

# 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 5<sup>th</sup> / 10:00 am-11:30 am / NBSD

### **Stress Management**

Jan 6<sup>th</sup> / 10:00 am-11:00 am / NBSD

### **Resources Exist, Asking Can Help (REACH)**

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

### **Mind Body Mental Fitness**

### **Stress Resilience**

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

### **Time Management**

Jan 7<sup>th</sup> / 1:00 pm-2:00 pm / NBSD

### **Effective Communication**

Jan 8<sup>th</sup> / 9:00 am-10:00 am / NBSD

### **Healthy Relationships**

Jan 8<sup>th</sup> / 1:00 pm-2:00 pm / NBSD

### **Resources Exist, Asking Can Help (REACH) - Spouse**

Jan 8<sup>th</sup> / 1:00 pm-2:30 pm

Bayview Hills Branch

### **Conflict Management**

Jan 12<sup>th</sup> / 11:00 am -12:00 pm / NBSD

### **Stress Management**

Jan 13<sup>th</sup> / 9:00 am-10:00 am / NBSD

### **Grow! Parenting Series**

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

Kearny Mesa Branch

### **Healthy Boundaries**

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

### **Mind Body Mental Fitness**

### **Mindfulness & Meditation**

Jan 14<sup>th</sup> / 1:00 pm-3:00 pm / NBSD

## **Responsible Anger Management (RAM)**

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

### **Healthy Relationships**

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

### **Survivor Benefit Plan**

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

### **Healthy Boundaries**

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

### **Mind Body Mental Fitness**

### **Living Core Values**

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

### **Mind Body Mental Fitness**

### **Stress Resilience**

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

### **Tax Prep**

Jan 22<sup>nd</sup> / 10:00 am-11:00 am

Bayview Hills Branch

### **Communication in the Workplace**

Jan 22<sup>nd</sup> / 1:00 pm-2:00 pm / NBSD

### **CMT: Suicide Prevention**

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

### **Healthy Coping Skills**

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

### **Life After the Uniform: The Resilient Spouse**

Jan 27<sup>th</sup> / 1:00 pm-2:00 pm / NBSD

### **Mind Body Mental Fitness**

### **Flexibility**

Jan 28<sup>th</sup> / 1:00 pm-3:00 pm / NBSD

### **Communication in the Workplace**

Jan 29<sup>th</sup> / 9:00 am-10:00 am / NBSD

### **Navy Spouse 101**

Jan 29<sup>th</sup> / 1:00 pm-2:00 pm

Bayview Hills Branch

### **Home Buying**

Jan 30<sup>th</sup> / 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](https://sandiego.navylifesw.com)