

Mission: More Joy, Less Stress for the Holiday Season

Join the Fleet and Family Support Center on Naval Base San Diego at one of our Personal and Family Life Education or Personal Financial Management workshops this December to learn skills to manage your stress this holiday season!

Building Effective Anger Management Skills (BEAMS)

Dec 1st / 10:00 am-12:00 pm / NBSD

Mind Body Mental Fitness

Stress Resilience

Dec 1st / 10:00 am-12:00 pm / NBSD

Conflict Management

Dec 2nd / 11:00 am-12:00 pm

Kearny Mesa Branch

Mind Body Mental Fitness

Mindfulness & Meditation

Dec 3rd / 10:00 am-12:00 pm / NBSD

Resources Exist, Asking Can Help (REACH)

Dec 3rd / 1:00 pm-2:30 pm / NBSD

Resources Exist, Asking Can Help (REACH) - Spouse

Dec 4th / 10:30 am-12:00 pm

Bayview Hills Branch

Organize Your Life

Dec 4th / 1:00 pm-2:00 pm / NBSD

Mind Body Mental Fitness

Living Core Values

Dec 5th / 10:00 am-12:00 pm / NBSD

Mind Body Mental Fitness

Flexibility

Dec 8th / 10:00 am-12:00 pm / NBSD

Active-Duty Pregnancy Resources

Dec 9th / 10:00 am-12:00 pm

Kearny Mesa Branch

Time Management

Dec 9th / 1:00 pm-2:00 pm / NBSD

Mind Body Mental Fitness

Problem Solving

Dec 10th / 10:00 am-12:00 pm / NBSD

Thrift Savings Plan

Dec 10th / 10:00 am-11:30 am / NBSD

Responsible Anger Management (RAM)

Dec 11th / 9:00 am-4:00 pm / NBSD

Healthy Relationships

Dec 11th / 10:00 am-11:00 am

Bayview Hills Branch

Credit Management

Dec 12th / 9:00 am-10:00 am / NBSD

Mind Body Mental Fitness

Connection

Dec 12th / 10:00 am-12:00 pm / NBSD

Healthy Boundaries

Dec 16th / 10:00 am-11:00 am / NBSD

Dec 16th-18th / 10:00 am-3:00 pm / NBSD

Stress Management

Dec 17th / 11:00 am-12:00 pm / NBSD

Effective Communication

Dec 18th / 10:00 am-11:00 am / NBSD



To register for a workshop or learn more information:

- Scan the QR code
- Call 1-866-923-6478
- Visit sandiego.navylifesw.com