



MARCH 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 in military life, including stress management, communication, relationships, and healthy coping.



Building Effective Anger Management Skills (BEAMS)

Mar 2nd / 10:00 am-11:30 am / NBSD

Conflict Management

Mar 3rd / 9:00 am-10:00 am / NBSD

Healthy Coping

Mar 3rd / 1:00 pm-3:00 pm / NBSD

Resources Exist, Asking Can Help (REACH)

Mar 4th / 9:00 am-10:30 am / NBSD

Healthy Relationships

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

Stress Management

Mar 5th / 9:00 am-10:00 am / NBSD

Effective Communication

Mar 9th / 11:00 am-12:00 pm / NBSD

Mind Body Mental Fitness

Stress Resilience

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

Healthy Relationships

Mar 10th / 11:30 am-12:30 pm / Well Deck

Communication in the Workplace

Mar 12th / 1:00 pm-2:00 pm / NBSD

Grow! Parenting Series

Mar 10th, 17th, 24th / 10:00 am-3:00 pm

Kearny Mesa Branch

Time Management

Mar 11th / 10:00 am-11:00 am / NBSD

Mind Body Mental Fitness

Mindfulness & Meditation

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

Mind Body Mental Fitness

Living Core Values

Mar 17th / 10:00 am-12:00 pm / NBSD

Mind Body Mental Fitness

Living Core Values

Mar 18th / 4:00 pm-5:30 pm

Pacific Beacon

Responsible Anger Management (RAM)

Mar 19th / 9:00 am-4:00 pm / NBSD

Mind Body Mental Fitness

Flexibility

Mar 19th / 1:00 pm-2:00 pm / NBSD

Mind Body Mental Fitness

Problem-Solving

Mar 24th / 10:00 am-12:00 pm / NBSD

Stress Management

Mar 25th / 1:00 pm-2:00 pm / NBSD

Mind Body Mental Fitness

Connection

Mar 26th / 10:00 am-12:00 pm / NBSD



To register for a workshop or learn more information:



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

