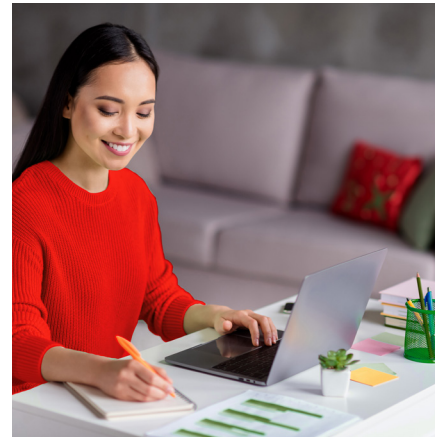
**Nov 26 - 3 PM**

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

**Dec 3 - 3 PM**

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.



### 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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