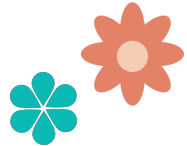


May 2026

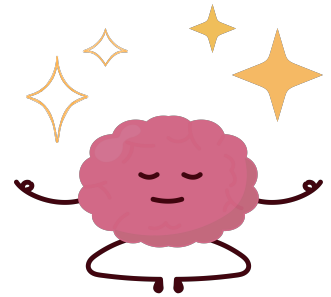
Personal & Family Life Education Workshops
Fleet & Family Support Center | Naval Base San Diego

Fleet & Family Support Center offers workshops that focus on practical skills to help you thrive this May for **Mental Health Awareness Month**.

Stop by one of our centers for a workshop or two!



All workshops offered onsite at NBSD unless otherwise noted.



Building Effective Anger Management Skills (BEAMS)

May 4th / 10:00 am-12:00 pm

Healthy Boundaries

May 5th / 10:00 am-11:30 am

Grow! Parenting Series

May 5th, 12th, 19th / 10:00 am-3:00 pm

Kearny Mesa Branch

CMT: Suicide Prevention

May 6th / 9:00 am-10:00 am

Mind Body Mental Fitness: Problem-Solving

May 6th / 1:00 pm-3:00 pm

Stress Management

May 7th / 11:00 am-12:00 pm

Healthy Coping

May 12th / 10:00 am-12:00 pm

Conflict Management

May 13th / 11:00 am-12:00 pm

Mind Body Mental Fitness: Connection

May 13th / 1:00 pm-3:00 pm

Communication in the Workplace

May 14th / 10:00 am-11:00 am

Healthy Relationships

May 14th / 10:30 am-11:30 am

Bayview Hills Branch

Effective Communication

May 14th / 1:00 pm-2:00 pm

Bayview Hills Branch

Healthy Relationships

May 19th / 10:00 am-11:00 am

Resources Exist, Asking Can Help (REACH)

May 20th / 10:00 am-11:30 am

Sailors Assisting Intercept for Life (SAIL)

May 21st / 9:00 am-11:00 am

Responsible Anger Management (RAM)

May 21st / 9:00 am-4:00 pm

Stress Management

May 21st / 10:00 am-11:00 am

Bayview Hills Branch

Communication in the Workplace

May 21st / 1:00 pm-2:00 pm

Bayview Hills Branch

Effective Communication

May 26th / 1:00 pm-2:00 pm

Time Management

May 27th / 1:00 pm-2:00 pm

Resources Exist, Asking Can Help (REACH) - Spouse

May 28th / 10:00 am-11:30 am

Bayview Hills Branch

Mind Body Mental Fitness: Mindfulness & Meditation

May 28th / 1:00 pm-3:00 pm

Bayview Hills Branch



To register for a workshop or learn more information:

Scan the QR code

Call 1-866-923-6478

Visit sandiego.navylifefsw.com

