

November 2025

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

3

Tue

4

Wed

5

Thu

6

Fri

7

Boots 2 Business (B2B)

7:30 AM - 4:30 PM (KMB)

Command Financial Specialist (CFS) Initial Training

8:00 AM - 4:00 PM (NBSD)

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

Building Effective Anger
Management Skills (BEAMS)
10:00 AM - 12:00 PM (NBSD)

Ombudsman Basic Training (OBT) 8:00 AM - 4:00 PM (NBSD)

Mind Body Mental Fitness
(Stress Resilience)
10:00 AM - 12:00 PM (NBSD)

Moving Overseas
10:00 AM - 12:00 PM (KMB)

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

Mind Body Fitness Mod 3
(Living Core Values)
10:00 AM - 12:00 PM (VSM)

Renting
12:00 PM - 1:00 PM (NBC)

Intro to EFMP
1:00 PM - 2:00 PM (KMB)

Resources Exist, Asking Can
Help (REACH)
9:00 AM - 10:30 AM (NBSD)

**Command EFMP Point of
Contact (POC) Training**
9:00 AM - 11:00 AM (V)

Mind Body Mental Fitness
(Mindfulness and Meditation)
10:00 AM - 12:00 PM (NBSD)

Finding Federal Employment
9:00 AM - 11:00 AM (NBSD)

Sensory Playgroup
10:00 AM - 11:00 AM (KMB)

New Spouse Orientation
10:00 AM - 12:00 PM (GVB)

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

Command Sponsor Training
10:00 AM - 11:30 AM (NBC)

Car Buying & Leasing
Strategies
10:00 AM - 11:00 AM (VSM)

Job Search Strategies
10:00 AM - 12:00 PM (NBC)

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Mon

10

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

Effective Communication
 1:00 PM - 2:00 PM (NBSD)

Tue

11

Holiday – No Classes Scheduled

Wed

12

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

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

Sensory Playgroup
 10:00 AM - 11:00 AM (KMB)

Finding Federal Employment
 10:00 AM - 12:00 PM (GVB)

Job Search Strategies
 10:00 AM - 12:00 PM (VSM)

Active Duty Pregnancy
 Resources
 1:00 PM - 3:00 PM (NBSD)

Thu

13

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

Mind Body Mental Fitness
 (Mindfulness and Meditation)
 9:00 AM - 11:00 AM (NBC)

**Mind Body Mental Fitness
(Flexibility)**
 10:00 AM - 12:00 PM (NBSD)

Debt Destroyer
 10:00 AM - 11:30 PM (BVH)

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

Time Management
 1:00 PM - 2:00 PM (BVH)

**Winning Interview
Techniques**
 1:00 PM - 3:00 PM (NBPL)

Fri

14

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

Resume Writing
 10:00 AM - 12:00 PM (NBC)

Homebuying Workshop
 1:00 PM - 3:00 PM (NBPL)

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Mon

17

Developing Your Family Care Plan
 9:30 AM - 10:30 AM (NBSD)

Let's Get Real About FRGs
 12:30 PM - 1:00 PM (V)

Tue

18

Command Financial Specialist (CFS) - Refresher
 8:00 AM - 4:00 PM (NBSD)

Mind Body Mental Fitness
 (Problem Solving)
 10:00 AM - 12:00 PM (NBSD)

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

Mind Body Mental Fitness
 (Flexibility)
 10:00 AM - 12:00 PM (VSM)

Resources Exist, Asking Can Help (REACH)-Spouse
 10:30 AM - 12:00 PM (KMB)

Stress Management
 1:00 PM - 2:00 PM (KMB)

Wed

19

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

CMT: Suicide Prevention
 10:00 AM - 11:00 AM (NBSD)

Sensory Playgroup
 10:00 AM - 11:00 AM (KMB)

FFSC Overview
 1:00 PM - 2:00 PM (NBSD)

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

Thu

20

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

Million Dollar Sailor/Spouse Workshop
 8:00 AM - 4:00 PM (NBSD)

Active Duty Pregnancy
 Resources
 9:00 AM - 12:00 PM (NBC)

Mind Body Mental Fitness (Connection)
 10:00 AM - 12:00 PM (NBSD)

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

Parenting Resources in San Diego
 10:00 AM - 12:00 PM (NBPL)

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

Kids Craft
 1:30 PM - 2:30 PM (GVB)

Fri

21

Thrift Savings Plan
 12:00 PM - 1:30 PM (NBC)

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Mon

24

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

Credit Management
1:30 PM - 2:30 PM (GVB)

Tue

25

**Surviving the Holidays
Financially**
9:00 AM - 10:00 AM (NBSD)

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

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

Wed

26

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

Sensory Playgroup
10:00 AM - 11:00 AM (KMB)

Thu

27

Holiday – No Classes Scheduled

Fri

28

No Classes Scheduled

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!

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

- **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
- **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
- **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 PROGRAMS

- **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.
- **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

- **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.
- **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.
- **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!

• FAP EDUCATION

- **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.
- **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.

• 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?

• FERP WORKSHOPS

- **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.
- **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

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.

- **Kids Craft:** Come out and meet your neighbors while enjoying a small craft structured for kids 4 -12 years old.
- **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.
- **Parenting Resources in San Diego:** Parenting Resources in San Diego provides key information parents need when searching for information a resources here in San Diego. Bring your questions and walk away with valuable information needed to succeed.
- **Sensory Playgroup:** The Navy New Parent Support Program offers a new sensory playgroup, which is designed for children 2-4 years old that will benefit for a small playgroup. Focused on sensory exploration and movement that promotes your children's motor and emotional development.

- **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.

▪ **PERSONAL FAMILY LIFE EDUCATION**

- **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.
- **Intro to EFMP:** This workshop provides an overview of the Exceptional Family Member Program, including information, available resources, and support services. Participants will learn how EFMP helps families navigate challenges, ensuring that the needs of family members with special needs are met throughout their military journey.

- **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. In this session, discover the essential role of human connection in resilience and well-being. Participants will assess their support networks, learn empathetic listening techniques, and recognize different communication styles. Strengthen your ability to foster trust, empathy, and mutual support in any environment.
- **Navy Spouse 101:** Learn the basics of Navy life and how to thrive as a military spouse.
- **Organize Your Life:** Take control of the chaos and create systems that work for you. This interactive workshop offers practical tools to help you get organized in everyday life while building habits that reduce stress and boost confidence.

- **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.
- **Resources Exist, Asking Can Help (REACH)-Spouse :** This workshop is to help spouses, significant others, and family members of active duty, reserve, and National Guard service members develop a proactive mindset around mental health and help-seeking behaviors. REACH-Spouse cultivates a mindset by empowering military spouses to overcome perceived barriers to care and to use resources to find mental health help.
- **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!

■ PERSONAL FAMILY LIFE EDUCATION

- **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.
- **Continuation Pay:** Continuation Pay eligibility for Sailors in the BRS Retirement Plan Option is an important milestone in one's Navy career. Understanding this benefit and considering the financial situation of each Sailor can assist them in making the best decisions to assess their career goals and make important personal financial decisions as they pertain to the Continuation Pay benefit.
- **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.
- **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.
- **How to Survive the Holidays Financially:** Don't just survive the holidays; thrive during this time with secrets to smart finances, strategies to maximize your budget, and tips for how to manage the stress associated with this busy time.
- **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.

- **Renting:** Renting a house or apartment can be good solutions for single service members and military families, as it can offer the flexibility that home ownership does not provide. Learn how to weigh your options on locations, type, cost, and renting vs. buying. This empowering workshop will ensure you make a wise housing choice. It is designed to increase the knowledge and comfort level of first-time renters, and to serve as a refresher for repeat renters.
- **Saving and Investing 101:** Develop knowledge and skills that will enable you to achieve your financial goals through saving and investing. You will learn the characteristics of the different saving and investment vehicles—such as Retirement Accounts, Money Market Accounts, and stocks.
- **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.
- **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.
- **Final Move:** This workshop equips retiring or separating service members with essential information, tools, and resources to successfully plan and execute their final military move. Topics include entitlements, timelines, relocation benefits, and strategies for a smooth transition.
- **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.
- **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.
- **New Spouse Orientation:** The Navy's New Spouse Orientation provides a comprehensive introduction, offering vital support and resources to empower spouses of service members, fostering a resilient community and ensuring a smooth transition into military life.
- **Sailors & Families On The Move (Smooth 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 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!