

# January 2026

Scan to Register



(V) – Virtual; (H) Hybrid

**NBSD – Naval Base San Diego**

BVH – Bayview Hills Branch  
KMB – Kearny Mesa Branch  
MCC – Murphy Canyon Chapel  
RECYARD – Liberty Center  
Pac B – Pacific Beacon  
MFRC – Healthy Start (MFRC)

**NBPL – Naval Base Point Loma**

GVB – Gateway Village Branch  
VSM – Village at Serra Mesa



**NBC – Naval Base Coronado**

**Mon**

**12**

**Family Care Plan  
Coordinator Training**  
9:00 AM - 10:30 AM (NBSD)

Conflict Management  
11:00 AM - 12:00 PM (NBSD)

**Tue**

**13**

**Stress Management**  
9:00 AM - 10:00 AM (NBSD)

Toddler Tuesday  
10:00 AM - 11:00 AM (KMB)

**Grow! Parenting Series**  
10:00 AM - 3:00 PM (KMB)

Healthy Boundaries  
1:00 PM - 2:30 PM (NBSD)

**Wed**

**14**

**Job Search Strategies**  
9:00 AM - 10:30 AM (NBSD)

Job Search Strategies  
9:00 AM - 11:00 AM (VSM)

**Mini and Me**  
10:00 AM - 11:00 AM (KMB)

Active Duty  
Pregnancy Resources  
11:00 AM - 1:00 PM (NBSD)

**Mind Body Mental Fitness  
(Mindfulness and Meditation)**  
1:00 PM - 3:00 PM (NBSD)

**Thu**

**15**

**Boots 2 Business (B2B)**  
7:30 AM - 4:30 PM (KMB)

Command Sponsor Training  
9:00 AM - 10:00 AM (NBC)

**Responsible Anger  
Management (RAM)**  
9:00 AM - 4:00 PM (NBSD)

Toddler Thursday  
10:00 AM - 11:00 AM (KMB)

**Spouse Employment,  
Empowerment and  
Development (SEED)**  
10:00 AM - 11:00 AM (NBC)

Credit Management  
10:00 AM - 11:00 AM (GVB)

**Resume Writing**  
10:00 AM - 11:30 AM (BVH)

Healthy Relationships  
1:00 PM - 2:00 PM (BVH)

**Fri**

**16**

# January 2026

Scan to Register



(V) – Virtual; (H) Hybrid

**NBSD – Naval Base San Diego**  
 BVH – Bayview Hills Branch  
 KMB – Kearny Mesa Branch  
 MCC – Murphy Canyon Chapel  
 RECYARD – Liberty Center  
 Pac B – Pacific Beacon  
 MFRC – Healthy Start (MFRC)  
 WD – Well Deck Rec Center  
**NBC – Naval Base Coronado**

**NBPL – Naval Base Point Loma**  
 GVB – Gateway Village Branch  
 VSM – Village at Serra Mesa



**Mon**

**19**

**Tue**

**20**

**Developing Your Family Care Plan**  
 9:00 AM - 10:00 AM (NBSD)

Toddler Tuesday  
 10:00 AM - 11:00 AM (KMB)

**Effective Communication**  
 10:00 AM - 11:30 AM (NBPL)

Grow! Parenting Series  
 10:00 AM - 3:00 PM (KMB)

**Healthy Boundaries**  
 11:30 AM - 12:30 PM (WD)

Let's Get Real About FRGs  
 1:00 PM - 1:30 PM (V)

**Wed**

**21**

**Resume Writing**  
 9:00 AM - 10:30 AM (NBSD)

Mini and Me  
 10:00 AM - 11:00 AM (KMB)

**Mind Body Mental Fitness (Stress Resilience)**  
 10:00 AM - 11:30 AM (NBPL)

Mind Body Mental Fitness (Living Core Values)  
 10:00 AM - 12:00 PM (NBSD)

**Navigating Childcare Options**  
 1:00 PM - 2:00 PM (NBSD)

Kids Craft  
 2:30 PM - 3:30 PM (GVB)

**Mind Body Mental Fitness (Stress Resilience)**  
 4:00 PM - 5:30 PM (Pac B)

**Thu**

**22**

**Tax Prep for Service Members (Tax Tips)**  
 10:00 AM - 11:00 AM (BVH)

Toddler Thursday  
 10:00 AM - 11:00 AM (KMB)

**Winning Interview Techniques**  
 10:00 AM - 11:00 AM (NBC)

Conflict Resolution  
 10:00 AM - 11:00 AM (NBC)

**FFSC Overview**  
 11:00 AM - 12:00 PM (NBSD)

Communication in the Workplace  
 1:00 PM - 2:00 PM (NBSD)

**Winning Interview Techniques**  
 1:00 PM - 2:30 PM (BVH)

Resume Writing  
 1:00 PM - 3:00 PM (NBPL)

**Kids Craft**  
 1:30 PM - 2:30 PM (VSM)

**Fri**

**23**

**CAPSTONE**  
 8:00 AM - 11:30 AM (KMB)

Healthy Relationships  
 1:00 PM - 2:00 PM (NBC)

# January 2026

Scan to Register



(V) – Virtual; (H) Hybrid

**NBSD – Naval Base San Diego**

BVH – Bayview Hills Branch

KMB – Kearny Mesa Branch

MCC – Murphy Canyon Chapel

RECYARD – Liberty Center

Pac B – Pacific Beacon

MFRC – Healthy Start (MFRC)

WFRC – Waterfront Rec Center

**NBC – Naval Base Coronado**

**NBPL – Naval Base Point Loma**

GVB – Gateway Village Branch

VSM – Village at Serra Mesa



**Mon 26**

**Command Sponsor  
Coordinator Training**  
9:00 AM - 10:30 AM (NBSD)

CMT: Suicide Prevention  
11:00 AM - 12:00 PM (NBSD)

**Tue 27**

**Command Financial  
Specialist (CFS) – Continuing  
Education**  
8:00 AM - 4:00 PM (V)

Toddler Tuesday  
10:00 AM - 11:00 AM (KMB)

**Healthy Coping**  
10:00 AM - 12:00 PM (NBSD)

Grow! Parenting Series  
10:00 AM - 3:00 PM (KMB)

**Life After the Uniform: The  
Resilient Spouse**  
1:00 PM - 2:00 PM (NBSD)

**Wed 28**

**Winning Interview  
Techniques 9:00 AM - 10:30  
AM (NBSD)**

Spouse Employment,  
Empowerment and  
Development (SEED)  
9:00 AM - 11:00 AM (VSM)

**Mini and Me**  
10:00 AM - 11:00 AM (KMB)

FFSC Resiliency Fair  
11:00 AM - 1:00 PM (WFRC)

**INSIGHTS To Starting Your  
Home-Based Business**  
12:30 PM - 2:30 PM (KMB)  
Mind Body Mental Fitness  
(Flexibility)  
1:00 PM - 3:00 PM (NBSD)

**Thu 29**

**Boots 2 Business (B2B)**  
7:30 AM - 4:30 PM (KMB)

Communication in the  
Workplace  
9:00 AM - 10:00 AM (NBSD)

**Toddler Thursday**  
10:00 AM - 11:00 AM (KMB)

Navigating Federal  
Employment  
10:00 AM - 12:00 PM (BVH)

**Navy Spouse 101**  
1:00 PM - 2:00 PM (BVH)

Navy Spouse 101  
1:00 PM - 2:30 PM (NBC)

**Debt Destroyer**  
1:00 PM - 3:00 PM (NBPL)

Stress Management  
1:30 PM - 3:30 PM (GVB)

**Fri 30**

Mind Body Mental Fitness  
(Mindfulness and Meditation)  
10:00 AM - 11:30 AM (NBPL)

**Homebuying Workshop**  
1:00 PM - 3:30 PM (NBSD)

# WORKSHOP GLOSSARY

## CAREER SERVICES

- **TAP Boots-2-Business:** Why start a Veteran-owned small business? Because Veterans are natural entrepreneurs—disciplined and goal-oriented self-starters. This workshop covers important steps related to business ownership as a post-military career. You'll learn fundamental tools & strategies associated with executing plans for launching & growing a small business. Additionally, you'll learn how business ownership might align with personal strengths and life goals.
- **TAP CAPSTONE:** Do you need assistance completing your TAP Capstone and are looking for a warm hand-off for resources and information? Come to receive a briefing on your Final Move process and Tricare benefits at our monthly Capstone events
- **FFSC Job Fair:** A great opportunity for transition Sailors, retirees, and spouses to network with over 70 employers looking for your skills! Bring copies of your resume and come dressed to impress.
- **How to Work a Job Fair:** Make the most of your job fair experience and position yourself for success.
- **INSIGHTS To Starting a Home-Based Business:** Get time-tested resources, information, advice, and proven techniques for starting your home-based business directly from organizations and agencies focused on your success!
- **Navy Spouse in Transition:** Are you a military spouse looking to support your active-duty service member through their transition from the military into the civilian world? Do you have questions or concerns about the transition process? In this 90-minute workshop, we will connect you with the Transition Assistance Program (TAP) information and resources you need from a spouse's perspective. You will learn how to plan for success by exploring a variety of TAP topics, including VA benefits, medical care, insurance, employment, education, relocation, finances, and governing laws, and instructions.

## COMMAND PROGRAMS

- **Command Exceptional Family Member Program (EFMP) Point of Contact (POC) Training:** This workshop helps command POCs run their program efficiently and ensure that the enrolled EFMP families are equipped with the correct information regarding paperwork, contacts, OPNAVINST 1754.2F requirements, and current resources available to EFMP participants in the San Diego area. To register call 619-759-1223
- **Command Financial Specialist (CFS) Continuing Education:** As specified in OPNAVINST 1740.5, this quarterly training is provided to discuss personal financial issues and provide additional training to meet the four elements of the PFM program (education, counseling, consumer advocacy, and information & referrals). The CFS will be notified of specific topics to be covered. This training is open to all CFSs, senior enlisted advisors, and command career counselors. For registration please email: [ffsc\\_cfs\\_pfm@us.navy.mil](mailto:ffsc_cfs_pfm@us.navy.mil)
- **Command Financial Specialist (CFS) Refresher Training:** Appointed CFSs must attend refresher training every three (3) years after initial training to maintain designation. The refresher training helps to ensure all CFSs have the knowledge base and skill set to continue to function as effective CFSs through: discussions on the financial planning worksheet, latest financial trends, schemes, potential pitfalls, and other relevant topics. Command triads and other leaders are also highly encouraged to attend. For registration please email: [ffsc\\_cfs\\_pfm@us.navy.mil](mailto:ffsc_cfs_pfm@us.navy.mil)

- **Command Financial Specialist (CFS) Initial Training:** All Navy commands must appoint and ensure training for an adequate number of Command Financial Specialists (CFSs) to meet OPNAVINST requirements. Invaluable training ensures CFSs have the latest tools to serve as effective financial specialists for their respective commands. Pre-registration is required. For registration email: [ffsc\\_cfs\\_pfm@us.navy.mil](mailto:ffsc_cfs_pfm@us.navy.mil)
- **Command Sponsor Coordinator Training:** All commands must appoint a Sponsor Coordinator to oversee the support provided to incoming and outgoing Sailors. Per OPNAVINST 1740.3E, Sponsor Coordinators should receive initial training from FFSC to learn more about the program, policy requirements and resources for Sailors and families facing a Permanent Change of Station (PCS). Sponsor Coordinators are encouraged to contact FFSC for Welcome Aboard Packet information and to schedule Command Sponsor Training.
- **Command Sponsor Training:** This class is designed to help you be an effective Command Sponsor. We will review the roles and responsibilities of the Sponsor and discuss each stage of the program. We will also provide you with resources and area-specific information to assist you with your incoming personnel.
- **Family Care Plan Coordinator:** Family Care Plans (FCPs) are a critical tool in ensuring personal and family readiness for any type of absence, crisis, or emergency. This workshop is designed to assist with the establishment of a collateral duty billet as Family Care Plan (FCP) Coordinator within the command. The FCP Coordinator manages the command's FCP Program, ensuring eligible Service Members maintain updated FCPs and providing resources as required in OPNAVINST 1740.4E, US Navy Family Care Policy. This course provides lessons learned, resources, program implementation tips, and networking opportunities to FCP Coordinators.

## ■ COMMAND PROGRAMS

- **FAP Triad Desk Brief:** (Also known as - FAP Leadership Orientation Training): This two-hour training fulfills the FAP training requirements (both OPNAV 1742.2C and SURFPAC CRAV) for new Commanding Officers to be oriented to the Family Advocacy Program in the local area within 90 days of taking command. This class also meets the annual training requirements for Senior Enlisted Leaders.

## ■ DEPLOYMENT SUPPORT

- **Deployment Started: What Now:** This workshop equips families with tools and resources to navigate the challenges of deployment. Participants will learn how to access support services, maintain communication, and foster resilience during the mid-deployment cycle.
- **Deployment Support:** Perhaps you are coming up to your first deployment, or maybe it has been a while since your family last experienced it, let's demystify the process, review the cycles of deployment, and approach this upcoming transition with a drive to leverage and develop your resilience, and explore helpful resources to meet your goals and thrive!
- **Let's Get Real About FRGs:** The Family Readiness Group (FRG) — just three words, but they carry powerful potential to strengthen support for our sailors and the families who serve alongside them.

Let's Get Real About FRGs offers a relaxed and easy introduction to the Family Readiness Program, highlighting essential elements from FRG Basic Training. Whether you're curious about joining your command's FRG or considering starting one yourself, this session will provide clarity, guidance, and resources to get you in the right direction. Come be part of the conversation — and discover how FRGs can make a real difference!

## ■ DEPLOYMENT SUPPORT

- **Family Care Plan:** Family Care Plans (FCPs) are a critical tool in ensuring personal and family readiness for any type of absence, crisis, or emergency. This workshop is designed to ensure eligible Service Members create, maintain, update FCPs and provide resources as listed within the OPNAVINST 1740.4E, US Navy Family Care Policy.
- **Navigating Your New Normal:** Deployment brings about many changes. Although most families are able to progress through the emotional cycle of deployment, some families may get stuck in the "Emotional Disorganization" stage. This workshop is designed to help family members adjust to changing circumstances, realize their potential, and create a new normal.
- **Supporting Children During Deployment:** This workshop equips nondeployed parents and caregivers with practical strategies to support their children through the challenges of deployment. Participants will explore tools and resources to foster emotional resilience, maintain healthy routines, and strengthen family connections—helping their families not just manage, but thrive during deployment.

## ■ FAP EDUCATION

- **Healthy Coping:** This workshop will help participants define coping and identify the difference between healthy and unhealthy coping skills to better manage stress and strong emotions. Participants will learn about four main types of coping and how to assess the effectiveness of their coping skills. The ultimate goal is for each person to develop a diverse, values-aligned coping skills toolkit and practice techniques to build lasting resilience for ongoing stress management.
- **Healthy Relationships:** Learn to recognize the signs of healthy and unhealthy relationships. This class provides tools to enhance healthy relationships and educate Sailors and family members on how to successfully nurture intimate relationships and identify unhealthy relationships behaviors.

- **Healthy Boundaries:** This interactive workshop explores what it means to set and maintain healthy boundaries in all areas of life. Learn to identify boundary types, recognize red flags, and communicate clearly and assertively. Through discussion and real-life scenarios, participants will gain tools to enhance their relationships, protect their well-being, and align their actions with their values.

## ■ FERP WORKSHOPS

- **Finding Federal Employment:** Get the latest information and resources to navigate the federal employment process. Learn tips from the experts on how to create the perfect federal employment resume.
- **Job Search Strategies:** Are you a military family member new to San Diego and looking to get back into the job market? Would you like to learn how to find, federal, state, county or local jobs?
- **Navigating Federal Employment:** This workshop focuses on the federal employment process including the unique hiring paths and special hiring authorities such as veterans and military spouse preferences. The workshop will also discuss the essential elements of an effective federal resume and an in-depth look at job vacancy announcements.
- **Navigating Job Search Strategies:** Are you a military family member new to San Diego and looking to get back into the job market? Would you like to learn how to find, federal, state, county or local jobs?
- **Resume Writing:** Make sure your resume stands out! Get the latest tips and techniques to wow employers with an organized, effective and winning resume.
- **Spouse Employment, Empowerment and Development (SEED):** Are you a military spouse looking for work in San Diego? Attend this workshop and gain insights about the San Diego job market, as well as educational benefits, networking, resume writing and more.

## ■ FERP WORKSHOPS

- **Winning Interview Techniques:** Make your dream job a reality! Gain information and resources to develop expert interviewing skills.

## ■ OMBUDSMAN SUPPORT

- **Ombudsman Advanced Training:** This mandatory training for all appointed Ombudsmen, provides the latest resources and opportunity to network. Registration not required.
- **Ombudsman Basic Training (OBT):** Ombudsman Basic Training (OBT) is the required training for all Navy Ombudsman. It is a standardized multi-day training consisting of nine modules outlined in the Ombudsman Program Manual and OPNAVINST 1750-1G CH-2. Command Leadership should register their Ombudsman to attend training by contacting the Ombudsman Coordinator at [sdffsombudsman@us.navy.mil](mailto:sdffsombudsman@us.navy.mil). Command leadership and their spouses are also welcome to attend all or part of the training. Pre-registration is required. Command leadership and their spouses are also welcome to attend all or part of the training. Pre-registration is required.

## ■ PARENTING SUPPORT

- **Active-Duty Pregnancy Resources:** Are you a pregnant active-duty service member? Learn about policies and programs related to motherhood, developing your Family Care Plan, the Navy's Pregnancy Instruction, as well as childcare, financial resources and more!
- **Grow! Parenting Series:** GROW! is a universal program designed to support parents and caregivers of children ages 5 to 10 years old. Through a series of five engaging sessions, participants will learn positive parenting techniques, effective stress management strategies, and practical health promotion skills to help their children thrive. Attendance at all five sessions is required to receive a certificate of completion.

## ■ PARENTING SUPPORT

- **Kids Craft:** Come out and meet your neighbors while enjoying a small craft structured for kids 4 -12 years old.
- **Mini and Me:** Exclusively for 1st time parents and guardians (bring a blanket for your baby). Activities Include: - Infant Massage, - Sensory Stimulation, - Music, - Development Stages, - Social Integration.
- **Navigating Childcare Options:** Finding reliable and affordable childcare can be an adventurous task for parents. This workshop explores the many childcare options available to military families in San Diego.
- **Toddler Tuesday and Thursday:** Navigating through the toddler years can be stressful and frustrating. Let Toddler Tuesday and Thursday help! Join us for parent/toddler friendly courses where you will learn about your child's development, gain useful behavior management techniques and engage in fun activities with your toddler.

## ■ PERSONAL FAMILY LIFE EDUCATION

- **Building Effective Anger Management Skills (BEAMS):** Learn how to navigate stress with confidence and control. This workshop provides practical, evidence-based strategies for understanding and managing anger, enhancing emotional resilience, and improving communication in challenging situations.
- **CMT: Suicide Prevention:** This workshop offers invaluable education and practical tools, equipping participants with the knowledge and skills needed to recognize warning signs, intervene effectively, and provide compassionate support, ultimately saving lives within communities.
- **Communication in the Workplace:** This workshop empowers participants to strengthen workplace and personal relationships through effective two-way communication. Attendees will learn and practice practical strategies to enhance clarity, build trust, and improve collaboration through intentional and respectful dialogue.

- **Conflict Management:** Unmanaged conflict has caused many hardships in the workplace and at home. It can cause people to suffer, missions to fail, and families to separate. Yet, conflict is inevitable. This workshop helps people manage conflict by examining their attitudes and behaviors when faced with conflicting situations. Practicing skills that prevent conflict from escalations and working with others to solve problems. This allows people to grow, missions to succeed, and families to strengthen.
- **Effective Communication:** Discover practical strategies to enhance your communication skills at home and in the workplace. This workshop explores the foundations of clear, respectful, and impactful two-way communication to build stronger personal and professional relationships.
- **Life After the Uniform: The Resilient Spouse :** Preparing for life beyond military service can be both exciting and overwhelming. Whether your spouse is retiring or separating, this workshop equips you with tools, strategies, and resources to confidently navigate the transition. Learn how to support your family, plan for the future, and embrace the next chapter with resilience and purpose.
- **Mind Body Mental Fitness (MBMF):** The primary goal of Mind-Body Mental Fitness (MBMF) is to enhance the mind, body, spirit and social domains in one's life. Participants will learn pro-active pathways to achieve mental fitness, find balance within these domains and gain practical skills that can be utilized daily. The aim is to take a thoughtful and proactive approach to addressing the stressors inherent in the military, rather than a reactionary approach.
- **Navy Spouse 101:** Whether you're new to Navy life or looking for a refresher, this workshop offers essential information and practical tips to help you navigate military culture, understand available resources, and build a strong foundation for success as a Navy spouse.
- **Organize Your Life!:** Having a well-organized life reduces stress and improves self-esteem. This hands-on workshop teaches you how to manage your bills, schedule home maintenance, organize closets and much more!

## ■ PERSONAL FAMILY LIFE EDUCATION

- **Resources Exist, Asking Can Help (REACH):** This workshop is to cultivate a new mindset around mental health and help-seeking in the military by encouraging Service Members to reach out for help and not suffer in silence. The workshop focuses on empowering service members to use resources without worrying about perceived or real barriers that may stand in the way and to not give up until they find the help that they need.
- **Responsible Anger Management (RAM):** Identify the root of your anger and learn skills to take control of your anger. Redirect your emotions in positive ways which, ultimately, can help you build more effective strategies for success at work and at home. This is a one day 8-hour interactive class.
- **Stress Management:** Stress management secrets that will change your outlook. Make time to invest in you!
- **Time Management:** Do you feel in control of your time? This interactive workshop introduces practical strategies to help you stay organized, prioritize effectively, and make the most of your day. Learn how to take charge of your schedule and align your time with what matters most.

## ■ PERSONAL FINANCIAL MANAGEMENT

- **Car Buying and Leasing Strategies:** If you're thinking of buying or leasing, this workshop can help make your dream car a reality! Develop the knowledge and skills to thoroughly research a purchase or lease. Learn to ask the right questions during the process, and practice negotiation techniques to get a great deal.
- **Credit Management:** Building and maintaining credit can be an important tool for financial success. This course will provide you with the knowledge about establishing healthy credit, the impact and cost of credit, and tips for debt recovery.

- **Debt Destroyer:** Welcome to the United States Navy Debt Destroyer® Workshop! This course is designed to empower you and your family to get out — and stay out — of debt. You will learn proven techniques to overcome your high interest rate consumer debt, make the most of the money you have coming in and get on track to a more secure financial future.
- **Crypto:** Exploring digital (crypto) assets.
- **Financial Planning for Your Retirement Plan: (Also referred to as Retirement Planning):** Whether you're a Seaman Recruit or an Admiral, this class is right for you! Estimate your retirement needs and evaluate retirement account options (TSP, IRAs, 401Ks, etc.).
- **Homebuying Workshop:** 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 first-time home buyers and serve as a refresher for repeat home buyers.
- **Million Dollar Sailor/Spouse Workshop:** Who wants to be a millionaire? Take aim with this two-day workshop designed to help Service members and their families save a million dollars over their lifetime. Proven strategies address topics such as banking and financial services, military pay, planning for your retirement, home buying, savvy consumerism, car buying, insurance, and Thrift Savings Plan.
- **Survivor Benefit Plan (SBP):** 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 (Tax Tips):** Filing taxes can be confusing — but understanding basic tax filing terminology makes filing easier. Use these resources to talk to service members about the information needed to fill out specific forms and the no-cost tax resources available to them.

- **Thrift Savings Plan/ Blended Retirement System:** Get the latest detailed information on everything the Thrift Savings Plan (TSP) has to offer, understand the differences between High 3 and Blended retirement system and the various streams of well curated investing options used to further contribute to financial retirement security. Ensure your Sailors are making smart financial choices early on in their career when it comes to sound retirement planning with minimal fees and better return on investments.

## ■ RELOCATION SUPPORT

- **Developing Your Family Care Plan:** This workshop offers a practical overview of the Family Care Plan, guiding service members and caregivers through the steps to create a comprehensive plan that ensures family readiness during deployments or other absences. Participants will also learn about key resources and support services available to assist in building and maintaining an effective plan.
- **FFSC Overview:** This 30–45-minute workshop provides a foundational introduction to the wide range of programs and services offered by the Fleet and Family Support Center. Participants will gain insight into available resources that support service members and their families in areas such as relocation, deployment readiness, employment readiness, counseling services, and personal and family life education.
- **Moving Overseas:** This workshop provides essential information and resources to help service members and their families prepare for an international relocation. Participants will gain practical guidance on planning and logistics, navigating cultural transitions, and managing the emotional aspects of moving overseas. The goal is to ensure a smooth, well-supported move and successful adjustment to life abroad.

## • RELOCATION SUPPORT

- **Moving with an Exceptional Family Member:**  
Moving with an Exceptional Family Member involves meticulous attention to detail and compassionate support, ensuring a seamless transition for families with unique needs, prioritizing their well-being and integration into new communities.
- **PCSing (Permanent Change of Station) with Kids:**  
PCSing with children can be challenging. It can also be an exciting adventure. Learn some of the tips of the trade for making your next move with the whole family a memorable experience.
- **Sailors & Families On The Move:** Ease the stress of relocation! Learn the processes, policies and resources available for planning a Permanent Change of Station (PCS) move. Whether you're moving within the Continental United States (CONUS) or Overseas (OCONUS), arm yourself with the latest information on your next duty station. Workshop highlights include financial entitlements and secrets to reducing moving stress.
- **Welcome to San Diego:** This course is designed to inform service members and families about the wide range of resources and activities available in Metro San Diego. It is especially useful for individuals who consider themselves "new" to the area or want a "refresh" regarding what San Diego has to offer.
- **Welcome to San Diego Newcomer Orientation:**  
New to San Diego? Let's start your tour off right! Metro San Diego is a wonderful duty station for work and play for the entire family. Learn about all the beautiful places and unique opportunities that makes San Diego so special. Take advantage of being able to meet and listen to the representatives from a multitude of service organizations. All active duty and families are encouraged to attend, you will not want to miss out!