FFSC LITTLE CREEK-FORT STORY

757-462-7563 JEB Little Creek-Fort Story 1450 D Street, Bldg. 3129 Virginia Beach, VA 23459-2444

FFSC NEWPORT NEWS

Newport News, VA 23607

757-688-6289 **Huntington Hall** 3100 Huntington Avenue, Bldg. 633

FFSC NORFOLK

757-444-2102 7928 14th Street, Bldg. SDA-344, Suite 102 Norfolk, VA 23505-1219

FFSC NORTHWEST 757-421-8770

NSA Hampton Roads Northwest Annex 4504 Relay Road, Bldg. 374 Chesapeake, VA 23322-4102

FFSC OCEANA

757-433-2912 1896 Laser Road, Suite 120 Virginia Beach, VA 23460-2281

FFSC PORTSMOUTH

757-953-7801 NSA Hampton Roads Portsmouth Annex 1099 Holcomb Road, Bldg. 272 Portsmouth, VA 23708

FFSC YORKTOWN

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

Military Spouses Education and Career Goals

It is well-documented that military spouses face substantial challenges when it comes to employment. Unemployment and and employment support. under-employment statistics for military spouses are higher than most other employment demographics in the adult population in the United States and could be caused by frequent moves due to Permanent Change of Station (PCS) orders, licensure issues, gaps in employment and less flexible schedules due to military training, mobilizations and deployments. For unemployment/ underemployment/employment challenges information and data, see the references at the end of this article.

While many focus on the barriers, the good news is that there are numerous resources and services geared solely toward military spouses that are readily available. Whether someone is seeking assistance with writing a resume, education resources, career portability, licensure transfer or entrepreneurship, assistance

FERP is a program within the Fleet and Family Support Program with the goal of helping military spouses learn how to get a job and maintain a career as a military family member. In addition to courses and one-on-one coaching on career planning, job search, resume writing, interview techniques, federal employment, entrepreneurship, self-assessments and vocational testing, the FERP staff at your local Fleet and Family Support Center (FFSC) can provide information on the Military Spouse Preference Program for Department of War (formerly Department of Defense) employment, noncompetitive federal appointment for other federal positions and professional licensure portability. For family members who are not geographically located near an FFSC, virtual options exist through FFSCs and Military OneSource.

https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/Work-and-Family-Life/Family-Employment/

Another resource available through your FFSC is the CDRC. The CDRC is a dedicated space at most FFSCs with computers and resources readily available for family members to use for employment-seeking purposes. Additionally, most CDRCs are

manned with FFSC personnel who specialize in education, career

se Education & Career Opportunities (SECO) SECO provides education and career guidance to military spouses worldwide, offering comprehensive resources and tools related to career exploration, education, training, licensing, employment readiness and career connections

https://myseco.militaryonesource.mil/portal/

MSEP is a targeted recruitment and employment solution, creating employment connections between companies actively recruiting military spouses and those seeking career opportunities. Since its inception in 2011, MSEP has grown to include more than 950 employers and nonprofit organizations. These partners have reported hiring more than 360.000 military spouses.

https://msepjobs.militaryonesource.mil/msep/

Career Advancement Account Scholarship Program

MyCAA is a workforce development program that provides up to \$4,000 in financial assistance to eligible military spouses for the pursuit and/or maintenance (including continuing education courses) of a license, certification or associate's degree necessary to gain employment in an occupation or career field.

Spouses of active-duty service members, National Guard and reserve members on Title 10 orders, National Guard and Reserves in grades E-1 through E-9, W-1 through W-3 and O-1 through O-3 may be eligible for MvCAA.

https://mycaa.militaryonesource.mil/mycaa/ ran Employment Centers (VEC) & U.S. Department of

While the primary focus for VECs and AJCs is training and $employment \, resources \, for \, military \, veterans, \, many \, of \, the \, resources$ and services are also available to spouses of active-duty personnel and veterans. A sample of the services available include career and job counseling, recommendations for training and education to qualify for better jobs and careers, resume preparation, and actively matching clients to incoming vacancy/position announcements

Hampton Roads has two Veterans Employment Centers that support transitioning active duty, veterans and military spouses with local employment opportunities. They are located at:

861 Glenrock Road, Suite 220, Norfolk, VA / 757.807.0423 600 Thimble Shoals Blvd., Suite 210, Newport News, VA/

757.782.4531 https://www.theworkforcecouncil.org/veterans-services/

The organizations and programs listed in this article are all examples of resources for military spouses looking to support their education or career goals. The first step is to reach out and ask for assistance. For more information about these resources and others, reach out to your

FERP personnel at your local FFSC. https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory/

Military Spouses Factsheet (Department of Labor Veterans' Employment and Training Service) https://www.dol.gov/sites/dolgov/files/VETS/files/Military-Spouses-Fact-Sheet-2024-12-13.pdf

Military Spouse Employment Landscape: Trends, Barriers and Opportunities (Syracuse University) https://ivmf.syracuse.edu/article/militaryspouse-employment-

landscape/ 2022 Comprehensive Report: Spouse Employment (Military Family

Lifestyle Survey) https://bluestarfam.org/wpcontent/uploads/2023/03/BSF_

MFLS_Spring23_Finding1_Spouse_Employment.pdf How to Overcome Common Military Spouse Career Challenges

(Columbia Southern University) https://www.columbiasouthern.edu/blog/blog-articles/2020/

august/military-spouse-career-challenges/

The Hidden Financial Costs of Military Spouse Unemployment (Hiring Our Heroes U.S. Chamber of Commerce Foundation) https://www.hiringourheroes.org/resources/hidden-financial-

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

COMMAND SUPPORT PROGRAMS

This two-day training is specifically for Second Class

Exceptional Family Member POC Training This half-day training provides information that enables

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

in various situations, especially during deployment.

regarding all FRG trainings. **Maintaining Respect in the Workplace** This evidence-informed program equips service members with practical tools to interact respectfully with the ultimate goal of reducing destructive behaviors in the workplace. It covers a variety of concepts such as self-respect, personal and professional boundary

Please contact your closest FFSC for more information

and professional lives.

MY (Managing Your) Navy Career Options 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

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 (OBT) OBT prepares newly appointed Ombudsmen to fulfill the requirements of their role and work effectively with the command leadership team and command families. OBT provides resource avenues for helping families through crisis and daily living. Open to Ombudsmen, COs, XOs, Chaplains, CMCs, COBs, and their spouses.

services, SAPR reporting requirements, and facilitation of CNIC-approved awareness and prevention training Administrative Unit VAs are also required to attend the SAPR VA Basic Training and become D-SAACP certified

SAPR Command/Staff Duty Officer and

current SAPR resources, reporting options and the SAPR SITREP process.

This course provides guidance to First Responders by identifying the importance of the relationship between first responders and the SAPR Program. The course discusses the DOW policy on sexual assault and the physical/psychological impact on victims. The course also provides current information and guidance on roles and responsibilities to include prevention and bystander

Advisor Training This course explains the role of unaccompanied housing staff and resident advisors in the prevention and response to sexual assault.

SAPR Victim Advocate Continuing Education

This training facilitates maintaining victim advocates' DOW Sexual Assault Advocate Certification Program (D-SAACP) credentialing. These workshops provide SAPR program updates and advanced training in

Roads area.

SAPR Victim Advocate Initial Course The 40-hour victim advocate initial course 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 War Sexual Assault Certification Program (D-SAACP) as a requirement to be certified as a "SAPR Victim Advocate.





FFR.CNIC.Navy.mil/Family-Readiness/





NavyLifeMA.com/FFSC





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 6 and younger Topics include understanding developmental sequences and accomplishments of infants, toddlers, and pre-schoolers; building effective discipline skills; developing skills for effectively communicating with

Systematic Training for Effective Parenting

(STEP): School-age This seven-session program offers participants a wealth of information and skills for parenting 5- to 12-year-olds. Learn ways to help your children become more responsible, respectful, and cooperative. Topics

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 became effective 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 car lot. Topics include negotiating, trade-ins, discounts, financing, high-pressure sales tactics, and tricks to avoid. 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

leadership about current and emerging financial issues. This is an excellent forum for networking and con

Career Counselors, and other interested command

financial education that can benefit military members

techniques, as well as discuss current financial hot topics. Refresher candidates must meet with an FFSC PFM staff member to verify that all pre-requisites

Command Financial Specialist (CFS) Training This three-day interactive training prepares service members to serve as the point of contact and subject matter expert for their command's Personal Financia Management Program. The main focuses of the training are understanding of relevant policies and instructions preparation of the Financial Planning Worksheet, principles of adult education, resources and referrals and Solution-Focused financial counseling, Successful completion of the Million Dollar Sailor class is a prerequisite for CFS Training as well as other qualifications outlined in OPNAVINST 1740.5D.

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.

Credit Management

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

Are you in control of your money or is your money controlling you? 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 longterm financial goals.

with information and resources to make informed decisions about owning these assets, understand high level tax implications, increase knowledge regarding associated frauds and scams, and understand how to submit consumer complaints regarding digital assetrelated fraud. **Financial Leadership Seminar**This four-hour training is for Division Officers and

non-CFS trained E-7s and above. It provides a basic understanding of typical military financial problems helps participants develop skills in handling a financial crisis, and creates an awareness of resources available The agenda includes budgeting and personal financial management, consumer awareness, legal and security clearance issues, and more. Financial Literacy Touchpoints

Financial Literacy Touchpoint curricula are designed to meet financial readiness Common tary Training (CMT) requirements as outlined

Permanent Change of Station, Post-Deployment, Pre-Deployment Preparation, Vesting in the Thrift Savings Plan and Welcoming Your First Child. 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 Financial Manager at your FFSC.

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

loved one or yourself with a disabling sickness or condition can have quite a bit of unexpected costs. In this course, we will cover several key financial tasks to consider including a spending plan, planning for the future, compensations, benefits and entitlements and caring for aging parents. **Entitlement to Continuation Pay**

a disabling sickness or condition. Caring for a

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

Financial Implications of Divorce

First Duty Station The First Duty Station Touchpoint is an opportunity for new service members, who perhaps are

receiving their first real paychecks, to explore the fundamentals of personal financial management. Topics include basic finance, consumer protection, major purchases, planning for the future, compensation and benefit, saving and investing. **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 be reviewed in this training. This course will prepare you to set goals, establish

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

time and can bring with it a number of changes. It's important not to overlook certain financial tasks that need to be completed, in order to take advantage of the extra money and resources that were available before and after deployment. **Pre-Deployment Preparation**

ments 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 improve your finances while deployed.

System, once they complete two years of services they become vested in the Thrift Savings Plan. But

what does that mean? This course will cover what vesting means, when does vesting occur, the rules regarding vested money and how those vested funds apply to retirement planning. 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.

Gambling Awareness Gambling opportunities are growing in our

society. It's hard to watch a sporting event, other programming or scroll social media without seeing advertising for online gaming and sports betting Traditional gaming and sports betting, are still very popular. Gambling Awareness discusses the prevalence of gambling problems, military directives, the warning signs of compulsive pathological gambling and sources of assistance in overcoming gambling issues/addiction.

personal finances and credit, working with 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 homeowner. This course is taught in conjunction with the Virginia Housing Authority.

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. **Million Dollar Sailor**

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.

Paying for College

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 financial concepts of retirement planning, including military retirement programs, Thrift Savings

vehicles. This course is great for all service members and family members, whether you are planning to make a career of the military or not. **Raising Financially Fit Kids** This interactive program is designed for parents of 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

Plan (TSP), IRA accounts and other saving and investing

situation, learn how to effectively communicate with family members about finances, and implement ageappropriate financial practices for their children

Rentina Renting is a course suitable for all potential renters. It is designed to increase the knowledge and comfort level of first-time renters and to serve as a refresher 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, and learn which instrument best suits them and their individual goals. **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.

Tax Preparation for Service Members Who wants to pay more than their fair share of taxes? No one! Tax Preparation for Service Members will provide a high-level understanding of federal income taxes. You will not walk away a tax expert but you will learn what taxes are, terminology associated with income taxes. how to complete the IRS Form 1040 and other important

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.

they can do for you, including life, health, homeowner

Your Insurance Needs This course covers the basic types of insurance and what

and renter, as well as SGLI and DIC. **RELOCATION ASSISTANCE PROGRAMS Cultural Adaptation**

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

This program provides service members and their

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 passport requirements, 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 single-session 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.

with the assimilation into their new military community following a permanent change of duty station, this course highlights familiarization with the area, community and base resources, and local amenities and attractions.

Deckplate Resource Awareness Training

Petty Officers in supervisory positions. It provides information on Navy and community resources available to military personnel. Through solution-focused 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.

POCs to assist members in their commands. Who should attend: any newly-designated EFMP POC in the Hampton

setting, groupthink, and active intervention. Participants will gain a new perspective on respect, learn to set and enforce healthy boundaries, and be empowered to make healthy, respectful decisions in their personal

to make informed decisions about their educational and

Sexual Assault Prevention and Response (SAPR) Administrative Unit Victim Advocate (VA) Training This course provides guidance to SAPR command-level 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

before being designated in writing.

Watchstander Training This course provides guidance to Command Duty Officers (CDOs)/Staff Duty Officers and Watchstanders by identifying their role within the SAPR Program. The course also provides current information and guidance on personnel roles and responsibilities including

SAPR First Responder Training

intervention strategies, current SAPR resources reporting options and the impact on mission readiness. **SAPR Uniformed Housing/Residential**

Education This course, designed for anyone pursuing an assisting victims of sexual assault. Who should attend: undergraduate or graduate degree, includes D-SAACP credentialed victim advocates in the Hampton information on choosing a field of study, selecting an institution, gaining admission, and funding your

Entrepreneurship 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.

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

The program focuses on 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

Want to feel more confident at your next job interview?

resumes and how to effectively compile a resume in the current job market. **Interview Techniques**

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, Measurable, Achievable, Relevant, and Time-bound) goals,

and learn how to improve their professional

It explains the process of creating a USAJOBS profile

as well as searching and applying for jobs in federal

overnment; reviews unique hiring paths and special

hiring authorities, such as veterans and military spouse

preferences; discusses the essential elements of an

online presence. **Navigating Federal Employment** This course focuses on the federal employment process.

effective federal resume; and provides an in-depth look at job vacancy announcements, assessments and job requirements. **Navy Spouse in Transition** This class provides information for spouses regarding the process of transitioning out of the military for the

 $service \, member \, and \, the \, family. \, Topics \, include \, the \, Navy's$

transition program, benefits, financial changes, culture

the many benefits, services, resources, and programs

available during and after transition. Knowing the

shock, career transition, and the final move process. Pre-Separation Counseling Pre-separation counseling provides information on

benefits and programs is the first step in helping you make informed decisions when you transition, retire, or are released from active duty. **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 War Training (Pre-Separation Counseling, My

Transition Overview, Skills Identification, and

Financial Preparedness for Transition): one-day

Veterans Affairs 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

Transition Tracks

to attending a workshop.

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

Employment This course presents a comprehensive view which covers best practices in career employment including learning interview skills, building

effective resumes, and using emerging technology

to network and search for employment.

Vocational

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 icensure requirements.

VA Disability Benefits Review

of Veterans Services (VDVS) Veteran Services Representative (VSR), this workshop provides workshop to provide to the VDVS VSR. The workshop is sponsored by the Virginia Department of Veterans

Individuals seeking to address and better manage their anger would benefit from this six-session workshop. articipants will learn to identify triggers, address the root causes of anger, and acquire strategies to manage everyday stressors in a supportive environment. Discover the necessary tools to navigate challenging

nurture intimate relationships. Topics include emotional record keeping, expectations, communication, and 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

Couples Workshop

day-to-day communication, learn how to fight fair, practical information about parenting. Participants will

This two-session workshop will help you improve your

stepparenting 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 resilience (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.

the four domains of resilience, as well as how

to recognize it and turn it into an opportunity

for growth: develop the vital skills of energy

management and recalibration through practical

exercises designed to resync your mind-body

connection; increase clear thinking; and optimize

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.

MILITARY LIFE SKILLS EDUCATION

situations and strengthen relationships. Available to active duty, retirees, and their family members 18 years or older. services, the WIC program, and career planning.

personnel and their families on how to successfully

developing healthy habits. **Children and Divorce**

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,

stepparent may assume, the stages a blended family goes through as they develop, and tips for handling discipline. Discussion also includes information on

Conducted by a VA accredited, Virginia Department

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

PROGRAMS Building Effective Anger Management Skills

Building Healthy Relationships The purpose of this training is to provide tools to enhance healthy relationships and educate military

the pain. Suggestions for the non-custodial parent are also provided. This class meets the Virginia state mandate requiring divorcing parents of minors to attend four hours of parent education. Do you have trouble communicating with your partner? Do you find yourselves arguing a lot?

discuss parenting styles and learn effective discipline techniques to help raise responsible, well-behaved **Enhancing Blended Families** This single-session workshop includes discussions on the myths of blended family living, the different roles a

MBMF Module 1: Stress Resilience In this module, you'll learn how stress affects

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; to identify your support network and recognize the different

MBMF Module 3: Living Core Values

values and behaviors are in conflict.

MBMF Module 4: Flexibility

settings using practical skills.

In this module, you'll learn how values can help

you stay on course and maintain commitment and

consistency when you're under stress; 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

This module will teach you how to better understand

your own thoughts, emotions, and behaviors, as well

as 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

MBMF Module 5: Problem Solving
This module covers 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 persona

and group challenges, as well as healthy and helpful

communication styles that, when understood,

and the vital role empathetic listening has in

building connections, communicating effectively,

and improving the cohesiveness of groups and

can lead to more successful communication:

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

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 hasic parenting skills. Topics discussed are stages of

Registration is open to all expectant parents.

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 i 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

cognitive, social, and emotional developmental

characteristics of teens, and parents' reactions

to the way adolescents handle these changes.

Discussion topics include building healthy

impact that a military lifestyle has on children. **Parenting Teens** This single-session workshop presents the physical,

relationships, avoiding power struggles, and providing guidelines. This is an overview of the in-depth 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

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

Family Support Center's Operation Prepare public

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 Fleet &

awareness program.

Ready Navy

Ready to Date Dating in today's society can seem like an unachievable mission, but it doesn't have to be! In this workshop, you'll 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,

Learn more about managing stress with techniques

such as goal setting, time management, and

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

progressive relaxation.

financial planning, and more.

The Secretary of the Navy has determined that this publication is necessary in the transaction of business required by Law of the Department of the Navy. Funds for printing this publication have been approved by the Navy Publication and Printing Policy Committee. Opinions and statements are the personal views of the contributors. We authorize and invite the reproduction of any SIGNAL articles for use by commands. Ombudsman or spouse organization publications. We ask only that credit be given to the SIGNAL. young children; and much more.

include communication, discipline, the resolution of misbehavior, mutual respect, and family meetings.

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

have been met.

Contact your local Fleet and Family Support Center for registration information **Consumer Awareness** Have you ever made a purchase that you later

Exploring Digital Assets Digital and crypto assets are a fast-growing sector of finance. Exploring Digital Assets provides participants

in DTM 19-009. The CMT requirements provide service members with common knowledge, skills, and behavior standards to enable managemen 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: Disabling Sickness or Condition, Entitlement

to Continuation Pay, Financial Implications of Divorce, Leadership Training, Marriage,

Disabling Sickness or Condition It can be incredibly overwhelming if you or a family member, whether it's a child or an adult, experiences

for it, and how best to use it. Divorce is a stressful life event in many ways. This training will help reduce the stress and uncertainty associated with the financial aspects of divorce.

Marriage priorities, develop a family financial plan, and

Post Deployment Returning home after deployment can be an exciting

help prepare you for deployment and teach you how to take advantage of certain opportunities to **Vesting in the Thrift Savings Plan** For service members in the Blended Retirement

Homeownership Workshop This workshop is designed to take the mystery out of buying a home. Learn more about managing

This two-day interactive program provides the foundations of Personal Financial Management for

Welcome Aboard Designed to assist service members and their families

SIGNAL	DN Dam Neck 757-492-6342 L Little Creek 757-462-7563 NN Newport News 757-688-6289 N Norfolk 757-444-2102 NW	Northwest 757-421-8770 O Oceana 757-433-2912 P Portsmouth 757-953-7801 Y Yorktown 757-887-4606	FEB • MAR 2026 PROGRAM CALENDAR
FFSC PROGRAMS	JANUARY	FEBRUARY COMMAND SUPPORT PROGRAMS	MARCH
Deckplate Resource Awareness Training Exceptional Family Member POC Training	JAN 21 & 22 (W&TH) 8:00 a.m4:00 p.m. (L) JAN 23 (F) 9:00 a.mNoon (O) JAN 26 (M) 9:30-11:00 a.m. (P)	FEB 3 & 4 (T&W) 8:30 a.m3:30 p.m. (N) FEB 4 & 5 (W&TH) 8:00 a.m4:00 p.m. (L) FEB 17 (T) 8:30-11:30 a.m. (P)	MAR 4 (W) 8:30-11:00 a.m. (N) MAR 11 (W) 1:00-3:00 p.m. (Y) MAR 30 (M) 8:30-11:30 a.m. (P) MAR 6 (F) 9:00 a.mNoon (O) MAR 13 (F) 9:00 a.mNoon (L)
Family Readiness Group (FRG) Leadership Training		FEB 5 (TH) 9:00-11:00 a.m. (N) FEB 23 (M) 10:00-11:30 a.m. (O)	WAR 0 (F) 3.00 a.iii1400ii (U) WAR 15 (F) 3.00 a.iii1400ii (L)
FAP Liaison Quarterly Training Maintaining Respect in the Workplace	JAN 22 (TH) 1:00-3:00 p.m. (L) JAN 20 (T) 1:00-3:00 p.m. (N)	FEB 23 (M) 9:00 a.mNoon (L)	MAR 2 (M) 9:00 a.mNoon (L) MAR 4 (T) 2:00-4:00 p.m. (N)
MY (Managing Your) Navy Career Options Ombudsman Advanced Training	JAN 29 & 30 (TH&F) 8:00 a.m4:00 p.m. (N) JAN 14 (W) 1:00-2:30 p.m. (Y) JAN 30 (F) 10:00-11:30 a.m. (DN)	FEB 18 & 19 (W&TH) 8:00 a.m2:00 p.m. (0) FEB 26 & 27 (TH&F) 8:00 a.m4:00 p.m. (N) FEB 5 (TH) 9:00-11:00 a.m. (N)	MAR 16 & 17 (M&T) 8:00 a.m4:00 p.m. (L) MAR 26 & 27 (TH&F) 8:00 a.m4:00 p.m. (N) MAR 10 (T) 9:00-11:00 a.m. (L) MAR 10 (T) 6:00-8:00 p.m. (L) MAR 18 (W) 5:30-7:00 p.m. (Y)
Ombudsman Basic Training SAPR Administrative Unit Victim Advocate Training	JAN 7-9 (W-F) 8:30 a.m4:00 p.m. (N) JAN 23-25 (F-SU) 8:30-11:30 a.m. (O) JAN 8 (TH) 9:00 a.mNoon (Y)	FEB 17-19 (T-TH) 8:30 a.m4:30 p.m. (L) FEB 10 (T) 9:30 a.m12:30 p.m. (N) FEB 18 (W) 9:00 a.m1:00 p.m. (O) FEB 26 (TH) 8:00 a.mNoon (L)	MAR 3-5 (T-TH) 8:30 a.m4:00 p.m. (O) MAR 27-29 (F-SU) 8:30 a.m4:00 p.m. (N)
SAPR Command/Staff Duty Officer & Watchstander Training SAPR First Responder Training	JAN 15 (TH) 12:30-1:30 p.m. (N) JAN 15 (TH) 10:00-11:30 a.m. (N)		MAR 26 (TH) 12:30-1:30 p.m. (N) MAR 26 (TH) 10:00-11:30 a.m. (N)
SAPR Uniformed Housing/Residential Advisor Training	JAN 13 (T) 10:00-11:00 a.m. (N) JAN 8 (TH) 9:00 a.mNoon (L) JAN 22 (TH) 8:00 a.mNoon (N) JAN 29 & 30 (TH&F) 7:30 a.m3:30 p.m. (P)	FEB 24 (T) 10:00-11:00 a.m. (N) FEB 5 (TH) 9:00 a.m4:00 p.m. (O) FEB 19 (TH) 8:00 a.mNoon (N)	MAR 31 (T) 10:00-11:00 a.m. (N) MAR 12 (TH) 9:00 a.mNoon (L) MAR 26 (TH) 9:00-11:00 a.m. (DN)
SAPR Victim Advocate Continuing Education Training SAPR Victim Advocate Initial Course	JAN 24 (W) 9:00 a.mNoon (Y) JAN 22 (TH) 1:00-3:00 p.m. (DN) JAN 5-9 (M-F) 8:00 a.m5:00 p.m. (O) JAN 26-30 (M-F) 8:00 a.m4:30 p.m. (L)	FEB 12 (TH) 9:00 a.mNoon (L) FEB 2-6 (M-F) 7:30 a.m4:30 p.m. (Y) FEB 23-27 (M-F) 7:30 a.m4:30 p.m. (N)	MAR 25 (W) 9:00 a.mNoon (Y) MAR 2-6 (M-F) 8:00 a.m4:30 p.m. (L) MAR 16-20 (M-F) 7:30 a.m4:00 p.m. (Y)
Sponsor Training	JAN 26-30 (M-F) 7:30 a.m4:30 p.m. (N) JAN 6 (T) 9:00-11:00 a.m. (L) (NN) JAN 9 (F) 2:00-3:00 p.m. (N) JAN 21 (W) 9:00-11:00 a.m. (P)	FEB 2-6 (M-F) 7:30 a.m4:30 p.m. (P) FEB 18 (W) 9:00-10:30 a.m. (O) FEB 18 (W) 9:00-11:00 a.m. (L)	MAR 9-13 (M-F) 8:00 a.m5:00 p.m. (0) MAR 16-20 (M-F) 7:30 a.m4:30 p.m. (N) MAR 3 (T) 9:00-11:00 a.m. (NN) MAR 25 (W) 9:00-11:00 a.m. (NW) MAR 16 (M) 2:00-3:00 p.m. (N) MAR 30 (M) 9:00-11:00 a.m. (L)
a	JAN 12 (M) 8:00-11:00 a.m. (L) JAN 20 (T) 8:30-11:30 a.m. (N) JAN 27 (T) 8:30-11:30 a.m. (Y)	LY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS FEB 2 (M) 8:00-11:00 a.m. (L) FEB 9 (M) 9:00 a.mNoon (O) FEB 17 (T) 8:30-11:30 a.m. (N)	MAR 16 (M) 9:00 a.mNoon (O) MAR 17 (T) 8:30-11:30 a.m. (N) MAR 23 (M) 8:00-11:00 a.m. (L)
Career Development Effective Resume Writing	JAN 2 (M) 9:00 a.mNoon (O) (P) JAN 8 (TH) 9:00 a.mNoon (NW) JAN 13 (T) 9:00 a.mNoon (O) JAN 21 (W) 8:30-11:30 a.m. (N) JAN 13 (T) 8:00-11:00 a.mNoon (P) JAN 28 (W) 9:00 a.mNoon (P)	FEB 3 (T) 8:00-11:00 a.m. (L) FEB 18 (W) 8:30-11:30 a.m. (N) FEB 10 (T) 9:00 a.mNoon (O)	MAR 17 (T) 8:30-11:30 a.m. (Y) MAR 18 (W) 8:30-11:30 a.m. (N) MAR 24 (T) 8:00-11:00 a.m. (L) MAR 17 (T) 9:00 a.mNoon (O) (P) MAR 19 (TH) 9:00 a.mNoon (NW)
Interview Techniques	JAN 14 (W) Noon-3:00 p.m. (L) JAN 15 (TH) 9:00 a.mNoon (O) (P) JAN 28 (W) 1:00-4:00 p.m. (P)	FEB 20 (F) 8:30-11:30 a.m. (N) FEB 12 (TH) 9:00 a.mNoon (O)	MAR 17 (T) 1:00-4:00 p.m. (P) MAR 19 (TH) 9:00 a.mNoon (O) MAR 25 (W) Noon-3:00 p.m. (L) MAR 19 (TH) 8:30-11:30 a.m. (Y) MAR 20 (F) 8:30-11:30 a.m. (N) MAR 31 (T) 9:00 a.mNoon (NW)
Job Network Job Search Strategies	JAN 15 (TH) Noon-1:30 p.m. (O) JAN 21 (W) Noon-1:30 p.m. (N) JAN 12 (M) Noon-3:00 p.m. (L) JAN 12 (M) 1:00-4:00 p.m. (O) JAN 29 (TH) 9:00 a.mNoon (NW)	FEB 12 (TH) Noon-1:30 p.m. (0) FEB 18 (W) Noon-1:30 p.m. (N) FEB 25 (W) 12:30-2:00 p.m. (Y) FEB 2 (M) Noon-3:00 p.m. (L) FEB 17 (T) 1:00-4:00 p.m. (N) FEB 2 (T) 8:30-11:30 a.m. (Y)	MAR 18 (W) Noon-1:30 p.m. (N) MAR 19 (TH) Noon-1:30 p.m. (O) MAR 24 (T) 11:00 a.m12:30 p.m. (L) MAR 3 (T) 9:00 a.mNoon (NW) MAR 16 (M) 1:00-4:00 p.m. (O)
Navigating Federal Employment	JAN 13 (T) 9:00 a.mNoon (P) JAN 20 (T) 1:00-4:00 p.m. (N) JAN 14 (W) 8:00-11:00 a.m. (L) JAN 14 (W) 9:00 a.mNoon (O) (P) JAN 22 (TH) 8:30-11:30 a.m. (N)	FEB 24 (T) 8:30-11:30 a.m. (Y) FEB 4 (W) 8:00-11:00 a.m. (L) FEB 12 (TH) 9:00 a.mNoon (NW) FEB 11 (W) 9:00 a.mNoon (O) FEB 19 (TH) 8:30-11:30 a.m. (N)	MAR 17 (T) 1:00-4:00 p.m. (N) MAR 23 (M) Noon-3:00 p.m. (L) MAR 18 (W) 9:00 a.mNoon (O) MAR 25 (W) 8:00-11:00 a.m. (L) MAR 19 (TH) 8:30-11:30 a.m. (N) MAR 31 (T) 8:30-11:30 a.m. (Y)
Navy Spouse in Transition	JAN 16 (F) 9:00-11:30 a.m. (L) JAN 21 (W) 5:00-7:00 p.m. (N) JAN 8 (TH) 8:00-11:00 a.m. (N) JAN 16 (F) 9:00 a.m. Noon (L) JAN 30 (F) 8:30-10:30 a.m. (O)	FEB 23 (M) 9:00-11:00 a.m. (O) FEB 5 (TH) 8:00-11:00 a.m. (N) FEB 20 (F) 9:00 a.mNoon (L) FEB 27 (F) 8:30-10:30 a.m. (O)	MAR 5 (TH) 9:00-11:00 a.m. (P) MAR 19 (TH) 1:00-4:00 p.m. (N) MAR 5 (TH) 8:00-11:00 a.m. (N) MAR 19 (TH) 8:00-11:00 a.m. (N) MAR 27 (F) 8:00-11:00 a.m. (N)
Pre-Separation Counseling TAP (Transition Assistance Program)	JAN 16 (F) 8:00-11:00 a.m. (N) JAN 23 (F) 8:00-11:00 a.m. (N) JAN 25 (F) 8:00-11:00 a.m. (N) JAN 27 (F) 8:00-11:00 a.m. (N) JAN 29 (TH) 8:00-11:00 a.m. (N) Executive Retirement (E9, W-4, W-5, O-5, and above) Retiree Classes & Separatee Classes (N) – Call 757-444-6089 for any specific TAP qu	FEB 26 (F) 8:00-11:00 a.m. (N) FEB 26 (F) 8:00-11:00 a.m. (N) FEB 12 (F) 8:00-11:00 a.m. (N)	MAR 19 (TH) 8:00-11:00 a.m. (N) MAR 20 (F) 9:00 a.m. Non (L) MAR 27 (F) 8:30-10:30 a.m. (O) MAR 13 (F) 8:00-11:00 a.m. (N) MAR 26 (TH) 8:00-11:00 a.m. (N)
Education	JAN 15 & 16 (TH&F) 8:00 a.m4:00 p.m. (N)	FEB 5 & 6 (TH&F) 8:00 a.m 4:00 p.m. (N) FEB 12 & 13 (TH&F) 8:00 a.m4:00 p.m. (L)	MAR 5 & 6 (TH&F) 8:00 a.m4:00 p.m. (N) MAR 19 & 20 (TH&F) 8:00 a.m4:00 p.m. (N) MAP 5 & 6 (TH&F) 8:00 a.m4:00 p.m. (N) MAP 10 & 20 (TH&F) 8:00 a.m4:00 p.m. (N)
Employment Entrepreneurship	JAN 8 & 9 (TH&F) 8:00 a.m4:00 p.m. (N) JAN 15 & 16 (TH&F) 8:00 a.m4:00 p.m. (N) JAN 29 & 30 (TH&F) 8:00 a.m4:00 p.m. (N) JAN 20 & 21 (T&W) 8:00 a.m4:00 p.m. (O)	FEB 5 & 6 (TH&F) 8:00 a.m4:00 p.m. (N) FEB 12 & 13 (TH&F) 8:00 a.m4:00 p.m. (N) FEB 4 & 5 (W&TH) 8:00 a.m4:00 p.m. (P) FEB 12 & 13 (TH&F) 8:00 a.m4:00 p.m. (N)	MAR 5 & 6 (TH&F) 8:00 a.m4:00 p.m. (N) (O) MAR 19 & 20 (TH&F) 8:00 a.m4:00 p.m. (N) MAR 12 & 13 (TH&F) 8:00 a.m4:00 p.m. (N) MAR 26 & 27 (TH&F) 8:00 a.m4:00 p.m. (N) MAR 9 & 10 (M&T) 8:00 a.m4:00 p.m. (L) MAR 12 & 13 (TH&F) 8:00 a.m4:00 p.m. (N)
Vocational VA Disability Benefits Review	JAN 8 & 9 (TH&F) 8:00 a.m4:00 p.m. (N) JAN 29 & 30 (TH&F) 8:00 a.m4:00 p.m. (N) JAN 22 (TH) 9:00 a.m4:00 p.m. (L)	FEB 5 & 6 (TH&F) 8:00 a.m4:00 p.m. (O) FEB 5 (TH) 9:00 a.m4:00 p.m. (L) FEB 19 (TH) 9:00 a.m4:00 p.m. (L) FEB 26 & 27 (TH&F) 8:00 a.m4:00 p.m. (N) FEB 26 (TH) 9:00 a.mNoon (O)	MAR 12 & 13 (TH&F) 8:00 a.m4:00 p.m. (N) MAR 5 (TH) 9:00 a.m4:00 p.m. (L) MAR 19 (TH) 9:00 a.m4:00 p.m. (L)
	JAN 5, 7, 9, 12, 14 & 16 (M,W,F) 9:00-11:00 a.m. (DN)	MILITARY LIFE SKILLS EDUCATION PROGRAMS FEB 3, 5, 10, 12, 17 & 19 (T&TH) 9:00-11:00 a.m. (L)	MAR 2, 4, 6, 9, 11 & 13 (M,W,F) 9:00-11:00 a.m. (Y) MAR 16, 18, 20, 23, 25 & 27 (M,W,F) 9:00-11:00 a.m. (N)
Building Effective Anger Management Skills Building Healthy Relationships	JAN 13, 15, 20, 22, 27 & 29 (T&TH) 9:00-11:00 a.m. (N) JAN 7 (W) 1:00-3:00 p.m. (Y) JAN 14 (W) 5:00-7:30 p.m. (L)	FEB 6 (F) 9:00-11:30 a.m. (0) FEB 18 (W) 2:00-4:30 p.m. (N) FEB 12 (TH) 1:00-3:00 p.m. (NN) FEB 23 (M) 9:00-11:30 a.m. (P) (Y)	MAR 9, 11, 13, 16, 18 & 20 (M,W,F) 1:00-3:00 p.m. (O) MAR 31, APR 2, 7, 9, 14 & 16 (T&TH) 9:00-11:00 a.m. (L) MAR 16 (M) 9:00-11:30 a.m. (Y)
Children and Divorce	JAN 9 (F) 8:30-11:30 a.m. (Y) JAN 9 (F) 8:30 a.m12:30 p.m. (O) JAN 23 (F) 8:30 a.m12:30 p.m. (N)	FEB 4 (W) 8:30-11:30 a.m. (Y) FEB 9 (M) 8:30 a.m12:30 p.m. (L) FEB 12 (TH) 8:30 a.m12:30 p.m. (N)	MAR 6 (F) 8:30 a.m12:30 p.m. (O) MAR 14 (S) 8:30 a.m12:30 p.m. (N) MAR 24 (T) 8:30-11:30 a.m. (Y)
Couples Workshop Dads and Discipline	JAN 26 & 29 (M&TH) 4:00-6:30 p.m. (N) JAN 6 (T) 9:00 a.mNoon (Y) JAN 9 (F) 9:00-11:30 a.m. (N) JAN 7 (W) 1:00-2:30 p.m. (P) JAN 28 (W) 9:00-11:30 a.m. (L)	FEB 2 & 9 (M) 5:00-7:30 p.m. (L) FEB 3 & 5 (T&TH) 5:00-7:30 p.m. (Q) FEB 2 (M) 1:00-3:00 p.m. (Y) FEB 26 (TH) 1:30-3:00 p.m. (Y) FEB 10 (T) 1:00-2:30 p.m. (NW) FEB 26 (TH) 2:00-4:30 p.m. (Q)	MAR 4 (W) 9:00-11:30 a.m. (L) MAR 5 (TH) 1:00-2:30 p.m. (P)
Enhancing Blended Families Module 1: Stress Resilience	JAN 9 (F) 1:30-4:00 p.m. (N) JAN 16 (F) 9:00-11:00 a.m. (Y) JAN 5 (M) 1:00-3:00 p.m. (Y) JAN 9 (F) 9:00-11:30 a.m. (L) JAN 20 (T) 9:00-11:00 a.m. (NN)	FEB 3 (T) 9:00-11:30 a.m. (O) FEB 2 (M) 9:00-11:00 a.m. (N) (O) (P) FEB 11 (F) 1:00-3:00 p.m. (Y) FEB 25 (W) 9:00-11:00 a.m. (P)	MAR 6 (F) 8:30-11:00 a.m. (N) MAR 23 (M) 9:00-11:00 a.m. (Y) MAR 9 (M) 9:00-11:00 a.m. (P) MAR 24 (T) 9:00-11:00 a.m. (NN)
Module 2: Mindfulness & Meditation	JAN 15 (TH) 9:00-11:00 a.m. (Y) JAN 16 (F) 9:00-11:30 a.m. (L)	FEB 2 (M) 11:00 a.m1:00 p.m. (P) FEB 6 (F) 9:00-11:00 a.m. (N) FEB 25 (W) 11:00 a.m1:00 p.m. (P) FEB 4 (W) 9:00-11:00 a.m. (V)	MAR 9 (M) 11:00 a.m1:00 p.m. (P) MAR 27 (F) 9:00-11:00 a.m. (Y) MAR 26 (TH) 9:00-11:00 a.m. (NN)
Module 4: Flexibility Module 4: Flexibility	JAN 19 (M) 1:00-3:00 p.m. (Y) JAN 23 (F) 9:00-11:30 a.m. (L) JAN 22 (TH) 9:00-11:00 a.m. (Y)	FEB 5 (TH) 9:00-11:00 a.m. (NN) FEB 6 (F) 9:00-11:00 a.m. (O) FEB 9 (M) 9:00-11:00 a.m. (N) FEB 9 (M) 9:00-11:00 a.m. (O) FEB 11 (W) 1:00-3:00 p.m. (NN) FEB 13 (F) 9:00-11:00 a.m. (N)	MAR 11 (W) 9:00-11:00 a.m. (P) MAR 30 (M) 1:00-3:00 p.m. (Y) MAR 6 (F) 9:00-11:30 a.m. (L) MAR 11 (W) 11:00 a.m1:00 p.m. (P) MAR 31 (T) 9:00-11:00 a.m. (Y)
Module 5: Problem Solving Module 6: Connections	JAN 26 (M) 1:00-3:00 p.m. (Y) JAN 27 (T) 1:00-3:00 p.m. (Y)	FEB 11 (W) 9:00-11:00 a.m. (O) FEB 17 (T) 9:00-11:00 a.m. (N) FEB 19 (TH) 9:00-11:00 a.m. (NN) FEB 13 (F) 9:00-11:00 a.m. (O) FEB 19 (TH) 9:00-11:00 a.m. (N) FEB 24 (T) 9:00-11:00 a.m. (NN)	MAR 13 (F) 9:00-11:00 a.m. (P) MAR 13 (F) 9:00-11:30 a.m. (L) MAR 13 (F) 11:00 a.m1:00 p.m. (P) MAR 27 (F) 9:00-11:30 a.m. (L)
New Parent Resource Awareness Workshop Parenting 411	JAN 29 (TH) 8:30 a.m12:30 p.m. (Y)	FEB 13 (F) 8:30 a.m12:30 p.m. (DN) FEB 13 (F) 8:30 a.m12:30 p.m. (N) FEB 13 (F) 9:00 a.m2:00 p.m. (N)	MAR 26 (TH) 8:30 a.m12:30 p.m. (L) MAR 20 (F) 9:00 a.m2:00 p.m. (DN)
Parenting in a Military Family	JAN 6 (T) 9:00 a.mNoon (NW) JAN 8 (TH) 10:00 a.m3:00 p.m. (N) JAN 13 (T) 11:00 a.m3:00 p.m. (Y) JAN 13 (M) 1:00-3:30 p.m. (N) JAN 21 (W) 1:00-3:00 p.m. (Y)	FEB 6 (F) 8:30 a.m12:30 p.m. (L) FEB 9 (M) 9:00 a.m2:00 p.m. (Y) FEB 5 (TH) 9:00-11:00 a.m. (Y)	MAR 3 (T) 9:00 a.mNoon (P) MAR 5 (TH) 1:00-6:00 p.m. (N) MAR 25 (W) 9:00 a.m2:00 p.m. (Y) MAR 9 (M) 9:00-11:30 a.m. (N)
Parenting Teens Personal Communications	JAN 25 (TH) 2:00-4:30 p.m. (0) JAN 23 (F) 8:30 a.m12:30 p.m. (L) JAN 26 (M) 9:00 a.mNoon (L)	FEB 3 (T) 9:00-11:00 a.m. (Y) FEB 24 (T) 9:00-11:00 a.m. (P) FEB 26 (TH) 9:00-11:00 a.m. (NN) FEB 4 (W) 2:00-4:00 p.m. (O) FEB 24 (T) 9:00-11:30 a.m. (N)	MAR 26 (TH) 9:00-11:00 a.m. (Y)
Ready Navy Ready to Date	JAN 19 (M) 9:00-11:00 a.m. (Y) JAN 12 (M) 9:00-11:00 a.m. (Y) JAN 15 (TH) 1:00-3:00 p.m. (NN) JAN 15 (TH) 2:00-4:00 p.m. (N)	FEB 2 (M) 2:00-4:00 p.m. (O) FEB 13 (F) 9:00-11:00 a.m. (Y)	MAR 10 (T) 9:00-10:00 a.m. (O) MAR 5 (TH) 9:00-11:00 a.m. (NN) MAR 13 (F) 2:00-4:00 p.m. (N) MAR 20 (F) 9:00-11:00 a.m. (Y)
Spouse Newcomers Orientation	JAN 12 (M) 9:00-11:00 a.m. (Y) JAN 26 (M) 8:30 a.mNoon (N) JAN 13 (T) 9:00-10:30 a.m. (Y)	FEB 13 (F) 9:00-11:00 a.m. (Y) FEB 17 (T) 1:00-4:00 p.m. (P) FEB 20 (F) 8:30 a.m12:30 p.m. (L) FEB 6 (F) 9:00-10:30 a.m. (Y)	MAR 18 (W) 9:00 a.mNoon (NW)
Stress Management	JAN 13 (1) 9:00-10:30 a.m. (Y) JAN 5, 8, 12, 15, 22, 26 & 29 (M&TH) 4:30-7:30 p.m. (L) School Age JAN 26, 28 & 30 (M,W,F) 10:00 a.mNoon & 1:00-3:00 p.m. (O) Early Childhood	FEB 10, 12, 17, 19, 24 &26 (T&TH) 1:30-4:00 p.m. (N) Early Childhood	MAR 3, 5, 10 & 12 (18TH) 9:00-11:00 a.m. (N) Multi-session MAR 25 (W) 9:00-11:00 a.m. (L) MAR 12 (TH) 10:00-11:30 a.m. (NN) MAR 12 (TH) 10:00-11:30 a.m. (NN) MAR 3, 4, 6, 9, 11, 13 & 16 (MW,F) 4:30-7:30 p.m. (L) Early Childhood MAR 10, 12, 14, 13, 24, 8, 26 (18TH) 1:30, 4:00 p.m. (N) Sebent Age.
Systematic Training for Effective Parenting (STEP)	JAN 26, 28 & 30 (M,W,F) 10:00 a.mNoon & 1:00-3:00 p.m. (O) Early Childhood	PERSONAL FINANCIAL MANAGEMENT PROGRAMS	MAR 2, 4, 6, 9, 11, 13 & 16 (M,W,F) 4:30-7:30 p.m. (L) Early Childhood MAR 10, 12, 17, 19, 24 & 26 (T&TH) 1:30-4:00 p.m. (N) School Age MAR 23, 25 & 27 (M,W,F) 10:00 a.mNoon & 1:00-3:00 p.m. (O) Early Childhood
Blended Retirement System	JAN 8 (TH) 9:00-10:30 a.m. (NN) JAN 21 (W) 9:00-10:30 a.m. (L) JAN 8 (TH) 1:30-3:00 p.m. (Y) JAN 21 (W) 1:30-3:00 p.m. (N)	FEB 17 (T) 8:30-10:30 a.m. (NN) FEB 18 (W) 1:30-3:00 p.m. (N)	MAR 18 (W) 1:30-3:00 p.m. (N) MAR 31 (T) 11:00 a.m12:30 p.m. (NN)
Car Buying Strategies CFS Forum and Financial Town Hall Meeting	JAN 7 (W) Noon-1:30 p.m. (N) JAN 15 (TH) 1:00-2:30 p.m. (L) JAN 27 (T) 9:00-10:30 a.m. (NN) JAN 12 (M) 9:00-10:30 a.m. (NW) JAN 15 (TH) 1:30-3:00 p.m. (Y)	FEB 17 (T) 2:00-3:30 p.m. (0) FEB 17 (T) 8:30-10:00 a.m. (Y) FEB 11 (W) Noon-1:30 p.m. (N) FEB 18 (W) 8:30-10:00 a.m. (NN)	MAR 3 (T) 8:30-10:00 a.m. (Y) MAR 11 (W) Noon-1:30 p.m. (N) MAR 26 (TH) 1:00-2:30 p.m. (P)
CFS Refresher Training	JAN 30 (F) 8:30-10:00 a.m. (L) (O) JAN 28 (W) 8:30 a.m4:00 p.m. (N) JAN 29 (TH) 9:00-10:30 a.m. (Y)	FEB 12 (TH) 9:00-10:30 a.m. (N) FEB 6 (F) 8:00 a.m. 4:00 p.m. (L) FEB 10 (T) 8:00 a.m. 4:00 p.m. (O) FEB 11 (W) 8:00 a.m. 4:00 p.m. (P)	
CFS Training Consumer Awareness	JAN 14-16 (W-F) 7:30 a.m4:00 p.m. (N) JAN 28-30 (W-F) 8:00 a.m4:00 p.m. (L) (O) JAN 6 (T) 9:00-10:30 a.m. (Y) JAN 6 (T) 10:00-11:00 a.m. (L)	FEB 4-6 (W-F) 7:30 a.m4:00 p.m. (N) FEB 10-12 (T-TH) 7:30 a.m4:00 p.m. (Y) FEB 11 (W) 8:30-10:00 a.m. (N) FEB 18 (W) 10:00-11:00 a.m. (L)	MAR 4-6 (W-F) 7:30 a.m4:00 p.m. (N) MAR 18-20 (W-F) 8:00 a.m4:00 p.m. (L) MAR 25-27 (W-F) 8:00 a.m4:00 p.m. (DN) (P) MAR 5 (TH) 9:00-10:30 a.m. (0) MAR 30 (M) 10:00-11:00 a.m. (L)
Credit Management	JAN 7 (W) 10:00-11:30 a.m. (N) JAN 22 (TH) 10:00-11:30 a.m. (NN) JAN 15 (TH) 2:30-4:00 p.m. (L) JAN 27 (T) 9:00-10:30 a.m. (Y)	FEB 11 (W) 10:00-11:30 a.m. (N) FEB 26 (TH) 10:30-11:30 a.m. (Y) FEB 20 (F) 9:30-10:30 a.m. (NN) FEB 27 (F) 9:00-10:30 a.m. (P)	MAR 11 (W) 10:00-11:30 a.m. (N) MAR 24 (T) 1:00-2:30 p.m. (Y)
Developing Your Spending Plan Exploring Digital Assets	JAN 7 (W) 8:30-10:00 a.m. (N) JAN 28 (W) 10:00-11:30 a.m. (NN)	FEB 5 (TH) Noon-1:30 p.m. (O) FEB 9 (M) 9:00-10:30 a.m. (NW) FEB 19 (TH) 1:30-3:00 p.m. (N)	MAR 4 (W) 9:00-10:30 a.m. (NN) MAR 17 (T) 8:00-9:30 a.m. (Y) MAR 11 (W) 8:30-10:00 a.m. (N)
Financial Leadership Seminar Entitlement to Continuation Pay	JAN 5 (M) 9:00 a.mNoon (L) JAN 13 (T) 10:00 a.mNoon (NN) JAN 28 (W) 1:00-3:00 p.m. (Y) IAN 5 (M) 2:00-3:00 p.m. (L)	FEB 24 (T) 8:30-10:00 a.m. (Y) FEB 25 (W) 9:00-10:00 a.m. (NN)	MAR 24 (T) 10:00-11:00 a.m. (N)
Financial Implications of Divorce	JAN 5 (M) 2:00-3:00 p.m. (L)	FEB 24 (1) 8:30-10:00 a.m. (Y) FEB 9 (M) 1:00-2:30 p.m. (L)	MAR 19 (TH) 2:00-3:30 p.m. (0)
First Duty Station Leadership Training	JAN 20 (T) 9:00-10:30 a.m. (N) JAN 5 (M) 1:00-2:00 p.m. (L)	FEB 24 (T) 10:00-11:00 a.m. (N)	
Marriage Permanent Change of Station	JAN 9 (F) 3:00-4:00 p.m. (L)	FEB 20 (F) 11:30 a.m12:30 p.m. (L) FEB 25 (W) 10:30-11:30 a.m. (NN) FEB 13 (F) 11:00 a.mNoon (L) FEB 24 (T) 9:00-10:00 a.m. (N) FEB 25 (W) 12:30-1:30 p.m. (NN)	MAR 19 (TH) Noon-1:30 p.m. (0) MAR 9 (M) 11:00 a.mNoon (L)
Post Deployment Pre-Deployment Preparation		FEB 24 (T) 12:30-1:30 p.m. (Y) FEB 24 (T) 10:30-11:30 a.m. (Y)	MAR 10 (T) 1:00-4:00 p.m. (L) MAR 10 (T) 10:00-11:00 a.m. (L)
Vesting in the Thrift Savings Plan Welcoming Your First Child			MAR 24 (T) 9:00-10:00 a.m. (N) MAR 26 (TH) 11:30 a.m12:30 p.m. (L)
Gambling Awareness Homebuying		FEB 19 (TH) Noon-1:30 p.m. (N) FEB 10 (T) 1:00-2:30 p.m. (L)	
Homeownership Workshop How to Survive the Holidays Financially	JAN 6 (T) 9:00-10:30 a.m. (N)	FEB 12 (TH) 8:30 a.m3:00 p.m. (O) FEB 19 (TH) 8:00 a.m3:30 p.m. (Y) FEB 24 (T) 8:30 a.m3:00 p.m. (P) FEB 2 (M) 1:00-2:30 p.m. (L)	MAR 10 (T) 8:00 a.m4:00 p.m. (N)
	JAN 12 & 13 (M&T) 7:30 a.m. (4:30 p.m. (N) JAN 13 & 14 (T&W) 8:00 a.m. 4:00 p.m. (O) JAN 26 & 27 (M&T) 8:00 a.m. 4:00 p.m. (L) (O) JAN 20 & 21 (T&W) 8:00 a.m. 4:00 p.m. (Y)	FEB 2 & 3 (M&T) 7:30 a.m4:30 p.m. (N) FEB 3 & 4 (T&W) 8:00 a.m4:00 p.m. (L) (O) FEB 3 & 5 (W&T) 8:00 a.m4:00 p.m. (L) (O) FEB 4 & 5 (W&T) 8:00 a.m4:00 p.m. (L)	MAR 2 & 3 (M&T) 7:30 a.m4:30 p.m. (N)
Paying for College	, , , , , , , , , , , , , , , , , , , ,	FEB 3 (T) 1:00-2:30 p.m. (P) FEB 13 (F) 9:00-10:00 a.m. (L)	MAR 19 (TH) 9:00-10:30 (NN) MAR 19 (TH) Noon-1:00 p.m. (N)
Paying Off Your Student Loans Planning for Your Retirement	JAN 21 (W) Noon-1:30 p.m. (N) JAN 21 (W) 1:00-2:30 p.m. (L)	FEB 13 (F) 1:00-2:00 p.m. (L) FEB 18 (W) Noon-1:30 p.m. (N) FEB 20 (F) 11:00 a.m12:30 p.m. (NN)	MAR 19 (TH) 1:30-3:00 p.m. (N) MAR 25 (W) 11:00 a.m12:30 p.m. (NN) MAR 18 (W) Noon-1:30 p.m. (N)
Raising Financially Fit Kids Renting	JAN 22 (TH) Noon-1:30 p.m. (N) JAN 23 (F) 11:30 a.m12:30 p.m. (L)	FEB 9 (M) 10:30 a.mNoon (NW) FEB 10 (T) 2:30-4:00 p.m. (L)	
Saving and Investing Survivor Benefit Plan	JAN 2 (TH) 9:00-10:30 a.m. (O) JAN 21 (W) 9:00-10:30 a.m. (L) JAN 21 (W) 9:00-10:30 a.m. (N) JAN 21 (W) 2:30-4:00 p.m. (L) JAN 22 (TH) 1:30-3:00 p.m. (N)	FEB 18 (W) 8:30-10:00 a.m. (N)	MAR 5 (TH) Noon-1:30 p.m. (O) MAR 18 (W) 8:30-10:00 a.m. (N) MAR 17 (T) 11:00 a.m12:30 p.m. (NN) MAR 19 (TH) 10:00-11:30 a.m. (Y)
Tax Preparation for Service Members		FEB 26 (TH) Noon-1:30p.m. (N)	MAD 2 (M) 0.00 10-20 a.m. (ANA)
Thrift Savings Plan Your Insurance Needs	JAN 8 (TH) Noon-1:30 p.m. (0) JAN 21 (W) 1:00-2:30 p.m. (L) JAN 30 (F) 8:30-10:00 a.m. (Y) JAN 21 (W) 1:30-3:00 p.m. (N) JAN 21 (W) 2:30-4:00 p.m. (L)	FEB 18 (W) 10:00-11:30 a.m. (N) FEB 11 (W) 1:30-3:00 p.m. (N)	MAR 2 (M) 9:00-10:30 a.m. (NW) MAR 18 (W) 10:00-11:30 a.m. (N) MAR 11 (W) 1:30-3:00 p.m. (N)
	JAN 20 (T) 12:30-2:00 p.m. (L)	RELOCATION ASSISTANCE PROGRAMS	MAR 26 (TH) 12:30-2:00 p.m. (L)
Moving Overseas Moving with an Exceptional Family Member	JAN 20 (T) 9:00 a.mNoon (L) JAN 27 (T) 9:00 a.m4:00 p.m. (NW)	FEB 9 (M) 12:30-4:00 p.m. (N) FEB 12 (TH) 9:00 a.m4:00 p.m. (P)	MAR 4 (W) 9:00 a.m4:00 p.m. (NW) MAR 12 (TH) 9:00 a.mNoon (O) MAR 26 (TH) 9:00 a.mNoon (L)
Moving with an Exceptional Family Member Smooth Move Workshop	JAN 16 (F) 11:00-11:30 a.m. (O) JAN 9 (F) 1:00-4:00 p.m. (L) JAN 14 (W) 1:00-4:00 p.m. (P) JAN 23 (F) 12:30-4:00 p.m. (N)	FEB 13 (F) 9:00 a.mNoon (L)	MAR 9 (M) 9:00 a.mNoon (L) MAR 10 (T) 9:00-11:00 a.m. (NN) MAR 9 (M) 12:30-4:00 p.m. (N) MAR 18 (W) 1:00-4:00 p.m. (P)
Welcome Aboard		FEB 23 (M) 3:00-4:00 p.m. (N)	