

New Year, New Skills

Ring in the new year with the Fleet and Family Support Center at Naval Base San Diego!

This January, explore our Personal and Family Life Education and Personal Financial Management workshops—supporting personal growth, family readiness, and fleet resilience.

Building Effective Anger Management Skills (BEAMS)

Jan 5th / 10:00 am-11:30 am / NBSD

Stress Management

Jan 6th / 10:00 am-11:00 am / NBSD

Resources Exist, Asking Can Help (REACH)

Jan 7th / 9:00 am-10:30 am / NBSD

Mind Body Mental Fitness

Stress Resilience

Jan 7th / 10:00 am-12:00 pm / NBSD

Time Management

Jan 7th / 1:00 pm-2:00 pm / NBSD

Effective Communication

Jan 8th / 9:00 am-10:00 am / NBSD

Healthy Relationships

Jan 8th / 1:00 pm-2:00 pm / NBSD

Resources Exist, Asking Can Help (REACH) - Spouse

Jan 8th / 1:00 pm-2:30 pm

Bayview Hills Branch

Conflict Management

Jan 12th / 11:00 am -12:00 pm / NBSD

Stress Management

Jan 13th / 9:00 am-10:00 am / NBSD

Grow! Parenting Series

Jan 13th, 20th, 27th / 10:00 am-3:00 pm

Kearny Mesa Branch

Healthy Boundaries

Jan 13th / 1:00 pm-2:30 pm / NBSD

Mind Body Mental Fitness

Mindfulness & Meditation

Jan 14th / 1:00 pm-3:00 pm / NBSD

Responsible Anger Management (RAM)

Jan 15th / 9:00 am-4:00 pm / NBSD

Healthy Relationships

Jan 15th / 1:00 pm-2:00 pm / Bayview Hills Branch

Survivor Benefit Plan

January 20th / 10:00 am-12:00 pm / NBSD

Healthy Boundaries

January 20th / 11:30 am-12:30 pm / NBSD Well Deck

Mind Body Mental Fitness

Living Core Values

Jan 21st / 10:00 am-12:00 pm / NBSD

Mind Body Mental Fitness

Stress Resilience

Jan 21st / 4:00 pm-5:00 pm / Pacific Beacon

Tax Prep

Jan 22nd / 10:00 am-11:00 am

Bayview Hills Branch

Communication in the Workplace

Jan 22nd / 1:00 pm-2:00 pm / NBSD

CMT: Suicide Prevention

Jan 26th / 11:00 am-12:00 pm / NBSD

Healthy Coping Skills

Jan 27th / 10:00 am -12:00 pm / NBSD

Life After the Uniform: The Resilient Spouse

Jan 27th / 1:00 pm-2:00 pm / NBSD

Mind Body Mental Fitness

Flexibility

Jan 28th / 1:00 pm-3:00 pm / NBSD

Communication in the Workplace

Jan 29th / 9:00 am-10:00 am / NBSD

Navy Spouse 101

Jan 29th / 1:00 pm-2:00 pm

Bayview Hills Branch

Home Buying

Jan 30th / 1:00 pm-3:00 pm / NBSD

To register for a workshop or learn more information:

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

