

FFSC DESERT COMPASS

GUIDING CHINA LAKE THROUGH EVERY SEASON

OCT, NOV, DEC 2025 | NAWS CHINA LAKE FFSC QUARTERLY CALENDAR

Reservations required for all workshops 1 week in advance.
Workshops can be scheduled virtually by request.



**VIRTUAL CLASSES
IN RED**

FAMILY EMPLOYMENT READINESS PROGRAM (FERP)

Acing the Interview

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

Nov 13 • 2 PM | **Dec 18 • 10 AM**

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 15 • 2 PM | **Dec 3 • 10 AM**

Career Networking

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

Oct 15 • 3 PM | **Dec 15 • 3 PM**

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.

Oct 21 • 10 AM

Job Search Strategies

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

Oct 28 • 8 AM | **Dec 23 • 2 PM**

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.

Oct 8 • 10 AM | **Nov 19 • 3 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 27 • 11 AM | **Dec 17 • 2 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.

Nov 19 • 2 PM | **Dec 23 • 10 AM**



DOMESTIC VIOLENCE AWARENESS

Love & Learn About Healthy Relationships.



Purple Thursdays

This October build Domestic Violence Awareness by wearing purple every Thursday. The purple ribbon is a symbol of courage, survival, honor and dedication to end domestic violence. Purple ribbons are available at FFSC.

End the Cycle of Domestic Violence

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.

All Month Long

Domestic Violence Proclamation

Oct 07 • 2:30 – 3:30 PM



Wellness Walk

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

Oct 27 - Oct 31

Empower Yourself: Self Defense for Domestic Violence Awareness

Join FFSC and Force Protection at MWR Fitness Studio 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.

Location: MWR Fitness Studio, next to the NEX. Bldg. #19, China Lake, CA

Oct 15 • 4 – 5 PM

24/7 FAP Victim Advocate: 901-930-8354
National DV Hotline: 1-800-799-SAFE (7233)

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FFSC FAMILY FUN WINTER SERIES

The Winter Series will feature a variety of fun activities for our military families!

Each Tuesday through January

Dec 02 • 10am-12pm | Crafting & Games | Liberty Housing - 1409 Kearsarge Ave

Dec 09 • 10am-12pm | Crafting & Games | FFSC Childrens Playroom - Bldg 02308

Dec 16 • 10am-12pm | Family Fun Games | Mirror Lake Recreation Center - Bldg 02733

Dec 23 • 10am-12pm | Crafting & Games | Liberty Housing Bldg - 1409 Kearsarge Ave

Dec 30 • 10am-12pm | Crafting & Games | FFSC Childrens Playroom - Bldg 02308

FAMILY ADVOCACY PROGRAM (FAP)

Healthy Relationships & Teen Dating Violence Prevention

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

Oct 07 • 2 PM

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 02 • 2 PM

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.

Dec 23 • 2 PM

Family Advocacy Program Overview

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

Oct 8 • 2 PM | Nov 10 • 2 PM | Dec 10 • 2 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 8 • 3PM | Nov 12 • 3PM | Dec 10 • 3PM

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.

Sept 29 - Oct 1 | Dec 8 - 10

TAP TRACK: Education

This course is for anyone pursuing an undergraduate or graduate degree, includes information on choosing a field of study, selecting an institution, gaining admission, and funding your education.

Oct 2 - 3

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.

Oct 2 - 3 | Dec 11 - 12

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

December 11 - 12



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.

Oct 7 • 2 PM Module 6: Connection

Nov 4 • 2 PM Module 1: Stress Resilience

Nov 12 • 2 PM Module 2: Mindfulness

Nov 18 • 2 PM Module 3: Living Core Values

Nov 25 • 2 PM Module 4: Flexibility

Dec 2 • 2 PM Module 5: Problem Solving

Dec 9 • 2 PM Module 6: Connection



SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

SAPR Command Duty Officer Training (offered quarterly)

If you are a Command Duty Officer, please join your SAPR program to receive your quarterly update on policy changes, updates to SAPR services and procedures, and obtain the resources needed to help those you support.

Oct 16 • 2 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 15 • 12 PM | Nov 14 • 12 PM | Dec 15 • 12 PM

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 15 • 11 AM | Nov 14 • 11 AM | Dec 15 • 11 AM

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.

Oct 6 • 11 AM | Oct 6 • 2 PM | Nov 3 • 11 AM | Nov 3 • 3 PM | Dec 8 • 11 AM | Dec 8 • 3 PM



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OMBUDSMAN PROGRAM

Ombudsman Training (OBT)

In person sessions

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 workshops for Ombudsman certification.

Registration ends Oct. 20

Contact Deborah Edwards 760-939-4553,

Nov 8 • 8:30 am-1 pm

Nov 9 • 8:30 am-1 pm

Nov 15 • 8:30 am-1 pm

Nov 16 • 8:30 am-1 pm



EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP Coffee & Chaos

Bring your little ones to play while you have coffee and learn about advocacy tips for parents of children in EFMP.

Oct 1 • 4 PM | Nov 5 • 4 PM | Dec 3 • 4 PM

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 16 • 12 PM | Oct 22 • 3 PM |

Nov 14 • 9 AM | Dec 2 • 9 AM | Dec 12 • 3 PM

EFMP: 504 and IEP - What do they mean?

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.

Oct 9 • 12 PM | Dec 17 • 8 AM

EFMP

EFMP: Resources & Support

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 15 • 8 AM | Nov 18 • 8 AM | Dec 11 • 1 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 spouses to the Navy. Let's build a supportive community together.

NOW AVAILABLE VIRTUAL or IN-PERSON

Oct 17 • 1 PM | Oct 27 • 8 AM

Nov 12 • 9 AM | Nov 20 • 3 PM

Dec 16 • 9 AM | Dec 22 • 2 PM



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SUICIDE PREVENTION

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

Nov 5 • 10 AM



LIFE SKILLS

ACTIVE PARENTING: FIRST 5 YEARS

Pre-Registration is required

Parents and caregivers of littles, this class is for you. Learn child development principals 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.

Sept 08 • 9 AM Session 1: You and Your Child

Sept 09 • 9 AM Session 2: Preventing Problems

Sept 10 • 9 AM Session 3: Encouraging Positive Behavior

Sept 11 • 9 AM Session 4: Preparing for School Success

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 14 • 10 AM

Conflict Management

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

Nov 12 • 10 AM

Effective Communication Skills

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

Oct 8 • 10 AM

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

Nov 6 • 3 PM Reducing Holiday Stress

Nov 13 • 3 PM Minimizing Family Conflicts

Dec 4 • 1 PM Establishing Healthy Boundaries

FINANCIAL MANAGEMENT PROGRAM (PFM)

CFS Quarterly Forum

Explore the four pillars the PFM program: education, counseling, consumer advocacy, and information & referrals. This training is open to all CFSs, senior enlisted advisors, and command career counselors. Additional CFS Course Dates Available Upon Request.

Nov 18 • 3 PM

Consumer Awareness

Master the art of deterring, detecting and defending against consumer fraud. Learn to identify and protect yourself from misleading and fraudulent consumer practices.

Dec 16 • 2 PM

Home Buying

Determine if you are ready to purchase a home. Learn how to choose a real estate agent and mortgage.

Oct 22 • 1 PM | Dec 10 • 3 PM

Paying off Student Loans

Learn about the student loan management options available to you and how to take steps to apply repayment options to your loans.

Oct 20 • 3 PM

Planning for Your Retirement

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

Nov 4 • 10 AM

Raising Financially Fit Kids

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

Nov 19 • 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 20 • 10 AM

Thrift Savings Plan (TSP)

What are the Benefits of participating in the TSP? What is the difference between traditional and Roth TSP options? Learn how the Thrift Savings Plan (TSP) can contribute to your financial security during retirement.

Dec 4 • 10 AM

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 17 • 10 AM

Nov 25 • 2 PM

Dec 2 • 3 PM



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.



VOLUNTEER FOR TAX SEASON!

FFSC's Volunteer Income Tax Assistance (VITA) program is seeking dedicated volunteers to provide free tax preparation services to military families and individuals.

To sign up, call 760-939-4545 or email NAWSCL_FFSC@us.navy.mil

navylifesw.com

