

# FFSC Training Request and Return and Reunion Request

*Please return this form at least two weeks prior to brief request date*

[FFSCSDTRAININGREQUEST@US.NAVY.MIL](mailto:FFSCSDTRAININGREQUEST@US.NAVY.MIL)

*For Internal Use Only*

Date Received: \_\_\_\_\_ Received by: \_\_\_\_\_ Speaker Assigned: \_\_\_\_\_

## **Tenant Command Location:**

Naval Base San Diego

Naval Base Coronado

Naval Base Point Loma

## **Requesting Command's Information:**

Requesting Command Name: \_\_\_\_\_

Point of Contact (POC): \_\_\_\_\_ POC Phone Number (*Deck or Cell*): \_\_\_\_\_

POC E-mail Address: \_\_\_\_\_ Alternate Phone Number (*Deck or Cell*): \_\_\_\_\_

Date of Training: \_\_\_\_\_ Time of Training Start: \_\_\_\_\_ Time of Training End: \_\_\_\_\_

Location of Training: \_\_\_\_\_ Building/Ship #: \_\_\_\_\_

Deck#/Floor#: \_\_\_\_\_ Room/Pier #: \_\_\_\_\_ Handicap Access: Yes No

Directions to Training Site: \_\_\_\_\_

Availability of Reserved Parking (*please indicate where*): \_\_\_\_\_

## **Training Requested:**

### **Deployment Readiness Briefs**

Pre-Deployment  
Return and Reunion

Mid-Deployment  
Homecoming (Post)

### **Mind-Body Mental Fitness Modules** (120 min each)

Stress Resilience  
Living Core Values

Flexibility  
Connection

Mindfulness & Meditation  
Problem Solving

### **Life Skills General Military Training (GMT)**

Anger Management (45-60 min)  
Stress Management (45-60 min)  
Time Management (45-60 min)  
Conflict Resolution (45-60 min)  
Being the Best You (60-90 min)

Team Building (45-60 min)  
Communication in the Workplace (45-60 min)  
Family Care Plan (60-90 min)  
Family Care Plan Coordinator Training (60-90 min)  
Family Advocacy Program Overview (45-60 min)

Active Duty Pregnancy (180 min)  
Building Self Esteem (45-60 min)  
Suicide Prevention Coordinator Training (60-90 min)  
Suicide Prevention (45-60 min)  
Family Advocacy Triad Desk Brief (45-60 min)

### **Relocation Briefs**

Area Resource Training (180 min)  
Sponsor Training (60-90 min)  
Sailors on the Move (120-150 min)

FFSC Overview (30-45 min)  
Sponsor Coordinator Training (60-90 min)  
Sailors and Families on the Move (120-150 min)

Homeport Change  
Resource Table  
Welcome to San Diego (120 min)

**Other briefs not listed:** \_\_\_\_\_

**Total Number of Attendees:** \_\_\_\_\_ Active Duty Family Members Civilians

Other (*Please specify*) \_\_\_\_\_

## **Equipment Available at Requested Site:**

Proxima Computer TV Projector CD Player DVD Player Microphone Table & Chairs

**Instructor Notes:** \_\_\_\_\_

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