



**FLEET & FAMILY
SUPPORT CENTER
METRO SAN DIEGO**

JANUARY - MARCH 2024
Programs & Workshops



If you are interested in attending one of these classes, please call our
Centralized Scheduling Center at 866-923-6478

(V)-Virtual; (IP)-In Person
NBSD - Naval Base San Diego
NBPL - Naval Base Point Loma
NBC - Naval Base Coronado
KMB - Kearny Mesa Branch
GVB - Gateway Village Branch
VSM - Village at Serra Mesa Branch
BVH - Bayview Hills Branch

Career Services

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.

Wednesday, January 10 | 0900-1100 | NBSD (IP)

Wednesday, January 24 | 1300-1500 | NBPL (IP)

Wednesday, February 7 | 0900-1100 | NBSD (IP)

Wednesday, February 21 | 1300-1500 | NBPL (IP)

Wednesday, March 6 | 0900-1100 | NBSD (IP)

Wednesday, March 20 | 1300-1500 | NBPL (IP)

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 located at our Kearny Mesa Branch, 3950 Calle Fortunada, San Diego, CA 92123.

Friday, January 19 | 0800-1130 | KMB (IP)

Friday, February 23 | 0800-1130 | KMB (IP)

Friday, March 15 | 0800-1130 | KMB (IP)

Insights to Starting a 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!

Wednesday, January 17 | 1200-1530 | KMB (IP)

...Career Services continued.

Job Search Strategies

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?

Wednesday, January 10 | 0900-1100 | KMB (IP)
Wednesday, January 10 | 1300-1500 | NBPL (IP)
Tuesday, January 16 | 0900-1100 | VSM (IP)
Wednesday, January 17 | 0900-1030 | NBSD (IP)
Tuesday, January 30 | 0900-1100 | BVH (IP)
Wednesday, February 7 | 1300-1500 | NBPL (IP)
Wednesday, February 14 | 0900-1030 | NBSD (IP)
Wednesday, February 14 | 1330-1530 | KMB (IP)
Wednesday, March 6 | 1300-1500 | NBPL (IP)
Wednesday, March 13 | 0900-1030 | NBSD (IP)
Thursday, March 14 | 0900-1100 | BVH (IP)
Monday, March 25 | 0900-1100 | KMB (IP)
Tuesday, March 26 | 1330-1530 | GVB (IP)

Resume Writing

Make sure your resume stands out! Get the latest tips and techniques to wow employers with an organized, effective and winning resume.

Wednesday, January 3 | 0900-1100 | KMB (IP)
Wednesday, January 17 | 1300-1500 | NBPL (IP)
Tuesday, January 23 | 0900-1100 | BVH (IP)
Wednesday, January 24 | 0900-1030 | NBSD (IP)
Thursday, January 25 | 1000-1200 | GVB (IP)
Wednesday, February 7 | 1300-1500 | KMB (IP)
Wednesday, February 14 | 1300-1500 | NBPL (IP)
Wednesday, February 21 | 0900-1030 | NBSD (IP)
Thursday, February 22 | 1330-1530 | VSM (IP)
Thursday, March 7 | 0900-1100 | BVH (IP)
Wednesday, March 13 | 1300-1500 | NBPL (IP)
Monday, March 18 | 0900-1100 | KMB (IP)
Wednesday, March 20 | 0900-1030 | NBSD (IP)
Tuesday, March 26 | 0900-1100 | BVH (IP)

...Career Services continued.

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.

Wednesday, March 20 | TBA

How to Work a Job Fair

Make the most of your job fair experience and position yourself for success.

Thursday, March 14 | 0900-1000 | NBC (IP)

Spouse Employment, Empowerment and Development

Are you a military spouse looking for work in San Diego? Attend this workshop and gain insights about the San Diego job market, as well as educational benefits, networking, resume writing and more.

Wednesday, January 17 | 0900-1100 | KMB (IP)

Thursday, January 18 | 1000-1200 | NBC (IP)

Tuesday, January 30 | 0900-1100 | VSM (IP)

Tuesday, February 6 | 0900-1030 | BVH (IP)

Monday, February 26 | 1300-1500 KMB (IP)

Thursday, February 29 | 1330-1530 | VSM (IP)

Tuesday, March 19 | 1330-1530 | GVB (IP)

Thursday, March 21 | 0900-1030 | BVH (IP)

Navy Spouse in Transition

Are you a military spouse looking to support your active-duty service member through their transition from the military into the civilian world? Do you have questions or concerns about the transition process? In this 90-minute workshop, we will connect you with the Transition Assistance Program (TAP) information and resources you need from a spouse's perspective. You will learn how to plan for success by exploring a variety of TAP topics, including VA benefits, medical care, insurance, employment, education, relocation, finances, and governing laws, and instructions.

Tuesday, February 20 | 0900-1030 | NBSD (IP)

Tuesday, March 5 | 1330-1530 | GVB (IP)

Thursday, March 14 | 1330-1530 | VSM (IP)

Thursday, March 28 | 1000-1200 | GVB (IP)

...Career Services continued.

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.

Thursday-Friday, January 11-12 | 0730-1630 | KMB (IP)

Thursday-Friday, January 25-26 | 0730-1630 | KMB (IP)

Thursday-Friday, February 1-2 | 0730-1630 | KMB (IP)

Thursday-Friday, February 8-9 | 0730-1630 | KMB (IP)

Thursday-Friday, February 15-16 | 0730-1630 | KMB (IP)

Thursday-Friday, February 29-March 1 | 0730-1630 | KMB (IP)

Thursday-Friday, March 7-8 | 0730-1630 | KMB (IP)

Thursday-Friday, March 28-29 | 0730-1630 | KMB (IP)

Winning Interview Techniques

Make your dream job a reality! Gain information and resources to develop expert interviewing skills.

Monday, January 8 | 0900-1030 | KMB (IP)

Thursday, January 25 | 0900-1100 | BVH (IP)

Wednesday, January 31 | 0900-1030 | NBSD (IP)

Wednesday, January 31 | 1300-1500 | NBPL (IP)

Tuesday, February 6 | 1330-1530 | GVB (IP)

Thursday, February 8 | 0900-1000 | NBC (IP)

Monday, February 12 | 1400-1530 | KMB (IP)

Tuesday, February 20 | 0900-1100 | VSM (IP)

Wednesday, February 28 | 0900-1030 | NBSD (IP)

Wednesday, February 28 | 1300-1500 | NBPL (IP)

Tuesday, March 12 | 0900-1100 | BVH (IP)

Wednesday, March 20 | 0900-1030 | KMB (IP)

Wednesday, March 27 | 0900-1030 | NBSD (IP)

Wednesday, March 27 | 1300-1500 | NBPL (IP)

Counseling Services

FFSC provides private and confidential counseling services for individuals, children, couples and families. Counselors are available to help with issues such as:

- Adjusting to military life
- Relationship Challenges
 - *Divorce*
 - *Blended family*
 - *Infidelity*
 - *Deployment reintegration*
 - *New marriage and family*
- Grief and loss
- Communication and conflict resolution
- Couples communication
- Parenting skills
- Anger management
- Other personal issues

Call us at 866-923-6478 to schedule an appointment. Often, just knowing an experienced professional is listening to you provides a feeling of great relief. This can lead to productive problem solving and effective relationships.

Deployment Support

Family Readiness Group (FRG) Basic Training

This training is customized to fit your FRG, whether the command is starting a group or re-energizing an existing group. Discuss the FRG instruction/policy, leadership structure, communication techniques, team-building ideas, fundraising guidelines, and ideas for fun activities. If you are unable to attend at this date/time, Fleet and Family also has FRG Basic Training On Demand. To access it, please visit <https://learning.zeiders.refineddata.com>

Fleet and Family has an FRG Coordinator available to provide additional support and FRG guidance should you need it. To reach the FRG Coordinator, please contact Centralized Scheduling at 866-923-6478

Wednesday, February 21 | 0900-1600 | NBSD (IP)

Family Readiness Group (FRG) Advanced Training

Explore the topics discussed in FRG Basic in more depth, hear from guests speakers, learn about additional community resources and network with your fellow FRG's.

Wednesday, March 27 | 0900-1100 | NBSD (IP)

Deployment Support

Perhaps you are coming up to your first deployment, or maybe it has been a while since your family last experienced it. Let's demystify the process, review the cycles of deployment, and approach this upcoming transition with a drive to leverage and develop your resilience, and explore helpful resources to meet your goals and thrive!

Tuesday, January 23 | 1330-1530 | GVB (IP)

Tuesday, February 13 | 0900-1100 | VSM (IP)

Friday, March 15 | 1000-1130 | NBPL (IP)

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!

Tuesday, January 9 | 0900-1100 | BVH (IP)

Monday, January 29 | 0900-1100 | KMB (IP)

Friday, February 9 | 0900-1200 | NBC (IP)

Thursday, February 22 | 0900-1100 | BVH (IP)

Wednesday, March 6 | 1300-1500 | KMB (IP)

Friday, March 29 | 0900-1200 | NBSD (IP)

Effective Parenting Workshop

This multi-session workshop discusses topics affecting today's family, including: consistent and effective discipline, understanding developmental stages, communication with children or young adults, building child self-esteem, and dealing with bullies.

Wednesday-Friday, January 10-12 | 0900-1600 | NBSD (IP)

Wednesday-Friday, February 7-9 | 0900-1600 | NBSD (IP)

Wednesday-Friday, March 6-8 | 0900-1600 | NBSD (IP)

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.

Thursday, January 4 | 0900-1030 | BVH (IP)

Tuesday, January 23 | 0900-1100 | VSM (IP)

Wednesday, January 31 | 0900-1100 | KMB (IP)

Tuesday, February 20 | 0900-1030 | BVH (IP)

Tuesday, February 27 | 1330-1530 | GVB (IP)

Thursday, March 7 | 1330-1530 | VSM (IP)

Monday, March 11 | 1300-1500 | KMB (IP)

...Parenting Support Continued.

Kids Craft

Come out and meet your neighbors while enjoying a small craft structured for kids 4-12 years old.

Wednesdays | 1330-1430 | VSM (IP)

Jan 24	Feb 21	Mar 20
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Wednesdays | 1300-1400 | BVH (IP)

Jan 3	Feb 7	Mar 6
Jan 10	Feb 14	Mar 13
Jan 17	Feb 21	Mar 20
Jan 24	Feb 28	Mar 27
Jan 31		

Fridays | 1430-1530 | GVB (IP)

Jan 5	Feb 2	Mar 8
Jan 19	Feb 23	Mar 22

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.

Tuesdays | 1000 - 1100 | KMB (IP)

Jan 2	Feb 6	Mar 5
Jan 9	Feb 13	Mar 12
Jan 16	Feb 20	Mar 19
Jan 23	Feb 27	Mar 26
Jan 30		

Thursdays | 1000 - 1100 | KMB (IP)

Jan 4	Feb 1	Mar 7
Jan 11	Feb 8	Mar 14
Jan 18	Feb 15	Mar 21
Jan 25	Feb 22	Mar 28
	Feb 29	

Special Interests

Building Effective Anger Management Skills (BEAMS)

Develop the resiliency you need to thrive in stressful environments. This workshop explores valuable and proven anger management techniques.

Monday, January 8 | 1000-1200 | NBSD (IP)

Thursday, February 1 | 1000-1200 | NBSD (IP)

Friday, March 1 | 1000-1200 | NBSD (IP)

Effective Communication

Are you an effective communicator? Learn strategies for communicating better at home and at work.

Thursday, January 11 | 0900-1030 | BVH (IP)

Thursday, January 11 | 1300-1430 | GVB (IP)

Friday, January 19 | 1000-1130 | NBPL (IP)

Thursday, February 1 | 1100-1200 | NBC (IP)

Tuesday, February 27 | 0900-1030 | BVH (IP)

Thursday, March 21 | 1330-1530 | VSM (IP)

Tuesday, March 26 | 0900-1000 | NBSD (IP)

Friday, March 29 | 1000-1130 | NBPL (IP)

Conflict Resolution

Unmanaged conflict has caused many hardships in the workplace and at home. It can cause people to suffer, missions to fail, and families to separate. Yet, conflict is inevitable. This workshop helps people manage conflict by examining their attitudes and behaviors when faced with conflicting situations. Practicing skills that prevent conflict from escalations and working with others to solve problems. This allows people to grow, missions to succeed, and families to strengthen.

Friday, January 12 | 1000-1130 | NBPL (IP)

Thursday, January 18 | 1000-1200 | GVB (IP)

Thursday, January 25 | 1000-1100 | NBC (IP)

Tuesday, February 20 | 0900-1000 | NBSD (IP)

Friday, March 22 | 1000-1130 | NBPL (IP)

Thursday, March 28 | 1330-1530 | VSM (IP)

...Special Interests Continued.

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.

Tuesday, February 27 | 0900-1030 | NBSD (IP)

Wednesday, March 13 | 1000-1130 | NBC (IP)

Mind-Body Mental Fitness (MBMF)

The primary goal of Mind-Body Mental Fitness (MBMF) is to enhance the mind, body, spirit, and social domains in one's life. Participants will learn proactive pathways to achieve mental fitness, find balance within these domains and gain practical skills that can be utilized daily. The aim is to take a thoughtful and proactive approach to addressing the stressors inherent in the military, rather than a reactionary approach.

Module 1 Stress Resilience

Wednesday, January 10 | 1000-1200 | NBSD (IP)

Thursday, January 11 | 1330-1530 | VSM (IP)

Friday, January 26 | 1000-1130 | NBPL (IP)

Wednesday, February 14 | 0900-1100 | NBC (IP)

Thursday, February 15 | 1000-1200 | GVB (IP)

Wednesday, February 21 | 1000-1200 | NBSD (IP)

Module 2 Mindfulness and Meditation

Wednesday, January 17 | 1000-1200 | NBSD (IP)

Thursday, January 18 | 1330-1530 | VSM (IP)

Friday, February 2 | 1000-1130 | NBPL (IP)

Thursday, February 22 | 1000-1200 | GVB (IP)

Wednesday, February 28 | 1000-1200 | NBSD (IP)

Module 3 Living Core Values

Wednesday, January 17 | 0900-1100 | NBC (IP)

Wednesday, January 24 | 1000-1200 | NBSD (IP)

Thursday, January 25 | 1330-1530 | VSM (IP)

Friday, February 9 | 1000-1130 | NBPL (IP)

Thursday, February 29 | 1000-1200 | GVB (IP)

Wednesday, March 6 | 1000-1200 | NBSD (IP)

...Special Interests Continued.

Module 4 Flexibility

Wednesday, January 31 | 1000-1200 | NBSD (IP)

Thursday, February 1 | 1330-1530 | VSM (IP)

Friday, February 16 | 1000-1130 | NBPL (IP)

Thursday, March 7 | 1000-1200 | GVB (IP)

Wednesday, March 13 | 1000-1200 | NBSD (IP)

Module 5 Problem Solving

Wednesday, February 7 | 1000-1200 | NBSD (IP)

Thursday, February 8 | 1330-1530 | VSM (IP)

Friday, February 23 | 1000-1130 | NBPL (IP)

Thursday, March 14 | 1000-1200 | GVB (IP)

Wednesday, March 20 | 1000-1200 | NBSD (IP)

Module 6 Connection

Wednesday, February 14 | 1000-1200 | NBSD (IP)

Thursday, February 15 | 1330-1530 | VSM (IP)

Friday, March 1 | 1000-1130 | NBPL (IP)

Wednesday, March 20 | 0900-1100 | NBC (IP)

Thursday, March 21 | 1000-1200 | GVB (IP)

Wednesday, March 27 | 1000-1200 | NBSD (IP)

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 an interactive 2-day workshop.

Thursday-Friday, January 18-19 | 0900-1600 | NBSD (IP)

Thursday-Friday, February 15-16 | 0900-1600 | NBSD (IP)

Thursday-Friday, March 14-15 | 0900-1600 | NBSD (IP)

Stress Management

Stress management secrets that will change your outlook. Make time to invest in you!

Tuesday, January 16 | 0900-1030 | BVH (IP)

Tuesday, January 30 | 1330-1530 | GVB (IP)

Thursday, February 29 | 0900-1030 | BVH (IP)

Friday, March 8 | 1000-1130 | NBPL (IP)

Tuesday, March 12 | 1330-1530 | GVB (IP)

...Special Interests Continued.

Navy Spouse 101

Learn the basics of Navy life and how to thrive as a military spouse.

Tuesday, January 2 | 0900-1100 | BVH (IP)

Tuesday, January 30 | 0900-1030 | NBC (IP)

Thursday, February 1 | 1000-1200 | GVB (IP)

Monday, February 5 | 0900-1030 | KMB (IP)

Thursday, February 15 | 0900-1100 | BVH (IP)

Tuesday, March 12 | 0900-1100 | VSM (IP)

Wednesday, March 13 | 1400-1530 | KMB (IP)

Tuesday, March 19 | 0900-1100 | NBSD (IP)

Organize Your Life!

Having a well-organized life reduces stress and improves self-esteem. This hands-on workshop teaches you how to manage your bills, schedule home maintenance, organize closets, and much more!

Tuesday, January 9 | 0900-1100 | VSM (IP)

Thursday, January 18 | 0900-1030 | BVH (IP)

Tuesday, February 20 | 1330-1530 | GVB (IP)

Tuesday, March 5 | 0900-1030 | BVH (IP)

Life After the Uniform: The Resilient Spouse

Are you ready for the challenges of life after the military? Whether your spouse is retiring or separating, these tools and resources will help you effectively navigate the process and prepare the whole family for its next adventure.

Tuesday, January 16 | 0900-1100 | NBSD (IP)

Tuesday, February 6 | 0900-1100 | VSM (IP)

Tuesday, February 13 | 1330-1530 | GVB (IP)

Sexual Assault Prevention & Response (SAPR)

Classes are only for Active Duty Members who are interested in becoming a Command Uniformed Victim Advocate or for those credentialed already. Registration for these courses is required. Please contact your command SARC or the following installation POCs:

Naval Base San Diego: SAPRSDClasses.ftc@navy.mil

Naval Base Coronado: Contact your command SARC

Naval Base Point Loma and NWS Seal Beach: yolanda.m.bencomo.naf@us.navy.mil
and jeannette.casillas.naf@us.navy.mil

Ombudsman Training

Registration is required for all Ombudsman Basic training listed below. Please contact April Vasquez at sdffscombudsman@us.navy.mil or call 619-556-7230 to register.

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 sdffscombudsman@us.navy.mil. Command leadership and their spouses are also welcome to attend all or part of the training. Pre-registration is required.

Monday-Thursday, February 12-15 | 1600-2100 | NBSD (IP & V)

Tuesday-Thursday, March 12-14 | 0800-1600 | NBSD (IP)

Ombudsman Advanced Training

This mandatory training for all appointed Ombudsmen, provides the latest resources and opportunity to network. Registration not required.

Wednesday, February 7 | 1800-2000 | (V)

Thursday, February 22 | 1800-2000 | NBSD (IP)

Relocation Support

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.

Thursday, February 8 | 0900-1030 | BVH (IP)

Thursday, February 8 | 1000-1200 | GVB (IP)

Wednesday, February 21 | 1000-1200 | KMB (IP)

Thursday, March 21 | 0900-1100 | NBSD (IP)

Tuesday, March 26 | 0900-1100 | VSM (IP)

Wednesday, March 27 | 1300-1500 | KMB (IP)

Thursday, March 28 | 1000-1100 | NBC (IP)

Sailors and 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.

Tuesday, January 16 | 1330-1530 | GVB (IP)

Monday, January 22 | 0900-1100 | KMB (IP)

Tuesday, January 23 | 0900-1100 | NBSD (IP)

Thursday, February 1 | 0900-1100 | BVH (IP)

Tuesday, February 27 | 1000-1130 | NBC (IP)

Wednesday, February 28 | 1300-1500 | KMB (IP)

Tuesday, March 19 | 0900-1100 | VSM (IP)

Tuesday, March 19 | 0900-1100 | BVH (IP)

...Relocation Support Continued.

PCSing (Permanent Change of Station) with Kids

PCSing with children can be challenging. It can also be an exciting adventure. Learn some of the tips of the trade for making your next move with the whole family a memorable experience.

Tuesday, January 9 | 1330-1530 | GVB (IP)

Wednesday, January 24 | 1000-1100 | KMB (IP)

Tuesday, February 13 | 0900-1100 | BVH (IP)

Thursday, February 29 | 0900-1100 | NBSD (IP)

Monday, March 4 | 1400-1500 | KMB (IP)

Tuesday, March 5 | 0900-1100 | VSM (IP)

Thursday, March 28 | 0900-1100 | BVH (IP)

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.

Thursday, January 18 | 1300-1430 | NBPL (IP)

Tuesday, March 26 | 1300-1430 | NBC (IP)

Consumer Awareness-Don't Get Ripped Off

Protect your money! Fraud is on the rise and you could be the next victim of consumer fraud or identity theft. Learn to deter, detect, and defend against consumer fraud in the marketplace.

Tuesday, January 23 | 1000-1130 | GVB (IP)

Thursday, March 14 | 1000-1130 | VSM (IP)

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.

Wednesday, January 24 | 0900-1000 | BVH (IP)

Tuesday, January 30 | 1400-1500 | VSM (IP)

Wednesday, February 28 | 1000-1100 | (V)

Credit Management Your Credit Your Clearance

Learn about military policy on indebtedness as well as how indebtedness may impact your security clearance. Then we'll dig into understanding credit reports and some best practices for managing credit.

Wednesday, March 27 | 1000-1130 | NBSD (IP)

...Personal Financial Management Continued.

Crypto

Exploring digital (crypto) assets.

Thursday, February 22 | 0900-1030 | NBC (IP)

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.

Wednesday, January 31 | 1300-1500 | NBSD (IP)

Tuesday, February 27 | 1200-1400 | NBC (IP)

Thursday, March 28 | 1300-1500 | NBPL (IP)

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.

Friday, January 26 | 1300-1500 | KMB (IP)

Friday, February 16 | 1200-1400 | NBC (IP)

Friday, March 29 | 1300-1500 | KMB (IP)

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.

Thursday-Friday, March 21-22 | 0800-1600 | NBSD (IP)

Paying For College

This workshop provides information on sources of funding for higher education, focusing on financial aid resources, college savings plans and tax incentives.

Wednesday, March 20 | 1000-1100 | GVB (IP)

Planning Your Financial Future

A service member's understanding of their 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.

Wednesday, February 21 | 0930-1100 | GVB (IP)

Renting

Renting a house or apartment can be good solutions for single service members and military families, as it can offer the flexibility that home ownership does not provide. Learn how to weigh your options on locations, type, cost, and renting vs. buying. This empowering workshop will ensure you make a wise housing choice. It is designed to increase the knowledge and comfort level of first-time renters, and to serve as a refresher for repeat renters.

Tuesday, January 30 | 1400-1500 | NBC (IP)

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.

Tuesday, March 12 | 1100-1200 | NBC (IP)

Survivor Benefit Plan (SBP)

Provides basic information on the key provisions of the Survivor Benefit Plan (SBP). This information will assist Service members and their spouses in making informed decisions about SBP's role in their retirement plan.

Wednesday, January 17 | 1300-1400 | NBC (IP)

Tuesday, February 13 | 1400-1500 | VSM (IP)

Tuesday, March 19 | 0900-1000 | NBC (IP)

...Personal Financial Management Continued.

Tax Preparation for Service Members (Tax Tips)

Filing taxes can be confusing — but understanding basic tax filing terminology makes filing easier. Use these resources to talk to service members about the information needed to fill out specific forms and the no-cost tax resources available to them.

Thursday, January 25 | 1300-1400 | NBSD (IP)

Thursday, February 29 | 1300-1400 | NBSD (IP)

Thrift Savings Plan (TSP)/Blended Retirement System (BRS)

Get the latest detailed information on the Thrift Savings Plan (TSP) and how TSP can contribute to financial retirement security. In 2018, the Uniformed Services Blended Retirement System (BRS) will be implemented, with extensive changes that will affect current and future Sailors. This official Department of Defense training will provide you with critical information to help you understand who is affected by BRS; what is changing from the current high-3 system; why it is called blended retirement; important dates and deadlines; and the role of the Thrift Savings Plan in BRS. Most importantly, learn what steps you need to take to make the best decision for your retirement.

Thursday, February 1 | 0900-1000 | NBC (IP)

Wednesday, March 13 | 1000-1100 | NBSD (IP)

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

Wednesday, January 10 | 0900-1100 | NBC (IP)

Wednesday, February 7 | 0900-1100 | (V)

Wednesday, March 6 | 0900-1100 | NBPL (IP)

Family Care Plan Coordinator

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, U.S. Navy Family Care Policy. This course provides lessons learned, resources, program implementation tips, and networking opportunities to FCP Coordinators.

Tuesday, January 9 | 0900-1030 | (V)

Thursday, January 25 | 0900-1030 | NBSD (IP)

Thursday, February 22 | 0900-1030 | NBSD (IP)

Tuesday, March 5 | 0900-1000 | NBC (IP)

Thursday, March 28 | 0900-1030 | NBSD (IP)

...Command Programs Continued.

Sailor Assistance and Intercept for Life (SAIL) Workshop for Suicide Prevention Coordinators

Topics will include: an overview of the SAIL program, safety planning and compassion fatigue.

Thursday, February 22 | 0900-1200 | NBSD (IP)

Leadership Resource Training (LRT)

Are you a lead within your department, division or command and interested in learning more about the resources available to promote Sailor and family resiliency? This class will do just that! It is open to Service Members (E-5 and above), Ombudsmen, Leadership spouses, etc.

Thursday, January 18 | 0800-1200 | NBSD (IP)

Thursday, March 21 | 0800-1200 | NBSD (IP)

Transition Assistance Program (TAP)

This class is required for every Service member separating from the military and is designed to help Service members prepare for the transition to civilian life. Registration for transition classes will be done through your Command Career Counselor. Career Counselors can contact the TAP Coordinator, Ms. Laurie Lyford at laurie.a.lyford.ctr@us.navy.mil, to get their Service members registered for classes.

...Command Programs Continued.

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

Monday-Friday, January 8-12 | 0800-1600 | NBSD (IP)

Monday-Friday, February 5-9 | 0800-1600 | NBSD (IP)

Monday-Friday, March 4-8 | 0800-1600 | NBSD (IP)

Command Financial Specialist (CFS) Refresher Training

Appointed CFSs must attend refresher training every three (3) years after initial training to maintain designation. The refresher training helps to ensure all CFSs have the knowledge base and skill set to continue to function as an effective CFSs through: discussions on the financial planning worksheet, latest financial trends, schemes, potential pitfalls, and other relevant topics. Command triads and other leaders are also highly encouraged to attend. For registration please email: ffsc_cfs_pfm@us.navy.mil

Tuesday, February 13 | 0800-1600 | NBSD (IP)

Command Financial Specialist (CFS) Continuing Education

As specified in OPNAVINST 1740.5, this quarterly training is provided to discuss personal financial issues and provide additional training to meet the four elements of the PFM program (education, counseling, consumer advocacy, and information & referrals). The CFS will be notified of specific topics to be covered. This training is open to all CFSs, senior enlisted advisors, and command career counselors.

For registration please email: ffsc_cfs_pfm@us.navy.mil

Tuesday, January 23 | 0900-1030 | NBSD (IP)

...Command Programs Continued.

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.

Monday, January 8 | 0900-1030 | (V)

Tuesday, January 16 | 0900-1030 | NBSD (IP)

Monday, February 5 | 0900-1030 | (V)

Tuesday, February 6 | 0900-1030 | NBC (IP)

Tuesday, February 13 | 0900-1030 | NBSD (IP)

Monday, March 4 | 0900-1030 | (V)

Tuesday, March 12 | 0900-1030 | NBSD (IP)

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.

Monday, January 22 | 0900-1030 | NBC (IP)

Monday, January 22 | 0900-1030 | (V)

Tuesday, January 30 | 0900-1030 | NBSD (IP)

Tuesday, February 20 | 0900-1030 | NBSD (IP)

Monday, February 26 | 0900-1030 | (V)

Monday, March 18 | 0900-1030 | (V)

Tuesday, March 26 | 0900-1030 | NBSD (IP)



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FFSC BRANCH LOCATIONS

Naval Base San Diego (NBSD)

Buildings 259, 263 & 271
3005 Corbina Alley, Suite 1
San Diego, CA 92136-5190
619-556-7404

Naval Base Point Loma (NBPL)

Buildings 211 & 212
140 Sylvester Road
San Diego, CA 92106-3521
619-553-7505

Naval Base Coronado (NBC)

Building 318, Saufley Road
San Diego, CA 92135-7138
619-545-6071

Kearny Mesa Branch (KMB)

3950 Calle Fortunada
San Diego, CA 92123
619-987-9449

Gateway Village Branch (GVB)

3207 Rosecrans Place
San Diego, CA 92110
619-222-5548

Village at Serra Mesa Branch (VSM)

3141 Afton Road
San Diego, CA 92123
858-505-1369

Bayview Hills Branch (BVH)

1967 Sky Harbor Road
San Diego, CA 92139
619-267-1720