

February 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 for everyday military life, including stress management, communication, relationships, and healthy coping.

#### **Building Effective Anger Management Skills (BEAMS)**

Feb 2<sup>nd</sup> / 10:00 am-11:30 am / NBSD

#### **Healthy Relationships**

Feb 3<sup>rd</sup> / 10:00 am-11:00 am / NBSD

#### **Stress Management**

Feb 3<sup>rd</sup> / 1:00 pm-2:00 pm / NBSD

#### **Mind Body Mental Fitness**

#### **Problem Solving**

Feb 4<sup>th</sup> / 10:00 am-12:00 pm / NBSD

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

Feb 4<sup>th</sup> / 1:00 pm-2:30 pm / NBSD

#### **Communication in the Workplace**

Feb 5<sup>th</sup> / 9:30 am-10:30 am / NBSD

#### **Conflict Management**

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

#### **Healthy Coping**

Feb 10<sup>th</sup> / 1:00 pm-3:00 pm / NBSD

#### **Mind Body Mental Fitness**

#### **Connection**

Feb 11<sup>th</sup> / 1:00 pm-3:00 pm / NBSD

#### **Healthy Boundaries**

Feb 12<sup>th</sup> / 10:00 am-11:30 am / NBSD

#### **Time Management**

Feb 12<sup>th</sup> / 1:00 pm-2:00 pm / NBSD

#### **Grow! Parenting Series**

Feb 17<sup>th</sup>, 18<sup>th</sup>, 19<sup>th</sup> / 10:00 am-3:00 pm / NBSD

#### **Effective Communication**

Feb 17<sup>th</sup> / 11:30 am-12:30 pm

Waterfront Rec Center

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

Feb 17<sup>th</sup> / 1:00 pm-2:00 pm

Kearny Mesa Branch

#### **Stress Management**

Feb 18<sup>th</sup> / 10:00 am-11:00 am / NBSD

#### **Healthy Coping**

Feb 18<sup>th</sup> / 1:00 pm-3:00 pm / NBSD

#### **Mind Body Mental Fitness**

#### **Mindfulness & Meditation**

Feb 18<sup>th</sup> / 4:00 pm-5:30 pm

Pacific Beacon

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

Feb 19<sup>th</sup> / 9:00 am-4:00 pm / NBSD

#### **Healthy Boundaries**

Feb 19<sup>th</sup> / 10:30 am-12:00 pm

Bayview Hills Branch

#### **Time Management**

Feb 25<sup>th</sup> / 9:30 am-10:30 am / NBSD

#### **Communication in the Workplace**

Feb 26<sup>th</sup> / 9:30 am-10:30 am / NBSD

#### **Conflict Management**

Feb 26<sup>th</sup> / 10:30 am-11:30 am

Bayview Hills Branch



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)