



Fleet & Family Support Centers San Diego Metro



JULY 2024

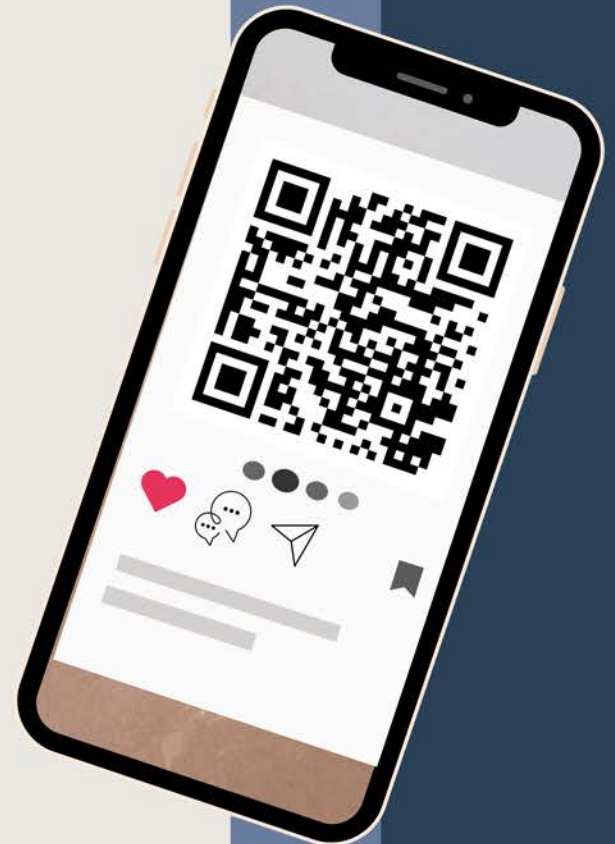
PROGRAMS & WORKSHOPS



**ADVOCATING FOR YOUR
NEEDS AT HOME & SEA**

LET'S CONNECT!

JOIN OUR SOCIAL MEDIA COMMUNITY



@FFSC_SAN_DIEGO

**STAY UP TO DATE WITH WHAT PROGRAMS,
EVENTS & WORKSHOPS FLEET AND FAMILY
HAS TO OFFER!**



(V)-Virtual; (H)-Hybrid

July 2024

NBSD-Naval Base San Diego
NBPL-Naval Base Point Loma
NBC-Naval Base Coronado
KMB-Kearny Mesa Branch
GVB-Gateway Village Branch
BVH-Bayview Hills Branch
VSM-Village at Serra Mesa

CALL 866-923-6478 TO REGISTER TODAY!

ALL CLASSES IN PERSON UNLESS OTHERWISE NOTED

MON

1

COMMAND SPONSOR
COORDINATOR TRAINING
0900-1030 (V)

TUES

2

SURVIVOR BENEFIT PLAN
(SBP)
0900-1000, NBC
TODDLER TUESDAY
1000-1100, KMB
SMOOTH MOVE
1300-1500, KMB
KIDS CRAFT
1330-1430, GVB
KIDS CRAFT
1330-1430, VSM

WED

3

FINDING FEDERAL
EMPLOYMENT
0900-1100, NBSD

THUR

4

**SORRY
WE'RE
CLOSED**



**4th
of July**

FRI

5

NO WORKSHOPS
SCHEDULED AT THIS
TIME

MON

8

COMMAND FINANCIAL
SPECIALIST (CFS) INITIAL
TRAINING,
JULY 8-12,
0800-1600, NBSD

TUES

9

RESUME WRITING
0900-1100, KMB
COMMAND SPONSOR
COORDINATOR TRAINING
0900-1030, NBSD
FAMILY CARE PLAN
COORDINATOR
0900-1030 (V)
BUILDING EFFECTIVE
ANGER MANAGEMENT
SKILLS
1000-1200, NBSD
TODDLER TUESDAY
1000-1100, KMB
WINNING INTERVIEW
TECHNIQUES
1300-1430, KMB

WED

10

COMMAND EFMP POC
TRAINING
0900-1100, NBC
EFFECTIVE PARENTING
WORKSHOP,
JULY 10-12,
0900-1600, NBSD
JOB SEARCH STRATEGIES
0900-1030, NBSD
MBMF MODULE 6:
CONNECTION
1000-1200, NBSD

THUR

11

BOOTS-2-BUSINESS,
JULY 11-12,
0730-1630, KMB
MBMF MODULE 3:
LIVING CORE VALUES
0900-1100, NBC
SPOUSE EMPLOYMENT,
EMPOWERMENT &
DEVELOPMENT
0900-1100, NBC
NAVIGATING CHILDCARE
OPTIONS
0900-1100, BVH
MBMF MODULE 5:
PROBLEM SOLVING
0900-1100, VSM
ACTIVE DUTY
PREGNANCY RESOURCES
1300-1500, BVH
TODDLER THURSDAY
1000-1100, KMB
NAVIGATING CHILDCARE
OPTIONS
1330-1530, GVB

FRI

12

BOOTS-2-BUSINESS,
JULY 11-12,
0730-1630, KMB

(V)-Virtual; (H)-Hybrid

July 2024

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ALL CLASSES IN PERSON UNLESS OTHERWISE NOTED

MON 15	TUES 16	WED 17	THUR 18	FRI 19
COMMAND SPONSOR TRAINING <u>0900-1030 (V)</u> ONE LOVE <u>1100-1300, NBC</u>	SMOOTH MOVE <u>0900-1100, NBSD</u> JOB SEARCH STRATEGIES <u>0900-1100, KMB</u> HOLIDAY SPENDING <u>0900-1000, NBC</u> TODDLER TUESDAY <u>1000-1100, KMB</u> SPOUSE EMPLOYMENT, EMPOWERMENT & DEVELOPMENT <u>1300-1500, KMB</u>	COMMAND SPONSOR TRAINING <u>0900-1030, NBC</u> RESUME WRITING <u>0900-1030, NBSD</u> SURVIVOR BENEFIT PLAN (SBP) <u>1000-1100, NBSD</u> WELCOME TO SAN DIEGO <u>1000-1200, KMB</u> MBMF MODULE 1: STRESS RESILIENCE <u>1000-1200, NBSD</u> INSIGHTS TO STARTING A HOME-BASED BUSINESS <u>1300-1530, KMB</u>	BOOTS-2-BUSINESS, JULY 18-19, <u>0730-1630, KMB</u> LEADERSHIP RESOURCE TRAINING <u>0800-1200, NBSD</u> SAVING & INVESTING 101 <u>0900-1000, BVH</u> RESPONSIBLE ANGER MANAGEMENT, JULY 18-19, <u>0900-1600, NBSD</u> MBMF MODULE 5: PROBLEM SOLVING <u>1000-1130, NBPL</u>	BOOTS-2-BUSINESS, JULY 18-19, <u>0730-1630, KMB</u> RESPONSIBLE ANGER MANAGEMENT, JULY 18-19, <u>0900-1600, NBSD</u> MBMF MODULE 5: PROBLEM SOLVING <u>1000-1130, NBPL</u>

MON 22	TUES 23	WED 24	THUR 25	FRI 26
CONFLICT RESOLUTION <u>1000-1100, NBC</u>	ACTIVE DUTY PREGNANCY RESOURCES <u>0900-1100, KMB</u> LIFE AFTER THE UNIFORM: THE RESILIENT SPOUSE <u>0900-1100, NBSD</u> COMMAND FINANCIAL SPECIALIST (CFS) CONTINUING EDUCATION <u>0900-1030, (V)</u> TODDLER TUESDAY <u>1000-1100, KMB</u> NAVIGATING CHILDCARE OPTIONS <u>1300-1500, KMB</u>	FAMILY CARE PLAN COORDINATOR <u>0900-1030, NBSD</u> WINNING INTERVIEW TECHNIQUES <u>0900-1030, NBSD</u> MBMF MODULE 2: MINDFULNESS & MEDITATION <u>1000-1200, NBSD</u> FIRST DUTY STATION FINANCIAL <u>1000-1130, GVB</u>	BOOTS-2-BUSINESS, JULY 25-26, <u>0730-1630, KMB</u> SMOOTH MOVE <u>0900-1100, VSM</u> NAVY SPOUSE 101 <u>0900-1030, NBC</u> WINNING INTERVIEW TECHNIQUES <u>0900-1100, NBC</u> WINNING INTERVIEW TECHNIQUES <u>0900-1100, BVH</u> TODDLER THURSDAY <u>1000-1100, KMB</u> RESUME WRITING <u>1300-1500, BVH</u> MBMF MODULE 1: STRESS RESILIENCE <u>1330-1530, GVB</u>	BOOTS-2-BUSINESS, JULY 25-26, <u>0730-1630, KMB</u> MBMF MODULE 6: CONNECTION <u>1000-1130, NBPL</u> HOME BUYING WORKSHOP <u>1300-1500, KMB</u>

(V)-Virtual; (H)-Hybrid

July 2024

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MON

29

NO WORKSHOPS
SCHEDULED AT THIS TIME

TUES

30

STRESS MANAGEMENT
0900-1100, KMB
COMMAND SPONSOR
TRAINING
0900-1030, NBSD
CREDIT MANAGEMENT
0900-1000, NBC
TODDLER TUESDAY
1000-1100, KMB
EFFECTIVE
COMMUNICATION SKILLS
1300-1430, KMB
DEBT DESTROYER
1300-1500, NBSD

WED

31

MBMF MODULE 3:
LIVING CORE VALUES
1000-1200, NBSD

*Detailed workshop
glossary with all
workshop descriptions
available in back of
packet!*



DRIVE SAFE!

4TH OF JULY SAFETY TIPS



FIREWORK
SAFETY



ADDITIONAL FFSC SERVICES & PROGRAMS

COUNSELING SERVICES

FFSC PROVIDES PRIVATE AND CONFIDENTIAL COUNSELING SERVICES FOR INDIVIDUALS, CHILDREN, COUPLES AND FAMILIES. COUNSELORS ARE AVAILABLE TO HELP WITH ISSUES SUCH AS:

ADJUSTING TO MILITARY LIFE • RELATIONSHIP CHALLENGES INCLUDING DIVORCE • BLENDED FAMILIES • INFIDELITY • DEPLOYMENT REINTEGRATION • NEW MARRIAGE & FAMILY • GRIEF & LOSS • COMMUNICATION & CONFLICT RESOLUTION • COUPLES COMMUNICATION • PARENTING SKILLS • ANGER MANAGEMENT • AND OTHER PERSONAL ISSUES

CALL US AT 866-923-6478 TO SCHEDULE AN APPOINTMENT. OFTEN, JUST KNOWING AN EXPERIENCED PROFESSIONAL IS LISTENING TO YOU PROVIDES A FEELING OF GREAT RELIEF. THIS CAN LEAD TO PRODUCTIVE PROBLEM SOLVING AND EFFECTIVE RELATIONSHIPS.

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

CLASSES ARE ONLY FOR ACTIVE DUTY MEMBERS WHO ARE INTERESTED IN BECOMING A COMMAND UNIFORMED VICTIM ADVOCATE OR FOR THOSE CREDENTIALLED ALREADY. REGISTRATION FOR THESE COURSES IS REQUIRED.

**PLEASE CONTACT YOUR COMMAND SARC OR THE FOLLOWING
INSTALLATION POCS:**

**NAVAL BASE SAN DIEGO: NBSD_SAPR@US.NAVY.MIL
NAVAL BASE CORONADO: CONTACT YOUR COMMAND SARC
NAVAL BASE POINT LOMA AND NWS SEAL BEACH:
YOLANDA.M.BENCOMO.NAF@US.NAVY.MIL AND
JEANNETTE.CASILLAS.NAF@US.NAVY.MIL**

Branch Locations

NAVAL BASE SAN DIEGO
BLDGS 259, 263 & 271
3005 CORBINA ALLEY,
SUITE 1
SAN DIEGO, CA 92136
619-556-7404

NAVAL BASE CORONADO
BLDG 318, SAUFLEY RD
SAN DIEGO, CA 92135
619-545-6071

NAVAL BASE PT. LOMA
BLDGS 211 & 212
140 SYLVESTER RD
SAN DIEGO, CA 92106
619-553-7505

GATEWAY VILLAGE BRANCH
3207 ROSEGRANS PLACE
SAN DIEGO, CA 92110
619-222-5548

BAYVIEW HILLS BRANCH
1967 SKY HARBOR RD
SAN DIEGO, CA 92139
619-267-1720

KEARNY MESA BRANCH
3950 CALLE FORTUNADA
SAN DIEGO, CA 92123
619-987-9449

VILLAGE AT SERRA MESA
BRANCH
3141 AFTON RD
SAN DIEGO, CA 92123
858-505-1369

Centralized Scheduling:

(866) 923-6478

FLEET & FAMILY SUPPORT CENTERS:

***CLOSED WEEKENDS &
ALL FEDERAL HOLIDAYS***

Workshop Glossary

DID YOU SEE SOMETHING
THAT INTERESTED YOU?

Learn More Below!

CALL CENTRALIZED SCHEDULING @ 866-923-6478 TO REGISTER TODAY!

CAREER SERVICES

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.

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.

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.

FFSC Job Fair

A great opportunity for transitioning 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 a 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!

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?

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.

Resume Writing

Resume writing offers a broad overview of the purpose and value in resumes and cover letters. Schedule a 1:1 for additional support or development for your resume and cover letter. Individual consultations available.

Spouse Employment, Empowerment and Development

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.

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) Initial Training

All Navy commands must appoint and ensure training for an adequate number of Command Financial Specialists (CFS's) to meet OPNAVINST requirements. Invaluable training ensures CFS's 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 Financial Specialist (CFS) Refresher Training

Appointed CFS's must attend refresher training every three (3) years after initial training to maintain designation. The refresher training helps to ensure all CFS's have the knowledge base and skill set to continue to function as an effective CFS's 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 email:
ffsc_cfs_pfm@us.navy.mil

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 CFS's, Senior Enlisted Advisors, and Command Career Counselors.

For registration email:
ffsc_cfs_pfm@us.navy.mil

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.

COMMAND PROGRAMS CONT'D

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.

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 requirement for Senior Enlisted Leaders.

Family Care Plan Coordinator

Family Care Plan Policy (FCP's) 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, U.S. Navy Family Care Policy. This course provides lessons learned, resources, program implementation tips, and networking opportunities to FCP Coordinators.

Leadership Resource Training (LRT)

Are you interested in learning more about the resources available to promote sailor and family resiliency? Learn more about the resources available in San Diego to military members and their families. It is open to all service members, ombudsmen, spouses, etc.

Sailor Assistance and Intercept for Life (SAIL) Workshop for Suicide Prevention Coordinators

Topics will include: an overview of the SAIL program, safety planning, and compassion fatigue.

Command Sponsor Orientation

This class will provide command personnel with information and training to successfully fulfill their roles as command sponsors. It presents an overview of the benefits of sponsorship process and provide a pleasant transition experience for the member and his/her family members.

Transition Assistance Program (TAP)

This class is mandated for every Service member separating from the military and is designed to help service members prepare for the transition to civilian life. Registration for transition classes will be done through your Command Career Counselor. Career Counselors can contact the TAP Coordinator, Ms. Laurie Lyford at laurie.a.lyford.ctr@us.navy.mil, to get their Service members registered for classes.

DEPLOYMENT SUPPORT

Deployment Support

Perhaps you are coming up to your first deployment, or maybe it has been awhile 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!

Family Readiness Group (FRG) Advanced Training

Explore the topics discussed in FRG Basic in more depth, hear from guest speakers, learn about additional community resources and network with your fellow FRG's.

Family Readiness Group (FRG) Basic Training

This training is customized to fit your FRG, whether the command is starting a group or reenergizing an existing group. Discuss the FRG instruction/policy, leadership structure, communication techniques, team-building ideas, fundraising guidelines and ideas for fun activities. If you are unable to attend at this date/time, Fleet and Family also has FRG Basic Training On Demand.

To access FRG Basic Training On Demand, please visit: <https://learning.zeiders.refineddata.com>

Fleet and Family has an FRG Coordinator available to provide additional support and FRG guidance should you need it.

To reach the FRG Coordinator, please contact Centralized Scheduling at 866-923-6478

OMBUDSMAN TRAINING

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 1750.1H. Command leadership and their spouses are also welcome to attend all or part of the training. Pre-registration is required.

Command Leadership should register their Ombudsman to attend training by contacting the Ombudsman Coordinator: April Vasquez at sdffcumbudsman@us.navy.mil or call 619-556-7230 to register.

Ombudsman Advanced Training

This mandatory training for all appointed Ombudsmen, provides the latest resources and opportunity to network. Registration not required.

CALL CENTRALIZED SCHEDULING @ 866-923-6478 TO REGISTER TODAY!

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!

Effective Parenting

This multi-session workshop discusses topics affecting today's family, including: consistent and effective discipline, understanding developmental stages, communication with children or young adults, building child self-esteem, and dealing with bullies.

Kid's 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.

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 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.

Consumer Awareness- Don't Get Ripped Off

Protect your money! Fraud is on the rise and you could be the next victim of consumer fraud or identity theft. Learn to deter, detect, and defend against consumer fraud in the marketplace.

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.

Crypto

Exploring digital (crypto) assets.

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.

Emergency Financial Preparedness

Emergencies come in many forms and will look different for each service member. Use these resources to educate service members about financial preparedness, how to build an emergency kit and the steps to financial recovery.

First Duty Station

This universal resource can assist with basic PFM and CFS tasks. View the How-To-guide to get step-by-step guidance on delivering financial services, like checking a credit report or reporting identity theft.

Holiday Spending

Holidays and special occasions occur year-round. Learn how to plan for the added expenses of holidays and special events and develop strategies to avoid overspending and accumulating excessive debt.

Home Buying 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.

Paying for College

This workshop provides information on sources of funding for higher education, focusing on financial aid resources, college savings plans and tax incentives.

Planning Your Financial Future

A service member's understanding of their spending personality is the first step in planning their financial future. Setting goals that are strategic, measurable, attainable, realistic and timely – or "SMART" – is key to achieving success. Use these resources to talk to service members about how to effectively set and reach their financial goals.

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.

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 (TSP)/Blended Retirement System (BRS)

Get the latest detailed information on the Thrift Savings Plan (TSP) and how TSP can contribute to financial retirement security. In 2018, the Uniformed Services Blended Retirement System (BRS) will be implemented, with extensive changes that will affect current and future Sailors. This official Department of Defense training will provide you with critical information to help you understand: who is affected by BRS; what is changing from the current high-3 system; why it is called blended retirement; important dates and deadlines; and the role of the Thrift Savings Plan in BRS. Most importantly, learn what steps you need to take to make the best decision for your retirement.

CALL CENTRALIZED SCHEDULING @ 866-923-6478 TO REGISTER TODAY!

RELOCATION SUPPORT

Moving Overseas

This training provides service members and their families who are transferring overseas with a one-stop resource and information overview. Focus is on the pre-departure planning and post-arrival adaptation to an overseas move, with proven tips and techniques for moving overseas.

Smooth Move

This training provides information to relocating service members and their families with permanent change of station (PCS) orders within the continental US. Topics in Smooth Move include an overview of the moving process, tips, and techniques for coping, managing the move, moving with children and resources available throughout the relocation process.

Welcome Aboard

This course is designed to minimize the stress associated with adjusting to a new duty station. It provides incoming service members and their families with information on military and civilian resources in their new area.

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.

SPECIAL INTERESTS

Building Effective Anger Management Skills (BEAMS)

Develop the resiliency you need to thrive in stressful environments. This workshop explores valuable and proven anger management techniques.

Conflict Resolution

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

Are you an effective communicator? Learn strategies for communicating better at home and at work.

Life After the Uniform: The Resilient Spouse

Are you ready for the challenges of life after the military? Whether your spouse is retiring or separating, these tools and resources will help you effectively navigate the process and prepare the whole family for its next adventure.

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 proactive 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.

*Module 1: Stress Resilience

*Module 2: Mindfulness and Meditation

*Module 3: Living Core Values

*Module 4: Flexibility

*Module 5: Problem Solving

*Module 6: Connection

Navy Spouse 101

Learn the basics of Navy life and how to thrive as a military spouse.

One Love

USPACFLT is partnering with the One Love Foundation to provide One Love Escalation Workshops (OLEW) to the Navy. The OLEW message is strength-based with the belief that everyone has a role in prevention. The goal of OLEW is to facilitate a powerful discussion about healthy and unhealthy relationship behaviors as well as early warning signs of abuse, ultimately changing social norms around relationship health.

The Escalation Workshop is a 90-minute, film-based experience that educates about the warning signs of an abusive relationship, creating a safe zone for discussing an all-too-common problem. 1 in 3 women, 1 in 4 men, and 1 in 2 Trans and nonbinary people will experience intimate partner violence in the United States and that women ages 16-24 are at a 3x greater risk than the rest of the population. The One Love Foundation believes that by engaging people with powerful films and honest conversations, we can all help stop abuse and provide the skills needed to love better.

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!

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 an interactive 2-day workshop.

Stress Management

Stress management secrets that will change your outlook. Make time to invest in you.

Time Management

Are you as organized as you want to be? Are you strong at prioritizing? We want to help you get to where you want to be. Learn strategies for managing time effectively as well as understanding the value of prioritizing.



24/7 ONLINE scheduling now available for NBSD workshops!

Visit:

https://myffr.navyaims.com/navywest/wbWSC/navywest.wsc/search.html?InterfaceParameter=WebTrac_SouthWest&display=Calendar&module=Event&type=ar&arcategory=MFSC-NBSD



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