

# FEBRUARY

## 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 5: Problem Solving

Feb 4 • 2 PM

#### Module 6: Connection

Feb 11 • 2 PM

### Family Advocacy Program 101 Feb 3 - 2 PM

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

### Family Advocacy Program Leadership Orientation Training Feb 3 - 3 PM

This 1.5 -hour training fulfills the FAP training requirements for 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. This class also meets the annual training requirements for Senior Enlisted Advisors.

### Sponsorship Training Feb 4 - 10 AM

Pre-registration is required. We will review the Sponsor's role and responsibilities and discuss each program stage. Communication, support, and relocation is provided to incoming personnel.

### Toddler Take Over Feb 5 - 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.

### EFMP Coffee & Chaos Feb 5 - 4 PM

Bring your little ones to play while you enjoy coffee and learn about advocacy tips for parents in the Exceptional Family Member Program (EFMP).

### Home Buying Feb 6 - 10 AM

Unlocking the Door to Homeownership! Gain insights on selecting the right real estate agent and navigating the mortgage maze. Your path to homeownership starts here!

### Healthy Relationships & Teen Dating Violence Prevention Feb 6 - 2 PM

It's never too early to talk to your child about healthy relationships and dating violence. Learn how to help your teen establish healthy relationships, understand boundaries, and recognize signs of abuse.

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### Balanced Parenting with Teens

**Feb 6 - 3 PM**

Raising a teen can be challenging if you don't know where to draw the line between security and freedom. This workshop will give you strategies to use with your teen that are effective in helping with behavior and effective communication.

### New Spouse Welcome Aboard

**Feb 10 - 3 PM**

Connect with fellow military spouses, explore local gems, and dive into valuable insights on military programs. Special focus on resources for our foreign-born spouses!

### Effective Communication

**Feb 12 - 12 PM**

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

### Parenting Practices & Styles

**Feb 12 - 4 PM**

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

### Entrepreneurship Pursuit of Self-Employment

**Feb 18 - 2 PM**

Your journey to entrepreneurial success starts here! Uncover fundamental tools and strategies for launching and growing a small business.

### Tailoring Your Resume

**Feb 18 - 2 PM**

Your resume is the key to interviews, and we're here to help you craft a standout one! Join us for expert guidance in showcasing your skills and abilities.

### Renting

**Feb 19 - 10 AM**

Renting 101: Your Guide to Finding the Perfect Place! Master the art of researching rental options, assessing affordability, and discovering the ideal property.

### Military Pay

**Feb 19 - 3 PM**

Master your Leave and Earnings Statement (LES). Learn to verify crucial information and tackle common pay issues to ensure your financial readiness stays on point.

### How to Create a Resume for MWR

**Feb 21 - 10 AM**

Ready to join the MWR family? Discover the insider's guide to landing your dream job with us. Learn the art of constructing a standout resume that catches the eye of MWR hiring managers.

### Stress Management 101

**Feb 25 - 10 AM**

Identify and learn how to establish personal accountability strategies to reduce stress at work and in the home.



### 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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The  
Fleet & Family Support  
Center