



# Fleet and Family Support Center Metro San Diego July - August Virtual Class Schedule

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If you are interested in attending one of these virtual classes, please call our Centralized Scheduling Center at 866-923-6478.

If you would like to connect with someone regarding a command-specific training, please email [FFSCSDTrainingRequest@navy.mil](mailto:FFSCSDTrainingRequest@navy.mil).

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## Career Services

### **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.

Tuesday, July 13 | 0900 - 1100  
Thursday, July 29 | 0900 - 1100  
Tuesday, August 17 | 0900 - 1100

### **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? Join us for our new webinar!

Tuesday, July 20 | 0900-1030  
Thursday, August 5 | 0900-1030  
Tuesday, August 24 | 0900-1030

### **Resume Writing**

Make sure your resume stands out! Get the latest tips and techniques to wow employers with an organized, effective, and winning resume.

Tuesday, July 6 | 0900 - 1030  
Thursday, July 22 | 0900 - 1030  
Tuesday, August 10 | 0900 - 1030  
Thursday, August 26 | 0900 - 1030

## **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!

Thursday, July 15 | 0900 - 1030

Wednesday, July 28 | 1400 - 1600

Tuesday, August 3 | 0900 - 1030

Thursday, August 19 | 0900 - 1030

Wednesday, August 25 | 1400 - 1600

## **Winning Interview Techniques**

Make your dream job a reality! Gain information and resources to develop expert interviewing skills.

Thursday, July 8 | 0900 - 1030

Tuesday, July 27 | 0900 - 1030

Thursday, August 12 | 0900 - 1030

## **Deployment Support**

### **NBSD Homecoming Planning Meeting**

Are you an Ombudsman or FRG leader charged with setting up Homecoming at the pier/command at NBSD? Please join us as we connect you with the resource guide and hear directly from the support agencies who will come to the pier to provide resources and support to families waiting for their Sailors. We recommend you attend at least one these meetings any time after your halfway mark of deployment. It doesn't take long to coordinate, but it is always best to be as prepared as possible.

Wednesday, July 14 | 1300 - 1500

## 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!

Tuesday, July 27 | 0900 - 1200

Tuesday, August 31 | 0900 - 1200

### **Navigating Child Care Options in San Diego**

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.

Friday, August 6 | 1300 - 1400

## Special Interests

### **Being the Best You**

This class focuses on enhancing your resiliency by strengthening your current skills and introducing you to new ones. You will be taught to view and handle stressors differently to help achieve your optimal performance. This 2-hour class is held once a week for three consecutive weeks.

Please call 866-923-6478 to register.

### **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.

Wednesday, July 21 | 1430 - 1630

Wednesday, August 18 | 1430-1630

## **Fleet and Family Support Center Overview**

The Fleet and Family Support Center is here to provide programs and services to Active Duty and families alike. Learn about the numerous departments and what they have to offer in this information-packed session.

Monday, August 23 | 1000 - 1100

## **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.

Wednesday, July 14 | 1400 - 1600

## **Love Long Distance Communication**

This hands-on workshop for spouses and children has a great purpose: brightening the day of any deployed Service member! Learn the art of long distance communication through the use of digital venues and old fashion snail mail.

Wednesday, July 21 | 1000 - 1130

## **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. For more information, please visit the CNIC LMS training calendar by going to [www.MyNavyFamily.com](http://www.MyNavyFamily.com).

## **Navy Spouse 101**

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

Wednesday, August 11 | 1400 - 1600

## **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 2-day workshop.

Thursday-Friday, July 15-16 | 0900 - 1600

Thursday-Friday, August 5-6 | 0900 - 1600

## **Stress Management**

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

Wednesday, August 4 | 1430 - 1630

## **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.

Tuesday, July 20 | 1100 - 1300

## **Relocation Support**

### **PCSing (Permanent Change of Station) with Kids**

PCSing with children can be challenging. It can also be an exciting adventure. Learn some of the tips of the trade for making your next move with the whole family a memorable experience.

Wednesday, August 18 | 1000 - 1130

## **Sailors and Families on the 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.

Friday, July 9 | 0900 - 1100

Friday, August 13 | 0900 - 1100

## **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.

Monday, August 16 | 1300 -1430

## **Sexual Assault Prevention & Response (SAPR)**

These classes are only for Active Duty Members who are interested in becoming a Command Uniformed Victim Advocate or for those credentialed already. Registration for these courses is required. Please contact your command SARC or the following installation POCs:

NBSD SAPRSDClasses.ftc@navy.mil

NBC contact your command SARC

NBPL and NWS Seal Beach yolanda.bencomo@navy.mil

Confirmations will be sent once you have been successfully registered. Participants will also receive an email from the facilitator closer to the time the training will be held with virtual materials and log in instructions.

## **SAPR Victim Advocate (VA) Initial Training**

The SAPR UVA provides critical support and response to victims of sexual assault. This mandatory training provides command-appointed UVAs with the necessary information to support, inform, and empower victims. Prior to attending this training, all SAPR UVA candidates must successfully complete a screening with their POC and SARC. Space is limited, so do not wait to reserve your seat.

*\*Registration must come from the SAPR POC for this course!*

NBSD

Monday - Friday, July 19 - 23 | 0730 - 1630

NBPL

August 23 - 31 | 0830- 1530

## **SAPR Victim Advocate (VA) Continuing Education Units (CEU) Training**

Credentialed Uniformed Victim Advocates must complete 32 hours of refresher training every two years to maintain credentials and receive the latest SAPR Program updates.

NBPL

Wednesday, July 7 | 0900 - 1100

Wednesday, August 4 | 0900 - 1100

## **SAPR GMT/INDOC Facilitator Overview**

This class is for UVAs and POCs who want to learn how to provide the annual GMT/INDOC training to your command. This is required if you have never facilitated these trainings before or if you would like a refresher. You must be a designated UVA or POC/Primary for you to attend this training.

NBSD

Friday, July 30 | 0900 - 1130

Thursday, August 12 | 1100-1330

## **Command Programs**

### **Command Family Advocacy Point of Contact Initial Training**

FAP strives to eliminate domestic abuse and to break the cycle of violence in military families through prevention and early intervention, victim safety and support, treatment intervention, and command engagement. This session is specifically designed for command leadership triads, Command Ombudsman (with command approval) and others who support the command's Family Advocacy Program efforts. There are requirements for attendance. Email [FFSCSDtrainingrequest@navy.mil](mailto:FFSCSDtrainingrequest@navy.mil) to register.

Thursday, July 22 | 0800 - 1600

### **Command Family Advocacy Point of Contact Refresher Training**

Family Advocacy Program offering quarterly updates to command representatives and command leadership. Email [FFSCSDtrainingrequest@navy.mil](mailto:FFSCSDtrainingrequest@navy.mil) to register.

Thursday, August 5 | 1300 - 1500

### **Leadership Resource Training**

Are you a lead within your department, division or command and interested in learning more about the resources available to promote Sailor and family resiliency? This class will do just that! It's open to service members (E-5 and above), ombudsmen, Leadership spouses, etc. For more information and to register, email [FFSCSDLRT@navy.mil](mailto:FFSCSDLRT@navy.mil).

Thursday, July 22 | 0800 - 1200

## **Command Sponsor Coordinator Training**

All commands must appoint a Sponsor Coordinator to oversee the support provided to incoming and outgoing Sailors. Per OPNAVINST 1740.3D, 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 information and to schedule Command Sponsor Training.

Wednesday, July 7 | 0900 - 1030

Wednesday, August 4 | 0900 - 1030

## **Transition Assistance Program (TAP)**

This class is required for every Service member separating from the military and is designed to help Service members prepare for the transition to civilian life. Registration for the following 2 day transition classes will be done through your Command Career Counselor. Career Counselors can contact the TAP Coordinator, Ms. Laurie Lyford at [laurie.lyford.ctr@navy.mil](mailto:laurie.lyford.ctr@navy.mil), to get their Service members registered for the below classes.

Wednesday, July 7 | 0800-1530

Thursday, July 8 | 0800-1530

Wednesday, August 4 | 0800-1530

Thursday, August 5 | 0800-1530