

FFSC Desert Compass

Guiding China Lake Through Every Season

OCT, NOV, DEC 2026 | NAWS China Lake FFSC Quarterly Calendar



Domestic Violence Awareness Events

LAVENDER LATTES IN HONOR OF DOMESTIC VIOLENCE AWARENESS

In October, Take Five Coffee Bistro will be brewing Lavender lattes, to shine a light on DV awareness. Grab a purple latte, take a sip & stand strong with survivors of abuse. Available in October at Take Five Coffee Bistro

OCTOBER - END THE CYCLE OF DOMESTIC VIOLENCE CHALLENGE

Join FFSC and MWR Fitness for an empowering 7 mile ride! Pedal with purpose to raise awareness. Participants are encouraged to aim for 7 miles. It takes an average of 7 attempts for a survivor to leave their abuser and stay separated for good.

Month of October

DV AWARENESS WALL

Month of October at the NEX

EMPOWER YOURSELF: SELF DEFENSE FOR DOMESTIC

VIOLENCE AWARENESS: Join FFSC and Force Protection for a special self-defense class. This empowering session is designed to help you learn practical self-defense techniques to stay safe. Support survivors and advocate for change. Participation is free! Participants must be 13 or older.

MWR Fitness Studio, Bldg. #19, next to the NEX

Oct 8 - 3:30-4:30PM

ROCK ART FOR DOMESTIC VIOLENCE AWARENESS

Spread messages of support and help build DV awareness

Oct 14 - 12 - 2PM | Fleet & Family Support Center

WELLNESS WALK

Get outside, breathe fresh air, and read positive affirmations posted along Blandy Ave.

Oct 26 - 30

24/7 FAP Victim Advocate: 901-930-8354

National DV Hotline: 1-800-799-SAFE (7233)

- **Reservations required for all workshops 1 week in advance.**
- **Workshops can be scheduled virtually by request.**
- **To register for a class or workshop, please call (760) 939-4545**

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.

Domestic Violence Awareness

#PurpleThursday



**BRING AWARENESS
TO DOMESTIC VIOLENCE
BY WEARING PURPLE**

NAVYLIFESW.COM

**SCAN HERE
TO STAY UPDATED ON
FFSC NAWS CHINA LAKE**



FFSC DESERT COMPASS: GUIDING CHINA LAKE THROUGH EVERY SEASON

JUL, AUG, SEP 2026 | NAWS China Lake FFSC Quarterly Calendar

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP POC TRAINING

Commands will learn to develop and establish an EFMP Point of Contact program. EFMP POC's support EFMP families by providing enhanced communication, information, and referral to Medical and Fleet & Family services.

Oct 8 - 2 PM | Nov 9 - 10 AM | Dec 9 - 11 AM

EFMP: RESOURCES & 504 & IEP SUPPORT

This workshop addresses the differences between 504 plans and Individual Education Plans (IEP) and how to advocate for your child to receive the proper services needed for their individual needs. Come and gain valuable insight into the EFMP program and resources needed to support your EFMP family member. Learn and share tips with other EFMP families.

Oct 7 - 12 PM | Nov 25 - 8 AM | Dec 17 - 2 PM

FINANCIAL MANAGEMENT PROGRAM (PFM)

PAYING OFF STUDENT LOANS

Learn about student loan management options and how to take steps to apply repayment options.

Oct. 20 - 8 AM

DEVELOPING YOUR FINANCIAL PLAN

Get the tools to develop financial goals and create a written plan to achieve those goals.

Oct. 21 - 9 AM

PLANNING YOUR RETIREMENT

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

Nov. 3 - 10 AM

SAVINGS & INVESTING

Come discuss the purpose and value of saving and investing, then learn to evaluate and choose appropriate tools and techniques to build wealth.

Oct. 14 - 3 PM

CFS QUARTERLY FORUM

Are you a CFS, senior enlisted advisor, or command career counselor? We welcome you to attend this forum to discuss personal financial management trends, benefits, policy updates, and new financial programs

Oct. 6 - 3 PM

EFMP & FRIENDS SENSORY SERIES

Sensory play is crucial for early childhood development as it helps children make sense of the world around them and supports their cognitive, physical, and emotional growth. It can include a variety of materials and experiences that encourage children to explore and interact with their environment.

ART PLAY

Use finger paints, textured paper, or scented markers to engage children's senses while they create art. **Event will take place in the FFSC playroom Oct 8 at Boulder Park in base housing on Nov 5, Dec 3.**

Oct 8 - 10 AM | Nov 5 - 3 PM | Dec 3 - 2 PM

TACTILE PLAY

Use materials like sand, rice, or playdough for children to manipulate using their hands or with tools like scoops and molds to encourage exploration. **Event will take place in the FFSC playroom Dec 10 at Boulder Park in base housing on Oct 15, Nov 19.**

Oct 15 - 3 PM | Nov 19 - 12 PM | Dec 10 - 10 AM

SOUND PLAY

Introducing musical instruments or sound-making objects (like crinkly paper or bells) to stimulate auditory senses and encourage rhythm and movement. **All these events will take place at the Children's room at the FFSC.**

Oct 22 - 11 AM | Nov 12 - 3 PM | Dec 17 - 10 AM

NO REGISTRATION REQUIRED FOR SENSORY SERIES EVENTS

OMBUDSMAN PROGRAM

OMBUDSMAN TRAINING (OBT)

WEEKEND- IN PERSON

Mandatory 17.5-hour course provides Ombudsmen with the knowledge, skills and resources needed to be successful in their volunteer role. This workshop is open to newly appointed Ombudsman, current ombudsman, and command point of contacts.

Must attend all 3 workshops for Ombudsman Certification.

****Registration ends Nov 20, 2026**

Contact Deborah Edwards 760-939-4553

Dec 5 - 8:00 am-2:30 pm 1/2-hour lunch

Dec 6 - 8:00 am-2:30 pm 1/2-hour lunch

Dec 12 - 8:00 am-1:30 pm 1/2-hour lunch



VIRTUAL CLASSES IN RED

Fleet and Family Support Center

FALL Series

The Fall Series will feature a variety of fun activities
for our military families during fall break!

NOV 23 | 12-2 PM | Fall Crafting & Games | FFSC Children's Playroom

NOV 24 | 12-2 PM | Inside Out Movie & Craft | FFSC Children's Playroom

NOV 25 | 12-2 PM | Fall Fun | FFSC Children's Playroom



Fleet and Family Support Center

WINTER Series

FFSC Winter Series

Tuesdays in December from 10 AM-12 PM

Dec 01 | Winter Crafts | Fleet & Family Support Center

Dec 08 | Crafting & Games | Liberty Housing Clubhouse

Dec 22 | Winter crafts | Fleet & Family Support Center

Dec 29 | Crafting & Games | Liberty Housing Clubhouse



FAMILY EMPLOYMENT READINESS PROGRAM (FERP)

ACING THE INTERVIEW

Make your dream job a reality! Gain information and resources to develop expert interview skills.

Oct 28 - 10 AM | Nov 13 - 3 PM

CAREER EXPLORATION

Take a career assessment to determine which careers fit your personality and skills. FFSC can help you find jobs that will follow your spouse through their career in the Navy career.

Oct 14 - 11 AM | Dec 1 - 3 PM

CAREER NETWORKING

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

Nov 19 - 11 AM | Dec 17 - 8 AM

ENTREPRENEURSHIP PURSUIT OF SELF-EMPLOYMENT

Discover how your strengths and life goals can align with successful business ownership. Uncover fundamental tools and strategies for launching and growing a small business.

Nov 17 - 8 AM | Dec 15 - 2 PM

JOB SEARCH STRATEGIES

Are you looking for employment? Learn to find federal, state, county, local, or remote jobs.

Oct 21 - 2 PM | Dec 21 - 8 AM

MWR RESUME

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.

Nov 10 - 9 AM | Dec 2 - 12 PM

NAVIGATING FEDERAL EMPLOYMENT

Get the latest information and resources to navigate the federal employment process. Learn tips from the experts on how to create the perfect federal employment resume.

Oct 15 - 11 AM | Nov 18 - 3 PM

TAILORING A RESUME

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

Oct 2 - 10 AM | Dec 16 - 3 PM

VIRTUAL CLASSES IN RED



FFSC DESERT COMPASS: GUIDING CHINA LAKE THROUGH EVERY SEASON

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**SPOUSE SOCIAL
SNACK & CHAT**

FFSC NAWS China Lake Bldg. 02308 Blandy Ave
DECEMBER 11, 2026
12-2 PM

Sips, Snacks, and Spouse Support! Join us for a fun-filled meetup where you can build your own custom charcuterie cup! It's the perfect chance to hang out with other military spouses and get the inside scoop on all the awesome resources our installation has to offer.

chinalake.navylifew.com | 760-939-4545 | NAWSCL_FFSC@us.navy.mil

  **EFMP** Family Support 

PARENTING

SEXUAL HEALTH THROUGH APPROACHABLE PREVENTION AND EDUCATION (SHAPE)

Pre-Registration is required

Parents, this course is for you! This course will increase your awareness and give you practice in proactively talking with your child about sexual development topics. The SHAPE course includes five modules. Module 1 is a prerequisite for the rest. You may attend all the modules or only those applicable with your child's age.

Oct 26 - 10 AM | Module 1: Introduction & Language

Oct 27 - 10 AM | Module 2: Ages 2-4

Oct 28 - 10 AM | Module 3: Ages 5-9

Oct 29 - 10 AM | Module 4: Ages 10-12

Oct 30 - 10 AM | Module 5: Ages 13-18



ACTIVE PARENTING: FIRST 5 YEARS

Pre-Registration is required

Parents and caregivers of littles, this class is for you. Learn child development principles along with age-appropriate behaviors utilizing ages and stages in this 4-part interactive series. We will focus on encouraging positive behaviors, preventing problems and learn methods for positive discipline.

Nov 02 - 11 AM | Session 1: You and Your Child

Nov 03 - 11 AM | Session 2: Preventing Problems

Nov 04 - 11 AM | Session 3: Encouraging Positive Behavior

Nov 05 - 11 AM | Session 4: Preparing for School Success

ACTIVE PARENTING: BASICS

Pre-Registration is required.

New parents, established parents, and completely confused parents - this is the class for you! In this 5-part interactive series, learn the basics of development and communication with your little person(s). Each class builds knowledge and skills on how to build relationships and bridges of communication with your children ages 0-18.

Dec 01 - 1 PM | Session 1: The Active Parent:

Dec 08 - 1 PM | Session 2: Cooperation and Communication

Dec 15 - 1 PM | Session 3: Responsibility and Discipline

Dec 22 - 1 PM | Session 4: Building Courage and Self Esteem

Dec 29 - 1 PM | Session 5: Understanding and Redirecting misbehavior

PARENT & FAMILY RESOURCES WEBINAR

Brief overview of community and virtual resources available to military families.

Oct 1 - 9 AM | Nov 5 - 10 AM | Dec 3 - 1 PM

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TRANSITION ASSISTANCE PROGRAM

TAP CLASS 3 DAY CORE CURRICULUM

TAP provides separating/retiring service members and their families with the skills, tools and self-confidence necessary to successfully re-enter the civilian work force, pursue higher education, or technical training. This class is your compass for a smooth journey into civilian life. Registration ends Nov 7

Dec. 7-9

TAP TRACK: EMPLOYMENT

Comprehensive employment workshop covering best practices in career development, including learning interview skills, building effective resumes, and using emerging technology to network and search for employment.

Dec. 10-11

TAP TRACK: ENTREPRENEURSHIP

Interested in exploring business ownership or other self-employment opportunities? Learn about evaluating business concepts, developing a business plan, accessing start-up capital, and contracting opportunities

Next one planned Feb 4-5 in 2027

TAP TRACK: EDUCATION

This course includes information on choosing a field of study, selecting an institution, gaining admission, and funding your education.

Dec 10-11

PRE-SEPARATION COUNSELING

Oct. 5 - 8 am-10 AM

Nov. 3 - 2 pm- 4 PM

Dec. 1 - 10 am-12 PM



RELOCATION (RELO)

SPONSORSHIP TRAINING

Pre-registration is required. We will discuss the benefits of a successful sponsorship program and review the roles and responsibilities of command sponsors.

Oct 22 - 9 AM

Nov 10 - 3 PM

Dec 9 - 3 PM

WELCOME TO CHINA LAKE BRIEF

Connect with fellow military families, explore local hidden gems, and dive into valuable insights on military programs. Get resources for foreign-born spouses and new Navy spouses. Let's build a supportive community together.

Oct 6 - 1 PM | Oct 20 - 2 PM

Nov 18 - 9 AM | Nov 24 - 10 AM

Dec 16 - 9 AM | Dec 22 - 1 PM

NAWS CHINA LAKE BASE INDOC

OPEN TO ALL COMMANDS

To Register Contact: christian.e.martinez9.mil@us.navy.mil

INDOC is the ticket to a smooth and successful tour at NAWS China Lake. Learn about base resources, programs, and services. Meet leadership and program contacts.

Oct 5 - Oct 7

Dec 14 - Dec 17

FLEET AND FAMILY SUPPORT CENTER

STORY TIME

FFSC Story Time
Tuesdays in October from 11AM-12PM

Oct 6 | Fleet & Family Support Center
Oct 13 | Liberty Housing Clubhouse
Oct 20 | Fleet & Family Support Center
Oct 27 | Liberty Housing Clubhouse

For questions, contact FFSC 760-939-4545, or email nawsl_ffsc@us.navy.mil.
chinalake.navylifefsw.com

VIRTUAL CLASSES IN RED



GOT FEEDBACK?
FILL OUT OUR FFSC SURVEY!

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LIFE SKILLS

SUICIDE PREVENTION

Gain the tools, resources, and confidence to recognize someone at risk and how to intervene. Learn suicide risk and protective factors, warning signs, lethal means safety, and active postvention.

Nov 18 - 3 PM

EFFECTIVE COMMUNICATION SKILLS

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

Oct 27 - 2 PM | Dec 29 - 2 PM

ANGER MANAGEMENT

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.

Oct 13 - 2 PM | Nov 4 - 9 AM | Dec 15 - 2 PM

CONFLICT MANAGEMENT

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

Oct 20 - 2 PM | Dec 22 - 2 PM

HOLIDAY DE-STRESS SERIES

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

Nov 3 - 10AM | Reducing Holiday Stress

Nov 10 - 10AM | Minimizing Family Conflicts

Nov 17 - 10AM | Establishing Healthy Boundaries

Dec 2 - 10AM | Reducing Holiday Stress

Dec 9 - 10AM | Minimizing Family Conflicts

Dec 16 - 10AM | Establishing Healthy Boundaries

HEALTHY RELATIONSHIPS

Participants will acquire new skills that will enable healthy relationships. These skills can be used to achieve desired outcomes while also maintaining a healthy relationship and preserving their own self-esteem

Oct 2 - 12 PM

MIND BODY MENTAL FITNESS PROGRAM (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

Nov 3 - 2PM | Nov 5 - 2PM

MODULE 2: MINDFULNESS

Nov 10 - 2PM | Nov 12 - 2PM

MODULE 3: LIVING CORE VALUES

Nov 17 - 2PM | Nov 19 - 2PM

MODULE 4: FLEXIBILITY

Nov 24 - 2PM | Nov 25 - 2PM

MODULE 5: PROBLEM SOLVING

Oct 1 - 2PM | Dec 1 - 2PM | Dec 3 - 2PM

MODULE 6: CONNECTION

Oct. 6 - 2PM | Oct 8 - 2PM

Dec 8 - 2PM | Dec 10 - 2PM



VIRTUAL CLASSES IN RED



Military Family Life Counselor

Fleet & Family Support Center, Room C

Call (442) 222-0083 to schedule an appointment

SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR) - SPOUSE ORIENTATION

Overview of the SAPR program for dependents (over 18) and spouses of Service members. Know your options, resources, intervention skills, and receive information on how you can support others who experience sexual violence.

Nov 16 - 11 AM | Nov 16 - 3 PM

SEXUAL ASSAULT RESPONSE PROGRAM COMMAND LEADERSHIP TRAINING

This 1 - hour training fulfills the SAPR training requirements for OPNAVINST 1752.2C for new Commanding Officers, Executive Officers, Senior Enlisted Leaders, or Officers in Charge to be oriented to the SAPR program at NAWSCL within the mandatory 30 days of assuming command.

Oct 20 - 11 AM | Nov 17 - 11 AM | Dec 15 - 11 AM

SEXUAL ASSAULT CASE MANAGEMENT GROUP (SACMG) TRAINING

Are you a new Commanding Officer, Executive Officer, Senior Enlisted Leader, or Officer in Charge at China Lake? Or do you need your yearly SACMG refresher training? In addition to the Commander's Toolkit Training, this training will orient you to your responsibilities and the process of the SAPR Case Management Group. Fulfills CINCPINST 1752.4 requirements and is required prior to attendance of SACMG.

Oct 20 - 12 PM | Nov 17 - 12 PM | Dec 15 - 12 PM



FAMILY ADVOCACY PROGRAM (FAP)

FAMILY ADVOCACY: INTIMATE PARTNER VIOLENCE

Discover how the Navy addresses intimate partner violence to strengthen family health and readiness. Learn about prevention strategies, mandatory reporting, and supporting victims.

Oct 1 - 3PM | Dec 23 - 9AM

HEALTHY RELATIONSHIPS & TEEN DATING VIOLENCE PREVENTION

It's never too early to talk to your child about healthy relationships and dating violence. Put your teens on track to manage a healthy relationship, understand boundaries, and recognize signs of abuse.

Oct 2 - 10 AM

IDENTIFICATION AND REPORTING OF CHILD ABUSE AND NEGLECT

Find out how the Navy addresses child abuse and neglect. Learn about prevention strategies, mandatory reporting, how to recognize and how to report signs of child abuse and neglect.

Oct 7 - 10 AM

FAMILY ADVOCACY PROGRAM OVERVIEW

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

Oct 01 - 10 AM | Nov 24 - 9 AM | Dec 22 - 3 PM

FAP LEADERSHIP ORIENTATION

This 1.5 - hour training provides an overview of the Family Advocacy Program, the Sailor Assistance & Intercept for Life (SAIL) program, a review of Problematic Sexual Behavior in Children & Youth (PSB-CY) policy and MDT meeting requirements.

- Fulfills 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.
- Fulfills annual training requirements for Senior Enlisted Advisors.

Oct 02 - 8 AM | Dec 03 - 10 AM

PREVENTING AND RESPONDING TO PROBLEMATIC SEXUAL BEHAVIOR IN CHILDREN AND YOUTH (PSB-CY)

Discover and refresh on the Navy's prevention and response efforts to PSB-CY. Learn the basics of child sexual development and the continuum of childhood sexual behaviors, recognize vulnerabilities and protective factors, understand when and how to make a PSB-CY report to FAP.

Nov 10 - 9AM

VIRTUAL CLASSES IN RED