

AUGUST

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.



(VIRTUAL) Communication Skills **August 5 - 10 AM**

This is a virtual workshop on Microsoft Teams. Learn how to utilize the power of effective communication as a vehicle for enhancing relationships at work and at home.

Mind Body Mental Fitness Program

August 5 - 2 PM

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

Sponsorship Training

August 5 - 3 PM

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.



EFMP Coffee & Chaos **August 6 - 4 PM**

During this workshop, we invite you 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).

Suicide Prevention GMT **August 7 - 2 PM**

This training will provide 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.

EFMP POC Training

August 8 - 2 PM

(VIRTUAL) August 27 - 8 AM

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

Entrepreneurship Pursuit of Self-Employment

August 11 - 10 AM

Your journey to entrepreneurial success starts here! Discover how your strengths and life goals can align with successful business ownership, as well as learn how to launch and grow a small company.



Sexual Assault Response Program Command Leadership Training

August 11 - 11 AM

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

(VIRTUAL) Tailoring Your Resume **August 11 - 12 PM**

Join this virtual workshop on Microsoft Teams to learn how to create an effective resume. The resume is the gateway to interviews, and we are here to help you showcase your skills and abilities to the best advantage.

(VIRTUAL) EFMP: Resources & Support

August 12 - 9 AM

Families can attend this online workshop to gain valuable insight into the Exceptional Family Member Program (EFMP) program and resources needed to support EFMP family members and to gain insight from other families' experience.



SCAN TO JOIN
OUR FACEBOOK
GROUP!



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Sexual Assault Case Management Group (SACMG) Training

August 12 - 2 PM

Are you a new Commanding Officers, Executive Officers, Senior Enlisted Leaders, or Officer's in Charge at China Lake? 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.

Paying for College

August 13 - 9 AM

Get information on sources of funding for higher education including financial aid resources, college savings plans, and tax incentives. Learn to find and evaluate different college funding options based on your specific needs.

Raising Financially Fit Kids

August 14 - 3 PM

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

SAPR Spouse Orientation

August 19 - 11 AM and 3 PM

Overview of the Sexual Assault Prevention and Response (SAPR) program for Dependents (over 18) and Spouses of Service members. Know your options, resources, intervention skills, and information on how you can support others who experience sexual violence.

CFS Course

August 18 - 22

This invaluable training prepares Command Financial Specialists (CFS) on requirements, personal financial management, financial counseling procedures, available resources, and training techniques. Note: Additional CFS Course Dates Available Upon Request.

Family Advocacy Program Overview

August 25 - 2 PM

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

(VIRTUAL) Family Advocacy Program Leadership Orientation & SAIL Training & PSB-CY Brief

August 25 - 3 PM

This 1.5 - hour training fulfills the training requirements for OPNAVINST 1752.2C for new Commanding Officers to be oriented to the Family Advocacy Program (FAP) in the local area within 90 days of assuming command. Meets the annual training requirements for Senior Enlisted Advisors. Includes a review of the Sailor Assistance & Intercept for Life (SAIL) program and Command involvement with MDT meetings addressing Problematic Sexual Behavior in Children & Youth (PSB-CY).

(VIRTUAL) Navigating Federal Employment

August 25 - 3 PM

Attend this virtual workshop on Microsoft Teams and 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.

Anger Management

August 26 - 3 PM

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.

Saving and Investing

August 26 - 3 PM

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

Million Dollar Sailor

August 27 - 28

This workshop is a two-day personal wealth-building workshop designed to assist Sailors and their families with successfully navigating through the financial transitions of Navy life.

How to Create a Resume for MWR

August 27 - 12 PM

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



(VIRTUAL) New Spouse Welcome Aboard

August 28 - 12 PM

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

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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