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## **FFSC YORKTOWN**

757-887-4606 WPNSTA Yorktown 1949 Von Steuben Drive

## Newport News, VA 23603 **MILITARY ONESOURCE**

militaryonesource.mil 1-800-342-9647

**SUICIDE & CRISIS LIFELINE** 

**DEPARTMENT OF THE NAVY Fleet and Family Support Centers** of Hampton Roads, Virginia **7928 14th Street** Norfolk, VA 23505-1219

**Official Business** 

FLEET & FAMILY SUPPORT CENTERS OF HAMPTON ROADS

# **Navy Family Employment Readiness Program**

to frequent moves and the military lifestyle. The great news is that there are many programs to help spouses reach their career and educational Members and other family members in achieving their employment goals by providing employment assistance and job search resources. FFSC Career Centers offer classes to help with job search, resumes, interviews, starting your own business, and more. See inside under the Family Employment and Transition Assistance Programs for dates of times for classes. The Career Centers can also help you with individualized assistance including resume reviews, mock interviews, and can help connect you to the Spouse Education and Career Opportunities (SECO) programs.

SECO provides education and career guidance to military spouses worldwide. The program of fers comprehensive resources and tools ranging frominitial career exploration to education and training to employment readiness to career connections. All tools and resources can be accessed by connecting with certified career counselors at no cost by calling 800-342-9647 or visiting https://myseco.militaryonesource.mil. SECO career coaches can help at any stage of a spouse's life, from finding the right school or connecting with employers to starting a business.

The My Career Advancement Account Scholarship is a workforce https://www.theworkforcecouncil.org/veterans-services/ development program. It provides up to \$4,000 in financial assistance to eligible military spouses for the pursuit or maintenance (including continuing education courses) of a license, certification or an associate degree necessary to gain employment in an occupation or career field. https://mycaa.militaryonesource.mil/mycaa/

Military Spouses face tremendous career and employment challenges due The new Military Spouse Employment Partnership Job Search Navigator Service is a value-added service offered to military spouses once they have completed a series of designated career support services with a SECO goals. FFSC's employment specialists can assist Military Spouses, Service career coach. The MSEP Job Search Navigator will identify potential matches between the spouse and MSEP employers based on the spouse's geographic location, education, experience, and career goals. Then, a list of customized job leads will be provided to assist them in their search for employment. For more information, please visit https://myseco.militaryonesource.mil/portal/ article/resume-review-and-job-search-navigator

> Corps, Navy, Air Force, and Space Force, to include active, reserve, and National Guard components, are invited to apply to the new Military Spouse Career Accelerator Pilot, a multi-year program that provides spouses with paid 12-week fellowships at employers across various industries and locations. For more information and to register, please visit https://myseco.militaryonesource.mil/portal/events/live/mscap.

> Military spouses of currently serving members of the U.S. Army, Marine

In the Hampton Roads area, Military Spouses are invited to use the Hampton Roads Veteran's Employment Centers for any job search related needs. These centers are part of the Workforce Council and work exclusively with the military community.

> **Call your local Fleet and Family Support Center** (FFSC) for more information on these topics.

FFR.CNIC.Navy.mil/Family-Readiness • NavyLifeMA.com/FFSC





## **COMMAND SUPPORT PROGRAMS**

### **Deckplate Resource Awareness Training**

This two-day training is specifically for Second Class Petty Officers in supervisory positions. It provides information on Navy and community resources available to military personnel. Through solutionfocused exercises, participants learn techniques to effectively address personnel concerns brought to their attention. Hampton Roads commands are invited to nominate participants by calling their FFSC.

### **Exceptional Family Member POC Training**

This half-day training provides information that enables POCs to assist members in their commands. Who should attend: any newly-designated EFMP POC in the Hampton Roads area

#### Family Readiness Group (FRG) Trainings FRGs play an integral part in keeping families together

in various situations, especially during deployment. Please contact your closest FFSC for more information regarding all FRG trainings. **FAP Liaison Quarterly Training** 

## This two-hour course emphasizes the Command's crucial role in all aspects of the Family Advocacy

Program (FAP). Topics include an overview of FAP prevention, intervention, legal issues, and reporting Who should attend: COs, XOs, CMCs, COBs, Chaplains, Command FAP POCs, CRC members, and Kev Responders.

My Navy Career Options (formerly CONSEP)
The standard of career readiness, this course provides Navy Career Counselors and Fleet & Family Support Center (FFSC) staff an opportunity to guide first-term and mid-career Sailors through the career opportunities available in the Navy and in the civilian sector. This course will enhance mission readiness by giving Sailors the tools to make informed decisions

#### about their educational and career options. Ombudsman Advanced Training

This training is for all Ombudsmen who have completed the Ombudsman Basic Training course. The purpose of advanced training is to support Ombudsmen's ongoing educational and

### informational needs. **Ombudsman Basic Training**

This training consists of nine modules that help official Command Ombudsmen and command leadership team members work effectively with their commands. Workshops provide resource avenues for helping families through crisis and daily living. Open to Ombudsmen, COs, XOs, Chaplains, CMCs, COBs, and their spouses.

# **SAPR Administrative Unit Victim Advocate**

This course provides guidance to SAPR commandlevel designees to effectively oversee compliance with SAPR program policy requirements onboard their units and commands. The training provides current information and guidance on roles and responsibilities to include available military and community victim support services, SAPR reporting requirements, and facilitation of CNIC-approved awareness and prevention training. Administrative Unit VAs are also required to attend the SAPR Victim Advocate Basic Training and become D-SAACP certified before being designated in writing.

## **SAPR Victim Advocate Basic Training**

The 40-hour victim advocate basic training prepares participants with the skills and knowledge to become Unit Victim Advocates. The training covers a broad spectrum of services available to sexual assault victims, to include roles and responsibilities of SAPR personnel, Confidentiality Policy, Victimization, Reporting Options, Medical, Investigative, Legal Processes, and Self-Care. Participants will also gain a better understanding of command and system responses, how to address safety needs, provide services, referrals, and advocacy throughout the process from initial reporting to final adjudication or disposition. Upon successful completion of the training, participants are eligible to apply to the Department of Defense Sexual Assault Certification Program (D-SAACP) as a requirement to be certified as a "SAPR Victim Advocate"

## **SAPR Victim Advocate Continuing Education**

This training facilitates maintaining victim advocates' DOD Sexual Assault Advocate Certification Program (D-SAACP) credentialing. These workshops provide SAPR program updates and advanced training in assisting victims of sexual assault. Who should attend: D-SAACP credentialed victim advocates in the Hampton Roads area. All other SAPR trained personnel are welcome. However, continuing education hours are not mandated for other SAPR positions. Sponsor Training

This single-session training, available for presentation at your worksite, teaches command personnel to serve as sponsors. Topics include ways to be an effective sponsor, duties and responsibilities, military and community resources, and FFSC relocation assistance.

## **FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS**

## **Career Development**

The program observes the processes of assessing career interests, as well as exploring and choosing careers and entrepreneurship. It addresses employment challenges resulting from the mobile military lifestyle and provides tools and learning to help bring you closer to your ideal job, skill set, and lifestyle.

**Effective Resume Writing** This interactive training will review the basic types of resumes and discuss which types are appropriate for different job seekers and what information should be included on each. It will also discuss the essential elements of cover letters to use in conjunction with resumes and how to compile a resume effectively in the current job market.

### Interview Techniques

Want to feel more confident at your next job interview? This single-session workshop teaches you how. Topics include the interview process, including traditional and behavioral interviewing questions, as well as methods for responding to these questions using the STAR (Situation, Task, Action, Result) method.

## **Job Network**

Job Network is a monthly employer panel comprised of three to four human resources personnel. Ask local and national employers what they like to see on resumes and how to prepare for interviews. Find out about open positions, their application process, and what benefits are available. Transitioners separatees, and military family members are invited to attend.

# **Job Search Strategies**

This program focuses on the job search process. It observes the most effective methods for job searching, including networking, job search engines, job fairs, social media, and employment agencies. During this session, learners will identify their network, construct a personal elevator speech, write two job search SMART (Specific, Measureable, Achievable, Relevant, and Timebound) goals, and learn how to improve their professional online presence.

## **Navy Spouse in Transition**

This class provides information for spouses regarding the process of transitioning out of the military for the service member and the family. Topics included are the Navy's transition program. benefits, financial changes, culture shock, career transition, and the final move process.

This course focuses on the federal employment process. It explains the process of creating a USA Jobs profile, as well as searching and applying for jobs in federal government. It reviews unique hiring paths and special hiring authorities such as veterans and military spouse preferences. It discusses the essential elements of an effective federal resume and provides an in-depth look at job vacancy announcements. assessments and job requirements.

## **Navy Spouse in Transition**

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## **TAP (Transition Assistance Program)**

This three-day workshop is the mandatory Transition Core Curriculum Course for military members who are retiring or separating from the military. The course includes one-day Department of Defense Training (Pre-Separation Counseling, My Transition Overview, Skills Identification, and Financial Preparedness for Transition); one-day Veterans Administration (VA) Benefits and Services Brief; and one-day Department of Labor (DOL) Employment Workshop.

See your Command Career Counselor regarding TAP requirements that must be completed prior to attending a workshop.

## **VA Disability Benefits Review**

Conducted by a VA accredited, Virginia Department of Veterans Services (VDVS) Veteran Services Representative (VSR), this workshop provides participants information on the VA disability claim process. This includes discussing laws that pertain to disability compensation, the VA's responsibility to execute laws pertaining to Veteran's benefits and entitlements, the role of Section 38 of the Code of Federal Regulations and how it applies to Veteran's disability benefits, and claim development and submission. Participants will also get an overview of other VA benefits, as well as VDVS programs available to them upon transition. The workshop is open to all separating service members who wish to file a disability compensation claim. If participants have hard copy medical records, they should bring them to the workshop to provide to the VDVS VSR. The workshop is sponsored by the Virginia Department of Veterans Services and FFSC.

## **Transition Tracks**

These two-day transition tracks are part of the Transition Assistance Program and contain information and skills to set service members up for success with their career trajectory.

## **Education**

 Managing Your Education This course, designed 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.

 Department of Labor Employment Workshop This course presents a comprehensive view covering best practices in career employment including learning interview skills, building effective resumes, and using emerging technology to network and search for employment.

### Entrepreneurship Boots 2 Busines

This course is for those interested in exploring business ownership or other self-employment opportunities. Participants learn about evaluating business concepts, developing a business plan. the resources available to access technical assistance, start-up capital, contracting opportunities, and more

#### Vocational • Career and Credential Exploration (C2E)

This course offers an opportunity to complete personalized career development assessments of occupational interests and aptitudes. Participants will then be guided through a variety of career considerations, including labor market projections, education, apprenticeships. certifications, and licensure requirements.

# MILITARY LIFE SKILLS EDUCATION

## **Building Effective Anger Management Skills**

Do you find your anger racing from zero to 60 at work or at home? BEAMS is a multi-session, skill-building program for active duty, retired personnel, and thei adult family members ages 18 and older. The BEAMS course is designed to prevent anger from escalating to violence. Participants learn to develop new and effective coping strategies.

## **Building Healthy Relationships**

The purpose of this training is to provide tools to enhance healthy relationships and educate military personnel and their families on how to successfully nurture intimate relationships. Topics include emotional record keeping, expectations, communication, and developing healthy habits.

This four-hour workshop addresses the pain and loss of a family breakup from the child's perspective. Topics of discussion include typical reactions of children of different ages, things children need to hear, and what parents can do to help them through the pain. Suggestions for the non-custodial parent are also provided. This class meets the Virginia State Law mandate requiring divorcing parents of minors to attend four hours of parent education.

# **Couples Workshop**

Do you have trouble communicating with your partner? Do you find yourselves arguing a lot? This two-session workshop will help you improve your day-to-day communication, learn how to fight fair, problem-solve, and strengthen your relationship. Open to military beneficiaries and their partners.

## **Dads and Discipline**

The culture of fatherhood is changing as dads become increasingly involved with their children. Dads are often seen as "disciplinarians," yet come to the job with no specific training. This interactive. single-session class provides an opportunity for fathers to gain valuable, practical information about parenting. Participants will discuss parenting styles and learn effective discipline techniques to help raise responsible, well-behaved children.

# **Enhancing Blended Families**

This single-session workshop includes discussions on the myths of blended family living, the different roles a stepparent may assume, the stages a blended family goes through as they develop, and tips for handling discipline. Discussion also includes information on step parenting in a military family.

## Mind-Body Mental Fitness (MBMF)

This program is designed to promote a culture of excellence as part of the continuum of Warrior Toughness, Expanded Operational Stress Contro (E-OSC) and Command Resilience Team (CRT). t consists of six modules (Stress Resilience, Mindfulness & Meditation, Living Core Values, Flexibility, Problem Solving, and Connection) which can be completed in any sequence. The course includes real-world discussions and skills practice to improve the four domains of resiliency: mind, body, spirit, and social and build toughness, trust, and connectedness. This course is appropriate for commands, service members, family members, family units, and Family Readiness Groups.

# MBMF Module 1: Stress Resilience

In this module you will learn how stress affects the four domains of resilience, as well as how to recognize it and turn it into an opportunity for growth. You will also develop the vital skills of energy management and recalibration through practical exercises designed to resync your mind-body connection, increase clear thinking and optimize performance.

MBMF Module 2: Mindfulness & Meditation In this module you'll learn about the three attitudes of mindfulness (non-judgment, curiosity and acceptance) and how these attitudes can improve decision-making, reduce destructive behaviors, and increase optimal performance. Through practical exercises, you will also learn how mindfulness and meditation can aid in recovery from stress.

# MBMF Module 3: Living Core Values

In this module you'll learn how values can help you stay on course and maintain commitment and consistency when you're under stress. You will also learn how to identify and define your values, relate them to Core Navy Values and your personal goals, and develop strategies for dealing with situations where your values and behaviors are in conflict.

### MBMF Module 4: Flexibility

This module will teach you how to better understand your own thoughts, emotions and behaviors, how they are different, and how they interact with one another. You will also learn how to deal with your thoughts, emotions, and behaviors in different settings using practical

## MBMF Module 5: Problem Solving

This module will cover the basic steps of effective problem-solving using practical examples of how these steps can be applied at work and at home. You will also learn how to recognize the dynamics and interactions that lead to personal and group challenges as well as healthy and helpful coping skills.

# MBMF Module 6: Connections

In this module you will learn how connection and communication help you manage stress and develop resiliency, among many other benefits. You will learn how to identify your support network and recognize the different communication styles that, when understood, can lead to more successful communication. You will also learn about the vital role empathetic listening has in building connections, communicating effectively, and improving the cohesiveness of groups and

New Parent Resource Awareness Workshop This workshop assists expectant parents as they prepare for the arrival of a new baby. Topics discussed include the Navy's policy on pregnant servicewomen, Navy Family Care Plans, housing information, Navy Marine Corps Relief Society, information about their Budgeting for Baby program, child care resources, FFSC programs and services, the WIC program, and career planning. Registration is open to all expectant parents. Partners are strongly encouraged to attend

## with them

Parenting 411 This workshop provides expectant parents and parents of children up to three years old with the foundational tools for nurturing children, as well as basic parenting skills. Topics discussed are stages of development, how to handle crying, temper tantrums, self-care, and alternative measures for discipline.

## **Parenting in a Military Family**

This workshop explores what it means to discipline children and the ways it can be most effectively accomplished. It includes strategies for encouraging children to behave appropriately, communicating in ways that really work, and increasing cooperation. Participants discuss attention-seeking behaviors and how parents can best respond to them. Additional topics include child development, temperament, expecting and giving respect, and the impact that a military lifestyle has on children.

**Parenting Teens** This single-session workshop presents the physical, cognitive, social, and emotional developmental characteristics of teens, and parents' reactions to the way adolescents handle these changes. Discussion topics include building healthy relationships, avoiding power struggles, and providing guidelines. This is an overview of the indepth STEP Teens multi-session program.

## **Personal Communications**

Would you like to improve your personal communication skills? This educational group can make a difference! Participants learn about different communication styles, conflict resolution, and ways to develop more effective speaking and listening skills. Open to active duty military and family members. **Ready Navy** 

When an emergency strikes, knowing what to do can save lives, property, and time. One of the most important tools you or your family can have to protect yourself in possible emergencies is a Family Emergency Plan. It is important to plan ahead as a family for all types of emergencies and responses. Everyone in the family should understand what to do, where to go, and what to take in the event of an emergency. Learn how to prepare, respond, and recover with FFSC's Operation Prepare public awareness program.

## Ready to Date

Dating in today's society can seem like an unachievable mission, but it doesn't have to be! In this workshop learn how to set healthy boundaries, identify red flags, and learn techniques on how to date smarter. Learn that dating isn't just for finding a spouse, but to discover who you are and what to look for in a potential partner

# **Spouse Newcomers Orientation**

Are you newly married or getting married soon? Are you new to the area or to the military? Join us for a one-session workshop which provides a wide variety of helpful information about military life, including the challenges of deployment, expectations of the military, preparation for a mobile lifestyle, pay and allowances, housing, medical and dental care, recreational activities, financial planning, and more. Stress Management

Stress is an unavoidable fact of life. The way we handle stress can affect our personal and professional lives.

Learn more about managing stress with techniques such as goal setting, time management, and progressive relaxation Systematic Training for Effective Parenting (STEP): Early Childhood

#### This multi-session program helps parents develop a positive and consistent approach to dealing with the special challenges of children age six and younger. Topics include understanding developmental sequences and accomplishments of infants, toddlers, and pre-schoolers; building effective discipline skills; developing skills for communicating effectively with

#### Systematic Training for Effective Parenting (STEP): School-age

young children; and much more.

This seven-session program offers participants a wealth of information and skills for parenting 5- to 12-year-olds. Learn ways to help you children become more responsible, respectful, and cooperative. Topics include communication discipline, the resolution of misbehavior, mutual respect, and family meetings.

# PERSONAL FINANCIAL MANAGEMENT PROGRAMS

### Blended Retirement System The BRS Overview will cover the difference between

the Legacy or High 3 retirement system and the new Blended Retirement System, which took effect on January 1, 2018. Opt-in choices, TSP contributions, and continuation pay will be covered. This class is for all service members or family members who want to learn more about BRS **Car Buying Strategies** Looking for a car but don't want to get taken

## for a ride? In this single-session program, learn

all of the important dos and don'ts BEFORE you step onto the carlot. Topics include negotiating, trade-ins, discounts, financing, high-pressure sales tactics, and **Command Financial Specialist (CFS) Forum and Financial Town Hall Meeting** This quarterly forum is designed to update the Command Financial Specialist (CFS), senior leadership Command Career Counselors, and other

interested command leadership about current and

emerging financial issues. This is an excellent forum

## for networking and continuing financial education that can benefit military members and their families.

**Command Financial Specialist (CFS) Refresher** Review and sharpen skills learned in Command Financial Specialist (CFS) Training which include the financial planning worksheet, solution-focused financial counseling, and developing your CFS program. Learn new presentation skills and techniques, as well as discuss current financial hot topics. Open to Command Financial Specialists who meet new requirements implemented July 2019. CFS must meet with an FFSC PFM staff member to verify Quarterly Reporting and Continuing Education requirements have been met before registration can be completed. Call to request an appointment for

### verification of eligibility and registration. **Command Financial Specialist (CFS) Training** This five-day interactive training seminar covers

the basics of personal financial management and serves as a foundation for those selected by their Command to serve as CFSs. The training covers topics such as spending plans, budgets, managing credit savings and investments, and retirement planning Participants are also introduced to the techniques of short-term, solution-focused financial counseling Participants must be E-6 or above, in good financia standing, and have at least one year remaining at their commands. Advanced registration is required.

## Consumer Awareness

**Credit Management** 

Have you ever made a purchase that you later regretted? It's a jungle out there and this single-session workshop will teach you how to be a savvy consumer. Topics include avoiding purchasing pitfalls, how to exercise your consumer rights. methods for resolving consumer complaints, and ways to access consumer advocacy resources.

This single-session workshop provides valuable

#### information on establishing a credit history, choosing and using credit and debit cards, debt-to-income ratio, consumer installment loans, credit reports, and effectively managing your credit.

**Developing Your Spending Plan** Do you want to get control of your finances? This single-session workshop can help you develop a realistic spending plan. With this spending plan in place, you'll be on your way to paying your bills on time and achieving your short- and long-term financial goals.

#### **Financial Leadership Seminar** Planned and unplanned deployments are a fact of life in the Navy. This course provides information to

help learners effectively manage their finances during a deployment. Financial Literacy Touchpoints Financial Literacy Touchpoint curriculums are designed to meet financial readiness Common Military Training (CMT) requirements as outlined in DTM 19-009. The CMT requirements provide service members with common knowledge

skills, and behavior standards to enable

management of their financial affairs in a

manner that enhances financial readiness. These

trainings, associated with milestones, or

Touchpoints, in an individual's professional or

personal life, are: First Duty Station, Permanent

Change of Station (PCS), Promotion, Vesting

in the Thrift Savings Plan (TSP), Entitlement to Continuation Pay, Marriage, Welcoming Your First Child, Preparing for Divorce, Disabling Sickness or Condition, Leadership Training, Pre-Deployment Preparation, and Post-Deployment. All Touchpoints are available for delivery at your command or as a one-on-one session. Please see your Command Financial Specialist or a Personal

#### If you are in need of a Touchpoint training that is not being offered during the quarter, please see your Command Financial Specialist or a Personal Financial Manager at your Fleet and Family Support Center.

#### Entitlement to Continuation Pay This Touchpoint training is an opportunity to understand what Continuation Pay is, how to

Financial Manager at your FFSC

apply for it, and how best to use it. Leadership Training Financial readiness is mission readiness. Understanding your role as a leader in helping service members manage their finances, including information, tools, and resources, will

This course will prepare you to set goals, establish

priorities, develop a family financial plan, and

#### organize your finances to adjust to your new life as a married person.

be reviewed in this training.

 Permanent Change of Station Moving often means adjusting to change and starting new routines. This is especially true for finances. This course will help optimize resources and strategize ways to complete a move without breaking the budget

changes. It's important not to overlook certain

financial tasks that need to be completed, in

#### Post-Deploymen Returning home after deployment can be an exciting time and can bring with it a number of

order to take advantage of the extra money and resources that were available before and after deployment. • Pre-Deployment Preparation Deployments can be stressful. Having an effective financial plan will help you to remain focused on the mission and ease your return home. This course will help prepare you for deployment and teach you how to take

#### Career advancement is a great time to hit the pause button and review your finances to set yourself up for a more successful, prosperous future. This course will help you organize your finances and make the most of a promotion.

advantage of certain opportunities to improve

your finances while deployed.

• Vesting in the Thrift Savings Plan (TSP) Congratulations on completing two years of service. You are now vested in the TSP. Vesting means that you have met the service requirement to keep automatic and matching contributions that have been made to your TSP account by the government whenever you separate or retire from military service. This course will provide you with additional information on how this milestone can enhance your financial future. · Welcoming Your First Child

For most service members, a new child means changes, especially to your finances. This course is designed to help organize finances efficiently and prepare for the changes that come with the birth or adoption of a child

# Home Buying

Buying a house is the most significant purchase many people will ever make. This course is designed to increase the knowledge and comfort level of firsttime home buyers and serve as a refresher for repeat home buyers. Upon completion of this course, learners should be able to determine whether they are ready to purchase a home, know how to choose a real estate agent, mortgage, and be able to negotiate and close the deal.

#### Homeownership VHDA's Homeownership workshop is designed to take the mystery out of buying a home. Learn more about managing personal finances and credit, working with

**How to Survive the Holidays Financially** Make the most of the holiday season — learn how to reduce the financial stress of the holidays. This 90-minute workshop helps participants financially meet holiday spending demands without the pain of too much debt.

a lender and real estate agent, and completing the

loan process and home inspection. You'll also learn

ways to protect your investment as a home owner.

## **Military Pay Issues**

Paving for College

The Military Pay Issues course is designed to familiarize service members and family members with military compensation so that they will be able to verify information on the Leave and Earnings Statement (LES) and address common pay problems Million Dollar Sailo This two-day interactive program is for active duty

service members, Reservists, retirees, and family

members who are financially stable and are looking for

#### more in-depth information on topics such as financial goal setting and implementation, debt reduction, saving, investing, and long-term wealth building.

This course provides information on sources of funding for higher education, focusing on financial aid resources, college savings plans, and tax incentives. Please note: this course contains information for those entering college now or in the near future, as well as for those who want to save for their children's future education. Based on participants' needs. discussion topics may include scholarships, grants, loans, savings plans, and tax incentives. **Paying Off Your Student Loans** 

This course provides awareness of student loan debt

#### management strategies so that learners can improve their current financial situations, avoid student loan delinquency or default, and repay student loans as

quickly and inexpensively as possible **Planning for Your Retirement** This single-session, interactive program introduces the basic concepts of financial retirement planning, including the military retirement system and the Thrift Savings Plan (TSP). This is a must if you are leaving

#### the military **Raising Financially Fit Kids**

children of all ages. Parents will explore their own financial habits and skills, as well as learn techniques to teach their children sound financial management skills. Participants will also assess their current financial situation, learn how to communicate effectively with family members about finances, and implement age-appropriate financial practices for their children. Renting Renting is a course suitable for all potential renters.

This interactive program is designed for parents of

#### for repeat renters. Upon completion of this course, learners should be able to research rental options. determine affordability, and locate an appropriate rental property. Saving and Investing This single-session, interactive program, suitable for

all audiences, is designed to develop more in-depth

knowledge and skills that will enable them to save

and invest wisely, explore various investment options,

It is designed to increase the knowledge and comfort

level of first-time renters and to serve as a refresher

# and learn which instrument best suits them and their

Survivor Benefit Plan This course provides basic information on the key provisions of the Survivor Benefit Plan (SBP). This information will assist service members and their spouses in making informed decisions about SBP's role in their retirement plan. **Thrift Savings Plan** 

The Thrift Savings Plan (TSP) provides all service

members with the opportunity to get an immediate tax

break while saving for themselves and their family's

#### future. Learn how to take advantage of this exciting government-sponsored savings and investment program to build wealth and achieve financial

independence in this 90-minute workshop. Your Insurance Needs Covers the basic types of insurance and what they can do for you, including life, health, homeowners and

## rental insurance, as well as SGLI and DIC. **RELOCATION ASSISTANCE**

### **PROGRAMS Cultural Adaptation**

This program provides service members and their families with an overview of culture shock and resources to help encourage a smooth integration into a new culture. Specific areas of focus are the symptoms of culture shock, the culture shock cycle, and coping tips before and after arrival to the host country. Moving Overseas

Will you be transferring overseas soon? This

helpful single-session workshop is a great way to

prepare yourself and your family for this challenging

adventure. Information will be provided on household

#### goods, auto shipment, financial planning, travel arrangements and passports, personal security, and culture shock. Open to active duty service members, spouses, and dependents 12 years and older. Moving with an Exceptional Family Member

This 30-minute session provides service members and their families with the information and resources available to assist them in relocating with an exceptional family member (EFM) before, during, and after a permanent change of station (PCS). The Exceptional Family Member Program (EFMP) is available for activeduty personnel who have family members with chronic

#### health care or special education needs. Smooth Move Workshop

Transferring to a new duty station? This singlesession workshop offers tips to help make your move as "painless" as possible! Topics include hints on shipping household goods, travel and financial planning, entitlements, family preparation, and ways to cope with relocation. Open to all active duty, retiring and separating military personnel, and their families. Welcome Aboard

Designed to assist service members and their families

with the assimilation into their new military community

following a permanent change of duty station, this

The Secretary of the Navy has determined that this

publication is necessary in the transaction of business

# course highlights familiarization with the area, community and base resources, and local amenities and attractions.

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FFSC PROGRAMS	JA	NUARY Command Sup	PORT PROGRAMS	BRUARY		MARCH
Deckplate Resource Awareness Training	JAN 4 & 5 (TH&F) 8:00 a.m4:00 p.m. (Multi-Session) <b>(LC</b> JAN 17 (W) 8:30-11:00 a.m. <b>(N)</b>	2) JAN 29 & 30 (M&T) 8:30 a.m3:30 p.m. (Multi-Session) (N)	FEB 20 (T) 8:30-11:30 a.m. <b>(P)</b>		MAR 11 & 12 (M&T) 8:30 a.m3:30 p.m. (Multi-Session MAR 18 (M) 8:30-11:30 a.m. ( <b>P</b> )	) <b>(N)</b> MAR 26 (T) 8:30-11:00 a.m. <b>(N)</b>
Exceptional Family Member POC Training  Entitle Pool Installation (FDC) Loadership Training	JAN 29 (M) 8:30-11:30 a.m. <b>(P)</b> JAN 23 (T) 9:00-11:00 a.m. (Advanced Training) <b>(LC)</b>		FEB 2 (F) 10:00-11:30 a.m. (Advanced Training) (0)	FEB 28 (W) 9:00-10:30 a.m. (Advanced Training) (N)	MAR 22 (F) 9:00 a.mNoon <b>(0)</b> MAR 2 (S) 8:30 a.m3:00 p.m. (Basic Training) <b>(N)</b>	MAIL 20 (1) 0.30 11.00 min. (4)
FAP Liaison Quarterly Training	JAN 23 (T) 6:00-8:00 p.m. (Advanced Training) (LC)  JAN 16 (T) 9:00-11:00 a.m. (O)	JAN 22 (F) 9:00-11:00 a.m. <b>(LC)</b>	FEB 24 (S) 8:30 a.m4:30 p.m. (Basic Training) (LC)	FEB 28 (W) 5:30-7:00 p.m. (Advanced Training) (N)	MAR 5 (T) 9:00-11:00 a.m. ( <b>P</b> )	
Maintaining Respect in the Workplace  My Navy Career Options (formerly CONSEP)	JAN 26 (F) 10:00 a.mNoon (N) JAN 25 & 26 (TH&F) 8:00 a.m4:00 p.m. (N)	JAN 29 & 30 (M&T) 8:00 a.m4:00 p.m. <b>(LC)</b>	FEB 26 (M) 9:00 a.mNoon <b>(LC)</b> FEB 20 & 21 (T&W) 8:00 a.m4:00 p.m. <b>(O)</b>	FEB 22 & 23 (TH&F) 8:00 a.m4:00 p.m. (N)	MAR 5 (T) 9:00-11:00 a.m. ( <b>LC</b> )  MAR 28 & 29 (TH&F) 8:00 a.m4:00 p.m. ( <b>N</b> )	
Ombudsman Advanced Training	JAN 5 (F) 10:00-11:30 a.m. (O)	3.11.2.5 d. 0.0 (1.11.7 0.10 0.11.11.11.11.11.11.11.11.11.11.11.11.11	FEB 21 (W) 9:00-10:30 a.m. (N)	FEB 21 (W) 5:30-7:00 p.m. <b>(N)</b>	MAR 5 (T) 9:00-11:00 a.m. <b>(LC)</b>	MAR 5 (T) 6:00-8:00 p.m. <b>(LC)</b>
Ombudsman Basic Training  SAPR Administrative Unit Victim Advocate Training	JAN 5-7 (F-SU) 8:30 a.m4:00 p.m. <b>(N)</b> JAN 11 (TH) 9:00 a.mNoon <b>(Y)</b>		FEB 7-9 (W-F) 8:30 a.m4:30 p.m. <b>(LC)</b> FEB 7 (W) 9:00 a.m3:00 p.m. <b>(O)</b> FEB 8 (TH) 9:30 a.m12:30 p.m. <b>(N)</b>	FEB 20-22 (T-TH) 8:30-4:00 p.m. <b>(Y)</b> FEB 22 (TH) 8:00 a.mNoon <b>(LC)</b>	MAR 7-9 (TH-S) 8:30 a.m4:30 p.m. <b>(0)</b>	MAR 15-17 (F-SU) 8:30 a.m4:00 p.m. (N)
SAPR Victim Advocate Basic Training	JAN 22-26 (M-F) 8:00 a.m5:00 p.m. <b>(0)</b> JAN 29-FEB 2 (M-F) 8:00 a.m4:30 p.m. <b>(Y)</b>		FEB 5-9 (M-F) 8:00 a.m4:00 p.m. (P) FEB 12-16 (M-F) 7:30 a.m4:30 p.m. (N)	FEB 26-MAR 1 (M-F) 8:00 a.m4:30 p.m. <b>(Y)</b>	MAR 11-15 (M-F) 7:30 a.m4:30 p.m. (N) MAR 11-15 (M-F) 8:00 a.m5:00 p.m. (O)	MAR 25-29 (M-F) 8:00 a.m4:30 p.m. <b>(LC)</b>
SAPR Victim Advocate Continuing Education Training	JAN 11 (TH) 9:00 a.mNoon <b>(LC)</b> JAN 16 (T) 9:00 a.mNoon <b>(Y)</b>	JAN 25 & 26 (TH&F) 8:00 a.m4:00 p.m. <b>(P)</b> JAN 25 (TH) 9:00 a.mNoon <b>(LC)</b>	FEB 8 (TH) 9:00 a.mNoon <b>(LC)</b> FEB 13 & 14 (T&W) 9:00 a.m4:00 p.m. <b>(O)</b>		MAR 13 (W) 9:00 a.mNoon (Y)	
Sponsor Training	JAN 18 (TH) 9:00 a.mNoon <b>(N)</b> JAN 3 (W) 1:00-4:00 p.m. <b>(LC)</b> JAN 12 (F) 9:00-11:00 a.m. <b>(O)</b>		FEB 29 (TH) 9:00-10:00 a.m. <b>(N)</b>		MAR 6 (W) 9:00-11:00 a.m. <b>(P)</b> MAR 15 (F) 9:00-11:00 a.m. <b>(O)</b>	MAR 22 (F) 1:00-3:00 p.m. <b>(LC)</b>
			SITION ASSISTANCE PROGRAMS	FFD42/T) 22244 22 AN		
Career Development	JAN 8 (M) 9:00 a.mNoon <b>(0)</b> JAN 10 (W) 9:00 a.mNoon <b>(Y)</b> JAN 16 (T) 8:00-11:00 a.m. <b>(LC)</b>	JAN 16 (T) 8:30-11:30 a.m. <b>(N)</b> JAN 22 (M) 9:00 a.mNoon <b>(P)</b>	FEB 7 (W) 9:00 a.mNoon <b>(NN)</b> FEB 12 (M) 8:00-11:00 a.m. <b>(LC)</b> FEB 12 (M) 9:00 a.mNoon <b>(O)</b>	FEB 13 (T) 8:30-11:30 a.m. <b>(N)</b>	MAR 12 (T) 8:30-11:30 a.m. (N) MAR 18 (M) 8:00-11:00 a.m. (LC) MAR 18 (M) 9:00 a.mNoon (O)	
Effective Resume Writing	JAN 4 (TH) 9:00 a.mNoon <b>(NW)</b> JAN 9 (T) 9:00 a.mNoon <b>(O) (Y)</b> JAN 11 (TH) 1:00-4:00 p.m. <b>(P)</b>	JAN 17 (W) 8:00-11:00 a.m. <b>(LC)</b> JAN 17 (W) 8:30-11:30 a.m. <b>(N)</b> JAN 24 (W) 9:00 a.mNoon <b>(P)</b>	FEB 1 (TH) 9:00 a.mNoon ( <b>NW</b> ) FEB 6 (T) 1:00-4:00 p.m. ( <b>NN</b> ) FEB 13 (T) 8:00-11:00 a.m. ( <b>LC</b> )	FEB 13 (T) 9:00 a.mNoon <b>(O)</b> FEB 14 (W) 8:30-11:30 a.m. <b>(N)</b>	MAR 5 (T) 9:00 a.mNoon ( <b>Y</b> ) MAR 13 (W) 8:30-11:30 a.m. ( <b>N</b> ) MAR 19 (T) 8:00-11:00 a.m. ( <b>LC</b> )	MAR 19 (T) 9:00 a.mNoon <b>(O)</b> MAR 22 (F) 9:00 a.mNoon <b>(NW)</b> MAR 25 (M) 9:00 a.mNoon <b>(P)</b>
Interview Techniques	JAN 11 (TH) 9:00 a.mNoon <b>(0) (Y)</b> JAN 18 (TH) 1:00-4:00 p.m. <b>(LC)</b>	JAN 25 (TH) 9:00 a.mNoon <b>(P)</b> JAN 29 (M) 9:00 a.mNoon <b>(NW)</b>	FEB 8 (TH) 1:00-4:00 p.m. <b>(NN)</b> FEB 14 (W) 1:00-4:00 p.m. <b>(LC)</b>	FEB 16 (F) 8:30-11:30 a.m. <b>(N)</b>	MAR 4 (M) 9:00 a.mNoon (NW) MAR 7 (TH) 9:00 a.mNoon (Y)	MAR 20 (W) 1:00-4:00 p.m. <b>(LC)</b> MAR 21 (TH) 9:00 a.mNoon <b>(0)</b>
Job Network	JAN 19 (F) 8:30-11:30 a.m. <b>(N)</b> JAN 11 (TH) Noon-1:00 p.m. <b>(O)</b> JAN 17 (W) 11:00 a.mNoon <b>(LC)</b>	JAN 30 (T) 9:00 a.mNoon <b>(P)</b> JAN 17 (W) Noon-1:30 p.m. <b>(N)</b>	FEB 15 (TH) 9:00 a.mNoon <b>(0)</b> FEB 13 (T) 11:00 a.mNoon <b>(LC)</b> FEB 14 (W) Noon-1:30 p.m. <b>(N)</b>	FEB 15 (TH) Noon-1:00 p.m. <b>(0)</b>	MAR 15 (F) 8:30-11:30 a.m. (N)  MAR 13 (W) Noon-1:30 p.m. (N)  MAR 19 (T) 11:00 a.mNoon (LC)	MAR 25 (M) 1:00-4:00 p.m. <b>(P)</b> MAR 21 (TH) Noon-1:00 p.m. <b>(O)</b>
Job Search Strategies	JAN 10 (W) 9:00 a.mNoon <b>(0)</b> JAN 10 (W) 1:00-4:00 p.m. <b>(Y)</b>	JAN 16 (T) 1:30-4:00 p.m. <b>(N)</b> JAN 23 (T) 9:00 a.mNoon <b>(P)</b>	FEB 7 (W) 1:00 -4:00 p.m. <b>(NN)</b> FEB 12 (M) 1:00-4:00 p.m. <b>(LC)</b>	FEB 14 (W) 9:00 a.mNoon <b>(0)</b> FEB 27 (T) 9:00 a.mNoon <b>(NW)</b>	MAR 6 (W) 1: 00-4:00 p.m. <b>(Y)</b> MAR 12 (T) 1:30-4:00 p.m. <b>(N)</b>	MAR 20 (W) 9:00 a.mNoon <b>(0)</b>
Navy Spouse in Transition	JAN 16 (T) 1:00-4:00 p.m. ( <b>LC</b> )  JAN 19 (F) 9:00-11:30 a.m. ( <b>LC</b> )		FEB 13 (T) 1:00-4:00 p.m. <b>(N)</b>		MAR 18 (M) 1:00-4:00 p.m. (LC)	
Navigating Federal Employment	JAN 9 (T) 1:00-4:00 p.m. <b>(Y)</b> JAN 12 (F) 9:00 a.mNoon <b>(O)</b> JAN 18 (TH) 8:00-11:00 a.m. <b>(LC)</b>	JAN 26 (F) 9:00 a.mNoon <b>(P)</b>	FEB 6 (T) 9:00 a.mNoon <b>(NN)</b> FEB 14 (W) 8:00-11:00 a.m. <b>(LC)</b> FEB 15 (TH) 8:30-11:30 a.m. <b>(N)</b>	FEB 16 (F) 9:00 a.mNoon <b>(O)</b> FEB 20 (T) 1:00-4:00 p.m. <b>(P)</b> FEB 29 (TH) 8:30-11:30 a.m. <b>(N)</b>	MAR 5 (T) 1:00-4:00 p.m. <b>(Y)</b> MAR 14 (TH) 8:30-11:30 a.m. <b>(N)</b> MAR 20 (W) 8:00-11:00 a.m. <b>(LC)</b>	
TAP (Transition Assistance Program)	JAN 18 (TH) 8:30-11:30 a.m. (N)	Executive Retirement (E-9, W-4, W	FEB 15 (TH) 9:00 a.mNoon <b>(NW)</b>	es (N) TAP Bldg. U-93 — See TAP program description on re	MAR 22 (F) 9:00 a.mNoon ( <b>0</b> )	
Education - Managing Your Education	JAN 25 & 26 (TH&F) 8:00 a.m4:00 p.m. (N)		FEB 5 & 6 (M&T) 8:00 a.m4:00 p.m. <b>(LC)</b> FEB 8 & 9 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b>	FEB 22 (TH) 8:00 a.m4:00 p.m. <b>(Y)</b> FEB 29 & MAR 1 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b>	MAR 5 & 6 (T&W) 8:00 a.m4:00 p.m. <b>(O)</b> MAR 14 & 15 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b>	MAR 19 & 20 (T&W) 8:00 a.m 4:00 p.m. <b>(NN)</b> MAR 28 & 29 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b>
Employment • Department of Labor Employment Workshop	JAN 11 & 12 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b> JAN 25 & 26 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b>		FEB 1 & 2 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b> FEB 1 (TH) 8:00 a.m4:00 p.m. <b>(O)</b> FEB 8 & 9 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b>	FEB 15 & 16 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b> FEB 29 & MAR 1 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b>	MAR 7 & 8 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b> MAR 14 & 15 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b> MAR 21 & 22 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b>	MAR 28 & 29 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b>
Entrepreneurship • Boots to Business	JAN 11 & 12 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b> JAN 16 & 17 (T&W) 8:00 a.m4:00 p.m. <b>(LC)</b>	JAN 30 &31 (T&W) 8:00 a.m4:00 p.m. <b>(0)</b>	FEB 7 & 8 (W&TH) 8:00 a.m4:00 p.m. (P) FEB 13 & 14 (T&W) 8:00 a.m4:00 p.m. (NN)	FEB 15 & 16 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b> FEB 29 (TH) 8:00 a.m4:00 p.m. <b>(LC)</b>	MAR 7 & 8 (TH&F) 8:00 a.m4:00 p.m. (N) MAR 12 & 13 (T&W) 8:00 a.m4:00 p.m. (P)	
Vocational • Career and Credential Exploration (C2E)	JAN 22 & 23 (M&T) 8:00 a.m4:00 p.m. <b>(LC)</b>	JAN 11 & 12 (TH&F) 8:00 a.m4:00 p.m. (N)	FEB 15 & 16 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b> FEB 8 (TH) 9:00 a.m4:30 p.m. <b>(LC)</b>		MAR 14 & 15 (TH&F) 8:00 a.m4:00 p.m. (N)  MAR 14 (TH) 8:00 a.m4:00 p.m. (LC)	MAR 28 & 29 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b>
VA Disability Benefits Review	JAN 11 (TH) 8:00 a.m4:00 p.m. <b>(LC)</b> JAN 25 (TH) 8:00 a.m4:00 p.m. <b>(LC)</b>	MILITARYLIFE SKILLS	FEB 8 (TH) 9:00 a.m4:30 p.m. (LC) FEB 22 (TH) 8:00 a.m4:00 p.m. (LC) EDUCATION PROGRAMS	FEB 29 (TH) 9:00 a.mNoon <b>(0)</b>	MAR 14 (TH) 8:00 a.m4:00 p.m. <b>(LC)</b> MAR 28 (TH) 8:00 a.m4:00 p.m. <b>(LC)</b>	
Building Effective Anger Management Skills	JAN 9, 11, 16, 18, 23 & 25 (T&TH) 9:00-11:00 a.m. <b>(N)</b> (I) JAN 22, 24 & 26 (M,T,W) 9:00-11:00 a.m. <b>(Y)</b>		FEB 5, 7, 9, 12, 14 & 16 (M,W,F) 1:00-3:00 p.m. <b>(N)</b> FEB 6, 8, 13, 15, 20 & 22 (T&TH) 9:00-11:00 a.m. <b>(LC)</b>	FEB 20, 22, 27 & 29 (T&TH) 9:00 a.mNoon <b>(NN)</b>	MAR 5, 7, 12, 14, 19 & 21 (T&TH) 1:00-3:00 p.m. <b>(0)</b> MAR 6, 8, 13, 15, 20 & 22 (W&F) 9:00-11:00 a.m. <b>(N)</b>	
Building Healthy Relationships	JAN 8 (M) 5:00-7:30 p.m. <b>(LC)</b>		FEB 6 (T) 3:00-5:30 p.m. <b>(O)</b> FEB 12 (M) 9:00-11:30 a.m. <b>(P)</b>	FEB 20 (T) 9:00-11:30 a.m. <b>(N)</b>	MAR 4 (M) 5:00-7:30 p.m. <b>(LC)</b> MAR 11 (M) 1:30-3:30 p.m. <b>(NN)</b>	MAR 12 (T) 8:30 a.m12:30 p.m. <b>(Y)</b> MAR 12 (T) 4:00-6:30 p.m. <b>(N)</b>
Children and Divorce	JAN 17 (W) 8:30 a.m12:30 p.m. <b>(O)</b> JAN 22 (M) 1:00-5:00 p.m. <b>(N)</b>	JAN 25 (TH) 8:00 a.mNoon <b>(NW)</b>	FEB 1 (TH) 8:30 a.m12:30 p.m. ( <b>LC</b> ) FEB 8 (TH) 8:30 a.m12:30 p.m. ( <b>N</b> )	FEB 22 (TH) 8:00 a.mNoon <b>(P)</b> FEB 28 (W) Noon-4:00 p.m. <b>(Y)</b>	MAR 1 (F) 9:00 a.m1:00 p.m. (N) MAR 4 (M) 8:30 a.m12:30 p.m. (O)	MAR 26 (T) 8:00 a.mNoon <b>(NW)</b>
Couples Workshop			FEB 5 & 12 (M) 5:00-7:30 p.m. ( <b>LC</b> ) FEB 8-9 (TH-F) 5:00-7:30 p.m. ( <b>O</b> )	FEB 15-16 (TH-F) 9:00-11:00 a.m. <b>(P)</b> FEB 26-27 (M-T) 5:00-7:30 p.m. <b>(N)</b>	MAR 19 (T) 5:00-7:30 p.m. (Y)	
Dads and Discipline	JAN 4 (TH) 9:00-11:30 a.m. <b>(N)</b> JAN 5 (F) 9:00-11:30 a.m. <b>(LC)</b>	JAN 24 (W) 1:00-2:30 p.m. <b>(P)</b>	FEB 1 (TH) 9:00-11:30 a.m. <b>(Y)</b> FEB 8 (TH) 9:00-11:30 a.m. <b>(NW)</b>		MAR 1 (F) 9:00-11:30 a.m. ( <b>LC</b> ) MAR 14 (TH) 1:30-4:00 p.m. ( <b>Y</b> )	MAR 27 (W) 9:00-11:30 a.m. ( <b>P</b> ) MAR 20 (W) 2:00-4:30 p.m. ( <b>O</b> )
Enhancing Blended Families	JAN 4 (TH) 9:00-11:30 a.m. <b>(LC)</b>	JAN 16 (T) 1:00-3:00 p.m. <b>(Y)</b>	FEB 7 (W) 9:00-11:00 a.m. <b>(LC)</b> FEB 5 (M) 9:00-11:00 a.m. <b>(N) (O)</b>	FEB 26 (M) 9:00-11:00 a.m. ( <b>P)</b>	MAR 14 (TH) 9:00-11:30 a.m. ( <b>P</b> ) MAR 18 (M) 1:30-4:00 p.m. ( <b>O</b> ) MAR 7 (TH) 9:00-11:00 a.m. ( <b>NW</b> )	MAR 19 (T) 2:30-5:00 p.m. <b>(N)</b>
Module 1: Stress Resilience	JAN 9 (T) 1:00-3:00 p.m. (N)  JAN 11 (TH) 1:00-3:00 p.m. (N)	3.11.10(1) 1.00 3.00 p.m. (1)	FEB 14 (W) 9:00-11:00 a.m. <b>(P)</b> FEB 5 (M) Noon-2:00 p.m. <b>(O)</b>	FEB 14 (W) 11:00 a.m1:00 p.m. <b>(P)</b>	MAR 26 (T) 1:30-3:30 p.m. <b>(NN)</b> MAR 7 (TH) 11:00 a.m1:00 p.m. <b>(NW)</b>	
Module 2: Mindfulness & Meditation	JAN 18 (TH) 9:00-11:30 a.m. <b>(LC)</b>		FEB 6 (T) 1:00-3:00 p.m. (Y) FEB 7 (W) 9:00-11:00 a.m. (N)	FEB 26 (M) 11:00 a.m1:00 p.m. ( <b>P</b> )	MAD 20 /TID 4 00 2 00 mm (M)	
Module 3: Living Core Values	JAN 25 (TH) 9:00-11:30 a.m. <b>(LC)</b>		FEB 7 (W) 9:00-11:00 a.m. <b>(O)</b> FEB 9 (F) 9:00-11:00 a.m. <b>(N)</b> FEB 28 (W) 11:00 a.m1:00 p.m. <b>(P)</b>	FEB 28 (W) 9:00-11:00 a.m. ( <b>P</b> )  FEB 12 (M) 9:00-11:00 a.m. ( <b>N</b> )	MAR 28 (TH) 1:00-3:00 p.m. <b>(Y)</b> MAR 7 (TH) 9:00-11:30 a.m. <b>(LC)</b>	
Module 4: Flexibility  Module 5: Problem Solving	JAN 18 (TH) 1:00-3:00 p.m. (N)		FEB 7 (W) Noon-2:00 p.m. <b>(0)</b> FEB 9 (F) 9:00-11:00 a.m. <b>(0)</b>	FEB 14 (W) 9:00-11:00 a.m. (N)	MAR 1 (F) 9:00-11:00 a.m. (P)	MAR 21 (TH) 9:00-11:30 a.m. <b>(LC)</b>
Module 6: Connections			FEB 9 (F) Noon-2:00 p.m. <b>(0)</b>	FEB 16 (F) 9:00-11:00 a.m. <b>(N)</b>	MAR 26 (T) 9:00-11:30 a.m. (LC)	MAR 1 (F) 11:00 a.m1:00 p.m. (P)
New Parent Resource Awareness Workshop  Parenting 411	JAN 31 (W) 9:00 a.m2:00 p.m. ( <b>0</b> )				MAR 7 (TH) 8:30 a.m12:30 p.m. (N)  MAR 26 (T) 9:00 a.m2:00 p.m. (O)	MAR 8 (F) 8:00 a.mNoon <b>(LC)</b>
Parenting in a Military Family	JAN 8 (M) 9:00 a.m2:00 p.m. (N) JAN 23 (T) 9:00 a.mNoon (NW)		FEB 1 (TH) 3:00-7:30 p.m. <b>(N)</b> FEB 9 (F) 8:30 a.m1:30 p.m. <b>(LC)</b>	FEB 12 (M) 8:30 a.m1:30 p.m. <b>(0)</b>	MAR 7 (TH) 9:00-11:30 a.m. <b>(Y)</b> MAR 19 (T) 1:00-2:30 p.m. <b>(P)</b>	MAR 27 (W) 1:00-6:00 p.m. <b>(N)</b>
Parenting Teens  Personal Communications	JAN 26 (F) 9:00-11:30 a.m. <b>(LC)</b> JAN 4 (TH) 1:00-3:00 p.m. <b>(N) (Y)</b> JAN 11 (TH) 9:00-11:00 a.m. <b>(P)</b>	JAN 16 (F) 9:00 a.mNoon <b>(LC)</b>	FEB 8 (TH) 9:00-11:30 a.m. <b>(Y)</b> FEB 7 (W) 3:00-5:00 p.m. <b>(O)</b> FEB 13 (T) 9:00-11:00 a.m. <b>(N)</b>	FEB 13 (T) 9:00-11:00 a.m. <b>(P)</b>	MAR 18 (M) 1:00-3:00 p.m. <b>(N)</b>	
Ready Navy					MAR 1 (F) 10:00-Noon (Y)	
Ready to Date	JAN 18 (TH) 10:00 a.mNoon <b>(Y)</b>		FEB 5 (M) 2:30-4:30 p.m. <b>(0)</b>	FFD 20 /FD 20 4 20 4 40	MAR 14 (TH) 8:30-10:00 a.m. ( <b>LC</b> ) MAR 14 (TH) 2:00-4:30 p.m. ( <b>N</b> )	MAR 26 (T) 10:00-11:30 a.m. <b>(Y)</b>
Spouse Newcomers Orientation	JAN 3, 5, 10 & 12 (W&F) 1:00-3:00 p.m. (Multi-Session) ( JAN 9 (T) 9:00-10:30 a.m. (Single Session) (Y)	N)	FEB 6 (T) 9:00 a.mNoon ( <b>P</b> )	FEB 29 (F) 9:00 a.m1:00 p.m. <b>(LC)</b>	MAR 22 (F) 8:00 a.mNoon <b>(Y)</b> MAR 12 (T) 9:00-11:00 a.m. (Single Session) <b>(LC)</b> MAR 19, 21, 26 & 27 (TW,TH) 9:00-11:00 a.m. (Multi-S	ession) (I C)
Stress Management	JAN 10, 12, 17 & 19 (W&TH) 9:00-11:00 a.m. (Multi-Sess JAN 16, 18, 23 & 25 (T&TH) 9:00-11:00 a.m. (Multi-Sess	sion) (LC) on) (NN)			MAX 13, 21, 20 0 27 (1,11,11) 3.00 11.00 a.m. (multi 3	control (see)
Systematic Training for Effective Parenting (STEP)		PERSONAL FINANCIAL A	FEB 6, 8, 13, 15, 20 & 22 (T&TH) 2:00-4:30 p.m. (Early  IANAGEMENT PROGRAMS	Childhood) (N)	MAR 6, 11, 13, 18, 20, 25 & 27 (M&W) 4:30-7:30 p.m. MAR 4, 6, 8, 11, 13 & 15 (M,W,F) 3:00-5:30 p.m. (Scho	
Blended Retirement System	JAN 9 (T) 1:30-3:00 p.m. <b>(Y)</b> JAN 17 (W) 1:30-3:00 p.m. <b>(N) (NN)</b>	JAN 18 (TH) 3:30-5:00 p.m. ( <b>0</b> )	FEB 6 (T) 8:30-10:00 a.m. (Y) FEB 14 (W) 1:30-3:00 p.m. (N)		MAR 7 (TH) 10:30 a.mNoon <b>(0)</b> MAR 13 (W) 1:30-3:00 p.m. <b>(N)</b>	MAR 27 (W) 1:00-2:30 p.m. (NN)
Car Buying Strategies	JAN 17 (W) 1:30-3:00 p.m. (N) (NN) JAN 10 (W) Noon-1:30 p.m. (N) JAN 24 (W) 9:00-1030 a.m. (NN)	JAN 26 (F) 9:00-10:30 a.m. <b>(NW)</b> JAN 31 (W) Noon-1:30 p.m. <b>(N)</b>	FEB 1 (W) 1:30-3:00 p.m. (N) FEB 1 (TH) 3:30-5:00 p.m. (O) FEB 21 (W) 8:30-10:00 a.m. (Y)	FEB 28 (W) Noon-1:30 p.m. <b>(N)</b> FEB 29 (TH) 1:00-2:30 p.m. <b>(P)</b>	MAR 6 (W) 8:30-10:00 a.m. <b>(Y)</b> MAR 6 (W) 9:00-10:30 a.m. <b>(LC)</b>	
CFS Forum and Financial Town Hall Meeting	JAN 12 (F) 8:00-9:30 a.m. <b>(LC)</b>	JAN 26 (F) 8:30-10:00 a.m. <b>(0)</b>	FEB 8 (TH) 12:30-2:00 p.m. (N)	P. VV	MAR 21 (TH) 1:00-2:30 p.m. <b>(P)</b>	MAR 22 (F) 7:30-9:00 a.m. <b>(Y)</b>
CFS Refresher Training  CFS Training	JAN 3 (W) 8:00 a.m4:00 p.m. <b>(LC)</b> JAN 8-12 (M-F) 8:00 a.m4:00 p.m. <b>(LC)</b> JAN 22-26 (M-F) 7:30 a.m4:00 p.m. <b>(D)</b>		FEB 13 (T) 8:00 a.m4:00 p.m. <b>(0)</b> FEB 5-9 (M-F) 7:30 a.m4:00 p.m. <b>(N)</b> FEB 12-16 (M-F) 7:30 a.m4:00 p.m. <b>(Y)</b>	FEB 12-16 (M-F) 8:00 a.m4:00 p.m. <b>(LC)</b> FEB 26-MAR 1 (M-F) 7:30 a.m4:00 p.m. <b>(O)</b>	MAR 12 (T) 8:00 a.m4:00 p.m. <b>(N)</b> MAR 4-8 (M-F) 7:30 a.m4:00 p.m. <b>(N)</b> MAR 11-15 (M-F) 8:00 a.m4:00 p.m. <b>(LC)</b>	MAR 18-22 (M-F) 7:30 a.m4:00 p.m. <b>(0) (P) (Y)</b>
Consumer Awareness	JAN 10 (W) 9:00-10:30 a.m. <b>(Y)</b> JAN 31 (W) 10:00-11:30 a.m. <b>(N)</b>		FEB 23 (F) 10:30 a.mNoon (NW)		MAR 5 (T) 10:30 a.mNoon (P) MAR 6 (W) 2:30-4:00 p.m. (LC)	MAR 28 (W) 1:00-2:30 p.m. (NN)
Credit Management	JAN 10 (W) 8:30-10:00 a.m. (N) JAN 17 (W) 9:00-10:30 a.m. (P)	JAN 24 (W) 10:00-11:30 a.m. <b>(NN)</b> JAN 31 (W) 8:30-10:00 a.m. <b>(N)</b>	FEB 15 (TH) 9:00-10:30 a.m. <b>(0)</b> FEB 21 (W) 10:00-11:30 a.m. <b>(Y)</b>	FEB 23 (F) 9:00-10:30 a.m. <b>(NW)</b> FEB 28 (W) 8:30-10:00 a.m. <b>(N)</b>	MAR 5 (T) 9:00-10:30 a.m. ( <b>P</b> ) MAR 6 (W) 10:00-11:30 a.m. ( <b>Y</b> )	MAR 6 (W) 10:30 a.mNoon <b>(LC)</b>
Developing Your Spending Plan Financial Leadership Seminar	JAN 10 (W) 10:00-11:30 a.m. <b>(N)</b> JAN 25 (TH) 1:00-3:00 p.m. <b>(NN)</b>	JAN 30 (T) 3:30-5:00 p.m. <b>(O)</b>	FEB 16 (F) 9:00-10:30 a.m. (NW) FEB 28 (W) 9:00 a.mNoon (LC)	FEB 28 (W) 10:00-11:30 a.m. (N)	MAR 6 (W) 1:00-2:30 p.m. <b>(LC)</b>	
Entitlement to Continuation Pay	, , , , , , , o o o pain part		FEB 28 (W) 2:00-3:00 p.m. (LC)			
Leadership Training  Marriage			FEB 28 (W) 1:00-2:00 p.m. ( <b>LC</b> ) FEB 6 (T) 9:00-10:00 a.m. ( <b>LC</b> )	FEB 21 (W) 9:00-10:30 a.m. <b>(P)</b>		
Permanent Change of Station Post-Deployment			FEB 20 (T) Noon-1:00 p.m. <b>(LC)</b> FEB 20 (T) 10:00-11:00 a.m. <b>(LC)</b>	FEB 21 (W) 10:30 a.mNoon <b>(P)</b>	MAR 27 (W) 2:00-3:30 p.m. <b>(0)</b>	
Pre-Deployment Preparation			FEB 20 (T) 9:00-10:00 a.m. <b>(LC)</b>			
Preparing for Divorce  Welcoming Your First Child			FEB 6 (T) Noon-1:00 p.m. <b>(LC)</b> FEB 6 (T) 10:00-11:00 a.m. <b>(LC)</b>			
Home Buying	JAN 12 (F) 1:00-2:30 p.m. (NW)	JAN 23 (T) 2:30-4:00 p.m. <b>(LC)</b>	FEB 21 (W) 10:00-11:30 a.m. <b>(N)</b> FEB 8 (TH) 8:30 a.m3:00 p.m. <b>(O)</b>	FEB 27 (T) 8:30 a.m3:00 p.m. ( <b>P)</b>	MAR 28 (TH) 8:30-3:00 p.m. (N)	
How to Survive the Holidays Financially			FEB 22 (TH) 8:30 a.m3:00 p.m. <b>(Y)</b> FEB 27 (T) 8:30-10:00 a.m. <b>(Y)</b>			
Military Pay Issues	JAN 8 & 9 (M&T) 8:00 a.m4:00 p.m. (NW)	JAN 17 & 18 (W&TH) 8:00 a m .4:00 a m .W	FEB 6 (T) 2:00-3:30 p.m. <b>(O)</b> FEB 22 & 23 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b>		MAR 12 & 13 (T&W) 8:00 a.m4:00 p.m. (NN) (O)	
Million Dollar Sailor Paying For College	JAN 9 & 9 (M&1) 8:00 a.m4:00 p.m. (NW) JAN 9 & 10 (T&W) 8:00 a.m4:00 p.m. (O) JAN 17 (W) 1:00-2:30 p.m. (P)	JAN 17 & 18 (W&TH) 8:00 a.m4:00 p.m. <b>(Y)</b> JAN 29 & 30 (M&T) 8:00 a.m4:00 p.m. <b>(LC)</b>	FEB 1 (TH) 9:00-10:30 a.m. (NN)		MAR 12 & 13 (18W) 8:00 a.m4:00 p.m. (NN) (O)  MAR 20 (W) 10:00-11:30 a.m. (N)	
Paying Off Your Student Loans			FEB 1 (TH) 10:30 a.mNoon (NN)	FED 14 AMANder - 4 20 Miles	MAR 20 (W) Noon-1:30 p.m. (N)	
Planning for Your Retirement  Raising Financially Fit Kids	JAN 17 (W) Noon-1:30 p.m. <b>(N)</b> JAN 24 (W) 1:00-3:00 p.m. <b>(N)</b>		FEB 6 (T) 8:30-10:00 a.m. (NN)	FEB 14 (W) Noon-1:30 p.m. (N)	MAR 13 (W) Noon-1:30 p.m. (N)	
Renting	JAN 12 (F) 10:00-11:30 a.m. <b>(NW)</b> JAN 23 (T) 1:00-2:30 p.m. <b>(LC)</b>	JAN 24 (W) 1:00-2:30 p.m. <b>(Y)</b>	FEB 21 (W) Noon-1:30 p.m. (N)			
Saving and Investing Survivor Benefit Plan	JAN 17 (W) 8:30-10:00 a.m. <b>(N)</b> JAN 23 (T) 10:30 a.mNoon <b>(LC)</b>	JAN 18 (TH) 1:30-3:00 p.m. <b>(0)</b> JAN 24 (W) 10:00-11:30 a.m. <b>(N)</b>	FEB 14 (W) 8:30-10:00 a.m. (N)	FEB 28 (W) 10:00-11:30 a.m. (NN)	MAR 7 (TH) 8:30-10:00 a.m. <b>(0)</b>	MAR 13 (W) 8:30-10:00 a.m. <b>(N)</b>
Thrift Savings Plan	JAN 17 (W) 10:00-11:30 a.m. (N) JAN 18 (TH) 3:30-5:00 p.m. (O)	JAN 24 (W) 8:30-10:00 a.m. <b>(NN)</b> JAN 30 (T) 8:30-10:00 a.m. <b>(Y)</b>	FEB 14 (W) 10:00-11:30 a.m. (N)		MAR 6 (W) 10:00-11:30 a.m. (NN) MAR 7 (TH) 10:30 a.mNoon (O)	MAR 13 (W) 10:00-11:30 a.m. <b>(N)</b> MAR 26 (T) 8:30-10:00 a.m. <b>(Y)</b>
Your Insurance Needs	JAN 10 (W) 1:30-3:00 p.m. <b>(N)</b> JAN 23 (T) 9:00-10:30 a.m. <b>(LC)</b>	JAN 31 (W) 1:30-3:00 p.m. <b>(N)</b>	FEB 28 (W) 1:30-3:00 p.m. (N)			
Cultural Adaptation		RELOCATION ASSI	<b>STANCE PROGRAMS</b> FEB 13 (T) 1:00-2:30 p.m. <b>(N)</b>		MAR 4 (M) 9:30-11:00 a.m. <b>(0)</b>	MAR 7 (TH) 12:30-2:00 a.m. <b>(LC)</b>
Moving Overseas	JAN 17 (W) 9:00 a.m12:30 p.m. <b>(LC)</b> JAN 18 (TH) 9:00 a.mNoon <b>(Y)</b>	JAN 30 (T) 9:00 a.m4:00 p.m. <b>(NW)</b>	FEB 9 (F) 9:00 a.m4:00 p.m. <b>(P)</b> FEB 12 (M) 9:00 a.mNoon <b>(NN)</b>	FEB 13 (T) 9:00 a.mNoon <b>(N)</b>	MAR 7 (TH) 9:00-12:30 a.m. <b>(LC)</b> MAR 12 (T) 9:00 a.m4:00 p.m. <b>(NW)</b>	
Moving with an Exceptional Family Member	JAN 18 (TH) 11:30 a.mNoon <b>(P)</b> JAN 9 (T) 1:00-4:00 p.m. <b>(LC)</b>	JAN 19 (F) 11:00-11:30 a.m. <b>(O)</b> JAN 19 (F) 9:00-11:00 a.m. <b>(O)</b>	FEB 14 (W) 9:00 a.mNoon <b>(LC)</b>		MAR 14 (TH) 9:00-11:00 a.m. (NN)	
Smooth Move Workshop  Wolcome Aboard	JAN 9 (T) 1:00-4:00 p.m. <b>(LC)</b> JAN 11 (TH) 1:00-4:00 p.m. <b>(NN)</b> JAN 18 (TH) 9:00-11:30 a.m. <b>(P)</b>	JAN 19 (F) 9:00-11:00 a.m. ( <b>0</b> ) JAN 23 (T) 9:00 a.mNoon ( <b>N</b> )	FEB 22 (TH) 1:00-4:00 p.m. (NW) FEB 29 (TH) 1:00-4:00 p.m. (Y)			
Welcome Aboard					MAR 4 (M) 9:00-9:30 a.m. <b>(0)</b>	