

# JUNE

## 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).



### 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.

#### Session 1: You and Your Child

June 3 • 3 pm

#### Session 2: Preventing Problems

June 5 • 3 pm

#### Session 3: Encouraging Positive Behavior

June 10 • 3 pm

#### Session 4: Preparing for School Success

June 12 • 3 pm

### Suicide Prevention GMT

#### June 3 - 1 PM

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.



### Mind Body Mental Fitness Program

#### June 3 - 2 pm

Module 5: Problem Solving. Understand the basics of problem solving, build coping skills and healthy relationships.

### EFMP Coffee & Resources

#### June 3 - 4 pm

During this workshop, we invite you to bring your little ones to play while you connect with other families and have coffee while learning about advocacy tips for families in the Exceptional Family Member Program (EFMP).

### How to Survive the Holidays Financially

#### June 4 - 2 pm

Stay merry without the financial stress! Create a foolproof holiday spending plan to steer clear of overspending and debt. Secure your festive season without breaking the bank.

### Mind Body Mental Fitness Program

#### June 10 - 2 pm

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



### Sponsorship

#### June 10 - 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.

### Developing a Spending Plan

#### June 10 - 1 PM

Set financial goals and create a strategy for reaching them. Create a spending plan that includes income, savings, expenses, indebtedness, a summary, and an action plan.

### Acing the Interview

#### June 11 - 9 AM

Our skilled staff will help unlock the secrets to interview success! Mastering the art of acing interviews is the key to your next career move!

SCAN TO JOIN  
OUR FACEBOOK  
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### Job Search Strategies

**June 11 - 11 AM**

Are you looking for employment? Would you like to learn how to find, federal, state, county local or remote jobs? Attend this workshop to get the information you need to find jobs.

### Navigating Federal Employment

**June 11 - 2 PM**

Get expert tips on navigating the federal employment process and crafting the perfect federal resume, ensuring you stand out in the competitive job market.

### Family Advocacy Program 101

**June 11 - 2 pm**

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

### Family Advocacy Program Leadership Orientation & SAIL Training

**June 11 - 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. The training includes a review of the Sailor Assistance & Intercept for Life (SAIL) program for command.

### Welcome to China Lake Brief

**June 12 - 10 AM**

Connect with fellow military families, explore hidden gems in and around China Lake, and discover military programs and resources for foreign-born spouses and new spouses to the Navy.

### Anger Management

**June 23 - 10 AM**

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.

### Ombudsman Training (OBT) - Hybrid

**Registration ends June 9, 2025.**

Reach out to Deborah Edwards 760-939-4553 to register. This workshop is a mandatory 17.5-hour course that provides appointed Ombudsmen with the knowledge and skills needed to be successful in their volunteer role. Open to newly appointed Ombudsman, current ombudsman, and command point of contacts. Must attend all workshops for certification.

**June 23 - 1-5:30 pm - In-person**

**June 24 - 1-5:30 pm - In-person**

**June 25 - 1-5:30 pm - In-person**

**June 26 - 1-5:00 pm - In-person**

### EFMP Point of Contact (POC) Training

**June 25 - 10 AM**

Command-designated POC will assist in enhancing communication and support, orienting EFMP families at INDOC, and referring them to EFMP Medical and Fleet and Family EFMP.

### Effective Communication Skills

**June 26 - 10 AM**

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