

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

Healthy Relationships

Feb 3rd / 10:00 am-11:00 am / NBSD

Stress Management

Feb 3rd / 1:00 pm-2:00 pm / NBSD

Mind Body Mental Fitness

Problem Solving

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

Resources Exist, Asking Can Help (REACH)

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

Communication in the Workplace

Feb 5th / 9:30 am-10:30 am / NBSD

Conflict Management

Feb 10th / 9:00 am-10:00 am / NBSD

Healthy Coping

Feb 10th / 1:00 pm-3:00 pm / NBSD

Mind Body Mental Fitness

Connection

Feb 11th / 1:00 pm-3:00 pm / NBSD

Healthy Boundaries

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

Time Management

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

Grow! Parenting Series

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

Effective Communication

Feb 17th / 11:30 am-12:30 pm

Waterfront Rec Center

Life After the Uniform: The Resilient Spouse

Feb 17th / 1:00 pm-2:00 pm

Kearny Mesa Branch

Stress Management

Feb 18th / 10:00 am-11:00 am / NBSD

Healthy Coping

Feb 18th / 1:00 pm-3:00 pm / NBSD

Mind Body Mental Fitness

Mindfulness & Meditation

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

Pacific Beacon

Responsible Anger Management (RAM)

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

Healthy Boundaries

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

Bayview Hills Branch

Time Management

Feb 25th / 9:30 am-10:30 am / NBSD

Communication in the Workplace

Feb 26th / 9:30 am-10:30 am / NBSD

Conflict Management

Feb 26th / 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