

# June-July 2026

Scan to Register



(V) – Virtual; (H) Hybrid

NBSD – Naval Base San Diego  
BVH – Bayview Hills Branch  
KMB – Kearny Mesa Branch  
MCC – Murphy Canyon Chapel  
RECYARD – Liberty Center  
Pac B – Pacific Beacon  
MFRC – Healthy Start (MFRC)  
WFRC – Waterfront Rec Center  
WD – Well Deck Rec Center

NBC – Naval Base Coronado  
NBPL – Naval Base Point Loma  
GVB – Gateway Village Branch  
VSM – Village at Serra Mesa  
CNRSW - HQ Broadway Complex



**Mon**

29

No Classes Scheduled

**Tue**

30

**Toddler Tuesday**  
10:00 AM - 11:00 AM (KMB)

**Wed**

1

**Finding Federal Employment**  
9:00 AM - 11:00 AM (NBSD)

**Mini and Me**  
10:00 AM - 11:00 AM (KMB)

**Suicide Prevention**  
10:00 AM - 11:30 AM (NBPL)

**Thu**

2

**CAPSTONE**  
7:30 AM - 11:30 AM (KMB)

**Toddler Thursday**  
10:00 AM - 11:00 AM (KMB)

**Fri**

3

No Classes Scheduled

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**Mon**

6

**Tue**

7

**Wed**

8

**Thu**

9

**Fri**

10

Command Financial Specialist (CFS) Initial Training  
 8:00 AM - 4:00 PM (NBSD)

**Command Sponsor Training**  
 9:00 AM - 10:00 AM (NBSD)

**Stress Management**  
 9:00 AM - 11:00 AM (VSM)

**Job Search Strategies**  
 9:00 AM - 10:30 AM (NBSD)

**Boots 2 Business (B2B)**  
 7:30 AM - 4:30 PM (KMB)

**Toddler Tuesday**  
 10:00 AM - 11:00 AM (KMB)

**Command EFMP Point of Contact (POC) Training**  
 9:00 AM - 11:00 AM (NBC)

**Building Effective Anger Management Skills (BEAMS)**  
 9:00 AM - 11:00 AM (NBSD)

**Reintegrating with Your Partner**  
 10:30 AM - 11:30 AM (NBSD)

**Mindful Living**  
 10:00 AM - 11:00 AM (NBSD)

**Toddler Thursday**  
 10:00 AM - 11:00 AM (KMB)

**Mini and Me**  
 10:00 AM - 11:00 AM (KMB)

**Job Search Strategies**  
 10:00 AM - 11:30 AM (NBPL)

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**Mon**

13

**Family Care Plan Coordinator Training**  
9:00 AM - 10:30 AM (NBSD)

**Tue**

14

**Mind Body Mental Fitness (Stress Resilience)**  
9:00 AM - 11:00 AM (NBC)

Grow! Parenting Series  
10:00 AM - 3:00 PM (KMB)

**Toddler Tuesday**  
10:00 AM - 11:00 AM (KMB)

Homebuying Workshop  
1:00 PM - 2:30 PM (NBC)

**Job Search Strategies**  
1:30 PM - 3:30 PM (VSM)

**Wed**

15

**Resume Writing**  
9:00 AM - 10:30 AM (NBSD)

Effective Communication Skills  
9:00 AM - 10:30 AM (GVB)

**Healthy Coping**  
10:00 AM - 12:00 PM (NBSD)

Mini and Me  
10:00 AM - 11:00 AM (KMB)

**Kids Craft**  
2:30 PM - 3:30 PM (GVB)

**Thu**

16

**Boots 2 Business (B2B)**  
7:30 AM - 4:30 PM (KMB)

Command Sponsor Coordinator Training  
9:30 AM - 10:30 AM (NBC)

**Helping Children Navigate Homecoming**  
10:00 AM - 11:00 AM (NBSD)

Toddler Thursday  
10:00 AM - 11:00 AM (KMB)

**Resume Writing**  
10:00 AM - 11:30 AM (NBPL)

Thrift Savings Plan  
1:00 PM - 4:30 PM (GVB)

**Kids Craft**  
1:30 PM - 2:30 PM (VSM)

**Fri**

17

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**Mon** 20

**Command Sponsor  
Coordinator Training**  
9:00 AM - 10:30 AM (NBSD)

Let's Get Real About FRGs  
11:30 AM - 12:00 PM (NBSD)

**Tue** 21

**Toddler Tuesday**  
10:00 AM - 11:00 AM (KMB)

Grow! Parenting Series  
10:00 AM - 3:00 PM (KMB)

**Welcome To San Diego**  
10:00 AM - 11:00 AM (NBC)

Car Buying & Leasing  
Strategies  
1:00 PM - 2:30 PM (NBSD)

**Wed** 22

**Winning Interview  
Techniques**  
9:00 AM - 10:30 AM (NBSD)

Mind Body Mental Fitness  
(Flexibility)  
10:00 AM - 12:00 PM (NBSD)

**Mini and Me**  
10:00 AM - 11:00 AM (KMB)

Moving Off-Base  
11:00 AM - 12:30 PM (NBSD)

**Thu** 23

**Boots 2 Business (B2B)**  
7:30 AM - 4:30 PM (KMB)

Responsible Anger  
Management (RAM)  
9:30 AM - 4:00 PM (NBSD)

**Toddler Thursday**  
10:00 AM - 11:00 AM (KMB)

Winning Interview  
Techniques  
10:00 AM - 11:00 AM (NBC)

**Mind Body Mental Fitness  
(Stress Resilience)**  
10:00 AM - 11:00 AM (GVB)

Planning Your Financial  
Future  
1:00 PM - 2:00 PM (VSM)

**Fri** 24

Mind Body Mental Fitness  
(Mindfulness and Meditation)  
10:00 AM - 11:00 AM (GVB)

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**Mon** 27

**Developing Your Family Care Plan**  
9:00 AM - 10:00 AM (NBSD)

**Tue** 28

**Toddler Tuesday**  
10:00 AM - 11:00 AM (KMB)

Grow! Parenting Series  
10:00 AM - 3:00 PM (KMB)

**Resume Writing**  
10:00 AM - 11:30 AM (NBC)

**Wed** 29

**Mini and Me**  
10:00 AM - 11:00 AM (KMB)

Pivoting with a Purpose  
10:00 AM - 11:00 AM (NBSD)

**INSIGHTS To Starting Your Home-Based Business**  
12:00 PM - 2:30 PM (V)

**Thu** 30

**Boots 2 Business (B2B)**  
7:30 AM - 4:30 PM (KMB)

Active Duty Pregnancy Resources  
9:00 AM - 11:00 AM (NBSD)

**Mind Body Mental Fitness (Mindfulness and Meditation)**  
9:00 AM - 11:00 AM (NBC)

Toddler Thursday  
10:00 AM - 11:00 AM (KMB)

**Saving and Investing**  
10:00 AM - 11:00 AM (V)

**Fri** 31

# WORKSHOP GLOSSARY

## CAREER SERVICES

- **TAP Boots-2-Business:** Why start a Veteran-owned small business? Because Veterans are natural entrepreneurs—disciplined and goal-oriented self-starters. This workshop covers important steps related to business ownership as a post-military career. You'll learn fundamental tools & strategies associated with executing plans for launching & growing a small business. Additionally, you'll learn how business ownership might align with personal strengths and life goals.
- **TAP CAPSTONE:** Do you need assistance completing your TAP Capstone and are looking for a warm hand-off for resources and information? Come to receive a briefing on your Final Move process and Tricare benefits at our monthly Capstone events
- **FFSC Job Fair:** A great opportunity for transition Sailors, retirees, and spouses to network with over 70 employers looking for your skills! Bring copies of your resume and come dressed to impress.
- **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.
- **How to Work a Job Fair:** Make the most of your job fair experience and position yourself for success.

- **INSIGHTS To Starting Your Home-Based Business:** Get time-tested resources, information, advice, and proven techniques for starting your home-based business directly from organizations and agencies focused on your success!
- **Job Search Strategies** (also referred to as Navigating Your Job Search): 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?
- **Resume Writing:** Make sure your resume stands out! Get the latest tips and techniques to wow employers with an organized, effective and winning resume.
- **Winning Interview Techniques:** Make your dream job a reality! Gain information and resources to develop expert interviewing skills.

## COMMAND PROGRAMS

- **Command Exceptional Family Member Program (EFMP) Point of Contact (POC) Training:** This workshop helps command POCs run their program efficiently and ensure that the enrolled EFMP families are equipped with the correct information regarding paperwork, contacts, OPNAVINST 1754.2F requirements, and current resources available to EFMP participants in the San Diego area. To register call 619-759-1223

- **Command Financial Specialist (CFS) Initial Training:** All Navy commands must appoint and ensure training for an adequate number of Command Financial Specialists (CFSs) to meet OPNAVINST requirements. Invaluable training ensures CFSs have the latest tools to serve as effective financial specialists for their respective commands. Pre-registration is required. For registration email: [ffsc\\_cfs\\_pfm@us.navy.mil](mailto:ffsc_cfs_pfm@us.navy.mil)
- **Command Sponsor Coordinator Training:** All commands must appoint a Sponsor Coordinator to oversee the support provided to incoming and outgoing Sailors. Per OPNAVINST 1740.3E, 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 Packet information and to schedule Command Sponsor Training.
- **Command Sponsor Training:** This class is designed to help you be an effective Command Sponsor. We will review the roles and responsibilities of the Sponsor and discuss each stage of the program. We will also provide you with resources and area-specific information to assist you with your incoming personnel.
- **Family Care Plan Coordinator Training:** Family Care Plans (FCPs) are a critical tool in ensuring personal and family readiness for any type of absence, crisis, or emergency. This workshop is designed to assist with the establishment of a collateral duty billet as Family Care Plan (FCP) Coordinator within the command. The FCP Coordinator manages the command's FCP Program, ensuring eligible Service Members maintain updated FCPs and providing resources as required in OPNAVINST 1740.4E, US Navy Family Care Policy. This course provides lessons learned, resources, program implementation tips, and networking opportunities to FCP Coordinators.

## • COMMAND PROGRAMS

- **FAP Triad Desk Brief:** (Also known as - FAP Leadership Orientation Training): This two-hour training fulfills the FAP training requirements (both OPNAV 1742.2C and SURFPAC CRAV) for new Commanding Officers to be oriented to the Family Advocacy Program in the local area within 90 days of taking command. This class also meets the annual training requirements for Senior Enlisted Leaders.
- **FFSC Overview:** FFSC Overview offers a 30-45 min foundational understanding of programs offered by the Fleet and Family Support Center.
- **Sailors Assisting Intercept for Life (SAIL):** Sailors Assisting Intercept for Life (SAIL) equips Suicide Prevention Coordinators, or anyone interested, with vital tools and training to proactively engage and support at-risk individuals within the naval community, fostering a culture of empathy and intervention to safeguard mental well-being.

## • DEPLOYMENT SUPPORT

- **Couples and Deployment:** This workshop equips couples with practical tools and strategies to navigate the emotional challenges of deployment-related separation. Participants will explore ways to strengthen their relationship, manage stress, and maintain meaningful connection while apart.
- **Helping Children Navigate Homecoming:** Deployment can create an “experience gap” between service members and their children, leading to uncertainty and emotional challenges during reintegration. Helping Children Navigate Homecoming is a workshop designed for non-deployed parents and caregivers who play a vital role in preparing children for the return of a deployed parent. This session provides practical guidance on easing transitions, rebuilding parent-child connections, and supporting children’s emotional responses to change. Participants will gain tools to manage expectations, encourage healthy communication, and foster a positive homecoming experience for the whole family.

- **Let’s Get Real About FRGs:** The Family Readiness Group (FRG) — just three words, but they carry powerful potential to strengthen support for our sailors and the families who serve alongside them.

Let’s Get Real About FRGs offers a relaxed and easy introduction to the Family Readiness Program, highlighting essential elements from FRG Basic Training. Whether you’re curious about joining your command’s FRG or considering starting one yourself, this session will provide clarity, guidance, and resources to get you in the right direction. Come be part of the conversation — and discover how FRGs can make a real difference!

- **Reintegrating with Your Partner:** This workshop supports spouses and partners in navigating the reintegration process after deployment. Participants will explore four key areas—reestablishing emotional connection, celebrating personal and relationship growth, understanding the effects of operational stress, and restoring intimacy—to promote a healthy, resilient partnership.
- **Supporting Children During Deployment:** This workshop equips nondeployed parents and caregivers with practical strategies to support their children through the challenges of deployment. Participants will explore tools and resources to foster emotional resilience, maintain healthy routines, and strengthen family connections—helping their families not just manage, but thrive during deployment.

## • FAP EDUCATION

- **Healthy Boundaries:** This interactive workshop explores what it means to set and maintain healthy boundaries in all areas of life. Learn to identify boundary types, recognize red flags, and communicate clearly and assertively. Through discussion and real-life scenarios, participants will gain tools to enhance their relationships, protect their well-being, and align their actions with their values.

- **Healthy Coping:** This workshop will help participants define coping and identify the difference between healthy and unhealthy coping skills to better manage stress and strong emotions. Participants will learn about four main types of coping and how to assess the effectiveness of their coping skills. The ultimate goal is for each person to develop a diverse, values-aligned coping skills toolkit and practice techniques to build lasting resilience for ongoing stress management.
- **Healthy Relationships:** Learn to recognize the signs of healthy and unhealthy relationships. This class provides tools to enhance healthy relationships and educate Sailors and family members on how to successfully nurture intimate relationships and identify unhealthy relationships behaviors.

## • OMBUDSMAN SUPPORT

- **Ombudsman Basic Training (OBT):** Ombudsman Basic Training (OBT) is the required training for all Navy Ombudsman. It is a standardized multi-day training consisting of nine modules outlined in the Ombudsman Program Manual and OPNAVINST 1750-1G CH-2. Command Leadership should register their Ombudsman to attend training by contacting the Ombudsman Coordinator at [sdffsombudsman@us.navy.mil](mailto:sdffsombudsman@us.navy.mil) Command leadership and their spouses are also welcome to attend all or part of the training. Pre-registration is required. Command leadership and their spouses are also welcome to attend all or part of the training. Pre-registration is required.

## • OMBUDSMAN SUPPORT

### • ~WELCOME TO SAN Diego - RESOURCE FAIR~

This event will be open to Metro San Diego ombudsmen, command support teams, active duty services members, military families, and veterans. The area orientation will provide a brief introduction to the San Diego area and the services available on each installation. The resource fair is an opportunity for inbound sailors and families to connect with local resource providers.

## • 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!
- **Grow! Parenting Series:** GROW! is a universal program designed to support parents and caregivers of children ages 5 to 10 years old. Through a series of five engaging sessions, participants will learn positive parenting techniques, effective stress management strategies, and practical health promotion skills to help their children thrive. Attendance at all five sessions is required to receive a certificate of completion.
- **Kids Craft:** Come out and meet your neighbors while enjoying a small craft structured for kids 4 -12 years old.
- **Mini and Me:** Exclusively for 1st time parents and guardians (bring a blanket for your baby). Activities Include: - Infant Massage, - Sensory Stimulation, - Music, - Development Stages, - Social Interaction.

- **Navigating Childcare Options:** 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.
- **Toddler Tuesday and Thursday:** Navigating through the toddler years can be stressful and frustrating. Let Toddler Tuesday and Thursday help! Join us for parent/toddler friendly courses where you will learn about your child's development, gain useful behavior management techniques and engage in fun activities with your toddler.

## • PERSONAL FAMILY LIFE EDUCATION

- **Building Effective Anger Management Skills (BEAMS):** Learn how to navigate stress with confidence and control. This workshop provides practical, evidence-based strategies for understanding and managing anger, enhancing emotional resilience, and improving communication in challenging situations.
- **Effective Communication:** Are you an effective communicator? Learn strategies for communicating better at home and at work.
- **Life After the Uniform:** Preparing for life beyond military service can be both exciting and overwhelming. Whether you are a service member who is retiring or separating, or a spouse supporting the transition, this workshop equips you with the tools, strategies, and resources to confidently navigate the process together. Learn how to plan for the future, support your family, and embrace the next chapter with resilience and purpose.
- **Mind Body Mental Fitness:** The primary goal of Mind-Body Mental Fitness (MBMF) is to enhance the mind, body, spirit and social domains in one's life. In this session, discover the essential role of human connection in resilience and well-being. Participants will assess their support networks, learn empathetic listening techniques, and recognize different communication styles. Strengthen your ability to foster trust, empathy, and mutual support in any environment.
- **Mindful Living:** This Mindful Living workshop offers a high-level overview for service members and their families on how to incorporate mindfulness into daily life as a form of self-care. Through interactive discussions and scenario-based learning, participants will be introduced to the core concept of mindfulness, which is the practice of intentionally paying attention to the present moment without judgment. The session explores a variety of mindful practices, including breathwork, meditation, and mindful eating, providing practical tools to enhance mental, emotional, and physical well-being.
- **Navy Spouse 101:** Learn the basics of Navy life and how to thrive as a military spouse.
- **Pivoting with a Purpose:** Military life is defined by constant change. Whether you're facing a PCS, a deployment, a career pause, or an internal shift in your identity, these moments require us to pivot. Pivoting with a Purpose is an interactive 45-minute session designed to help the military-connected community navigate these transitions with intention and confidence. By focusing on what we can control, we will explore how to practice mindfulness, cultivate gratitude, and leverage your personal strengths to build resilience. You will leave this workshop with practical coping tools to stay grounded and empowered to navigate any change with clarity and confidence.
- **Resources Exist, Asking Can Help (REACH):** This workshop is to cultivate a new mindset around mental health and help-seeking in the military by encouraging Service Members to reach out for help and not suffer in silence. The workshop focuses on empowering service members to use resources without worrying about perceived or real barriers that may stand in the way and to not give up until they find the help that they need.

## PERSONAL FAMILY LIFE EDUCATION

- **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 one day 8-hour interactive class.
- **SafeTalk:** safeTALK strengthens suicide alertness skills and prepares learners to become Suicide Safety Connectors – people who can notice signs of suicide risk, ask directly about suicide, listen with care and connect the person to further help.
- **Stress Management:** Stress management secrets that will change your outlook. Make time to invest in you!
- **Suicide Prevention:** A Suicide Prevention Class offers invaluable education and practical tools, equipping participants with the knowledge and skills needed to recognize warning signs, intervene effectively, and provide compassionate support, ultimately saving lives within communities.
- **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.

## PERSONAL FINANCIAL MANAGEMENT

- **Car Buying and Leasing Strategies:** If you're thinking of buying or leasing, this workshop can help make your dream car a reality! Develop the knowledge and skills to thoroughly research a purchase or lease. Learn to ask the right questions during the process, and practice negotiation techniques to get a great deal.
- **Continuation Pay:** Continuation Pay eligibility for Sailors in the BRS Retirement Plan Option is an important milestone in one's Navy career. Understanding this benefit and considering the financial situation of each Sailor can assist them in making the best decisions to assess their career goals and make important personal financial decisions as they pertain to the Continuation Pay benefit.

- **Credit Management:** Building and maintaining credit can be an important tool for financial success. This course will provide you with the knowledge about establishing healthy credit, the impact and cost of credit, and tips for debt recovery.
- **Debt Destroyer:** Welcome to the United States Navy Debt Destroyer® Workshop! This course is designed to empower you and your family to get out — and stay out — of debt. You will learn proven techniques to overcome your high interest rate consumer debt, make the most of the money you have coming in and get on track to a more secure financial future.
- **Emergency Financial Preparedness:** Emergencies come in many forms and will look different for each service member. Use these resources to educate service members about financial preparedness, how to build an emergency kit and the steps to financial recovery.
- **Home Buying Workshop:** Buying a house is the most significant purchase many people will ever make. This course is designed to increase the knowledge and comfort level of first-time home buyers and serve as a refresher for repeat home buyers.
- **Million Dollar Sailor/Spouse Workshop:** Who wants to be a millionaire? Take aim with this two-day workshop designed to help Service members and their families save a million dollars over their lifetime. Proven strategies address topics such as banking and financial services, military pay, planning for your retirement, home buying, savvy consumerism, car buying, insurance, and Thrift Savings Plan.
- **Moving Off-Base:** If you are getting ready to take that big step and move into your own place off base, this one-hour workshop will help you. Topics covered include renting, the pros and cons of roommates, consumer protection, transportation, and insurance. Additionally, you will be provided with many useful resources.
- **Planning Your Financial Future:** Spending personality is the first step in planning their financial future. Setting goals that are strategic, measurable, attainable, realistic and timely — or “SMART” — is key to achieving success. Use these resources to talk to service members about how to effectively set and reach their financial goals.
- **Raising Financially Fit Kids:** Whether your child is one, nineteen, or somewhere in between, this interactive course is for you! We will help you learn how to teach your children sound financial management skills and help you to determine how to best implement age-appropriate financial practices for your children.
- **Saving and Investing 101:** Develop knowledge and skills that will enable you to achieve your financial goals through saving and investing. You will learn the characteristics of the different saving and investment vehicles—such as Retirement Accounts, Money Market Accounts, and stocks.
- **Surviving the Holidays Financially:** Don't just survive the holidays; thrive during this time with secrets to smart finances, strategies to maximize your budget, and tips for how to manage the stress associated with this busy time.

## ▪ PERSONAL FINANCIAL MANAGEMENT

- **Thrift Savings Plan/ Blended Retirement System:** Get the latest detailed information on everything the Thrift Savings Plan (TSP) has to offer, understand the differences between High 3 and Blended retirement system and the various streams of well curated investing options used to further contribute to financial retirement security. Ensure your Sailors are making smart financial choices early on in their career when it comes to sound retirement planning with minimal fees and better return on investments.

## • RELOCATION SUPPORT

- **Developing Your Family Care Plan:** This workshop offers a practical overview of the Family Care Plan, guiding service members and caregivers through the steps to create a comprehensive plan that ensures family readiness during deployments or other absences. Participants will also learn about key resources and support services available to assist in building and maintaining an effective plan.
- **Moving Overseas:** This workshop provides essential information and resources to help service members and their families prepare for an international relocation. Participants will gain practical guidance on planning and logistics, navigating cultural transitions, and managing the emotional aspects of moving overseas. The goal is to ensure a smooth, well-supported move and successful adjustment to life abroad.
- **Sailors & 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.
- **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.