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Building Effective Anger  
Management Skills (BEAMS)

Building Healthy Relationships

Children and Divorce

Dads and Discipline

Enhancing Step Families

New Parent Resource  
Awareness Workshop

Parenting in a Military Family

Parenting Teens

Personal Communications

Single Parenting in the Military

STEP

STEP - Early

STEP -Teen

Stress Management - Multi

Toddler time

Welcome to the Military

EFM Regional POC Training

FAP Command Leadership  
Training

PCO - PXO Spouses Workshop

**Yorktown**  
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**Norfolk/Portsmouth**  
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**Oceana/Dam Neck**  
433-2912

**JEB Little Creek/ Fort Story**  
462-7563

**Newport News**  
688-6289

**Northwest**  
421-8770

**MAY 3**  
9:00-11:00 am

**MAR 30**  
1:00-3:00 pm

**AUG 3**  
9:00-11:00 am

**JUN 7**  
1:00-3:00 pm

**MAY 5**  
2:00-4:00 pm

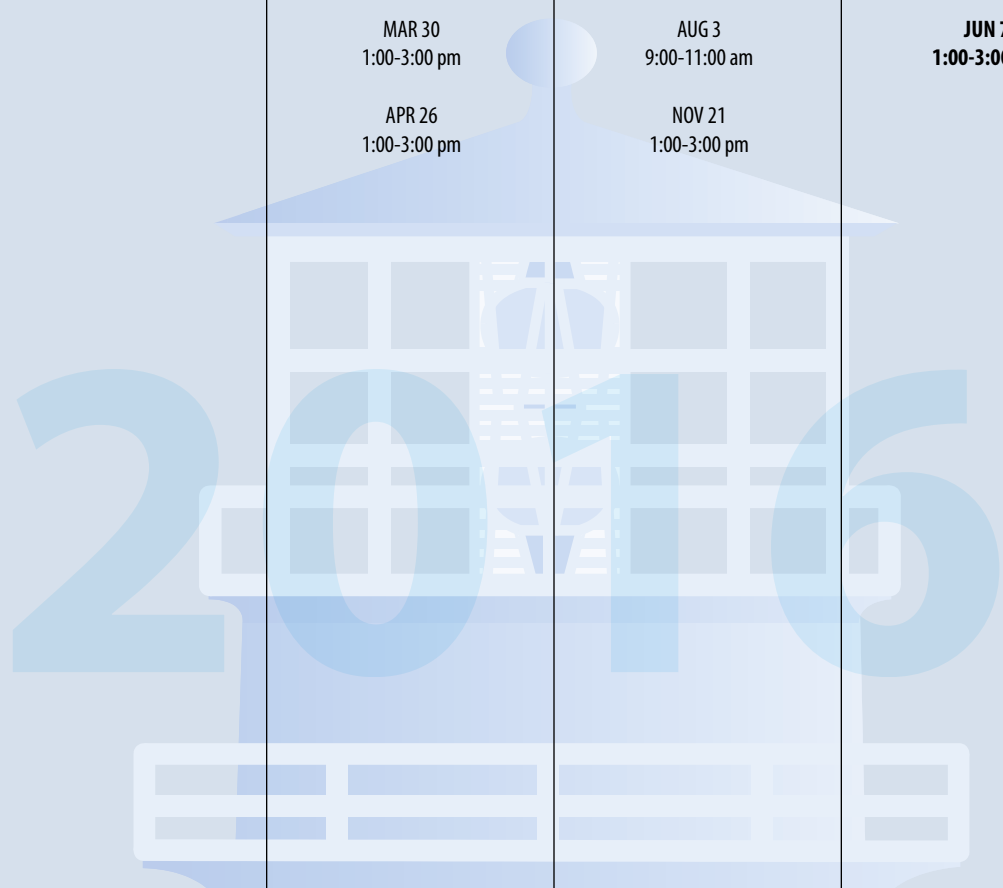
**MAY 25**  
11:00 am-1:00 pm

**APR 26**  
1:00-3:00 pm

**NOV 21**  
1:00-3:00 pm

**SEP 1**  
2:00-4:00 pm

**JUN 22**  
1:00-3:00 pm



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**Northwest**  
421-8770

JAN 25 - Feb 5 (M,W,F)  
9:00-11:00 am

JAN 13 - 29 (W&F) 1:00-3:00 pm  
FEB 10 - 26 (W&F) 9:00-11:00 am  
MAR 7 - 18 (M,W,F) 1:00-3:00 pm  
APR 13 - 29 (W&F) 9:00-11:00 am  
MAY 9 - 20 (M,W,F) 1:00-3:00 pm  
JUN 6 - 22 (M&W) 1:00-3:00 pm  
JUL 5 - 21 (T&TH) 9:00-11:00 am  
AUG 8 - 19 (M,W,F) 1:00-3:00 pm  
SEP 7 - 23 (W&F) 9:00-11:00 am  
OCT 12 - 28 (W&F) 1:00-3:00 pm  
NOV 1 - 17 (T&TH) 9:00-11:00 am  
DEC 5 - 16 (M,W,F) 9:00-11:00 am

JAN 12 - 28 (T&TH) 2:00-4:00 pm  
MAR 7 - 23 (M&W) 2:00-4:00 pm  
MAY 2 - 18 (M&W) 9:00-11:00 am  
JUL 12 - 28 (T&TH) 9:00-11:00 am  
SEP 12 - 28 (M&W) 2:00-4:00 pm  
NOV 1 - 17 (T&TH) 9:00-11:00 am

FEB 9 - 25 (T&TH)  
9:00-11:00 am

MAR 1-17 (T&TH)  
2:00-4:00 pm

FEB 29 - MAR 15 (M&T)  
1:00-3:00 pm

MAY 2 - 13 (M,W,F)  
9:00-11:00 am

MAR 29 - APR 14 (T&TH)  
1:00-3:00 pm

JUL 18 - 22 (M,W,F)  
8:00 am-noon

SEP 19 - 30 (M,W,F)  
9:00-11:00 am

JUN 13 - 24 (M,W,F)  
9:00-11:00 am

JUL 27 - AUG 12 (W&F)  
2:00-4:00 pm

SEP 28 - OCT 14 (W&F)  
9:00-11:00 am

DEC 5 - 16 (M,W,F)  
9:00-11:00 am

**Portsmouth**  
FEB 3 - 19 (W&F)  
1:00-3:00 pm

MAR 14 - 25 (M,W,F)  
1:00-3:00 pm

APR 26 - 28 (T-TH)  
12:30-4:30 pm

JUN 13 - 22 (M&W)  
1:00-4:00 pm

SEP 19 - 23 (M,W,F)  
12:30-4:30 pm

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JAN 12 4:00-6:30 pm  
JAN 27 noon-2:30 pm  
FEB 9 6:00-8:30 pm  
MAR 8 4:00-6:30 pm  
APR 12 6:00-8:30 pm  
APR 27 noon-2:30 pm  
MAY 10 4:00-6:30 pm  
JUN 14 6:00-8:30 pm  
JUL 12 4:00-6:30 pm  
JUL 27 noon-2:30 pm  
AUG 9 6:00-8:30 pm  
SEP 13 4:00-6:30 pm  
OCT 11 6:00-8:30 pm  
OCT 26 noon-2:30 pm  
NOV 8 4:00-6:30 pm  
DEC 13 6:00-8:30 pm

**Portsmouth**  
FEB 24 1:00-3:30 pm  
APR 20 1:00-3:30 pm  
MAY 16 1:00-3:00 pm  
JUL 15 10:00 am-12:30 pm  
AUG 16 9:00-11:30 am  
SEP 27 1:00-3:30 pm  
OCT 18 1:00-3:30 pm  
NOV 29 1:00-3:30 pm  
DEC 20 1:00-3:30 pm

MAR 8 4:30-7:00 pm  
MAY 3 4:30-7:00 pm  
SEP 6 4:30-7:00 pm

JAN 21 6:00-8:30 pm  
MAR 16 9:00-11:30 am  
APR 25 6:00-8:30 pm  
MAY 25 9:00-11:30 am  
JUN 14 6:00-8:30 pm  
AUG 17 1:00-3:30 pm  
SEP 27 6:00-8:30 pm

FEB 11 1:00-3:30 pm  
OCT 19 9:00-11:30 am

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**Northwest**  
 421-8770

**MAY 10**  
 noon-4:00 pm

**FEB 3 & 10 (W)**  
 3:00-5:00 pm

**JAN 5 3:00-7:00 pm**  
**FEB 16 3:00-7:00 pm**  
**MAR 2 12:30-4:30 pm**  
**MAR 22 3:00-7:00 pm**  
**APR 12 3:00-7:00 pm**  
**APR 26 9:00 am-1:00 pm**  
**MAY 24 3:00-7:00 pm**  
**JUN 14 3:00-7:00 pm**  
**JUL 5 8:30 am-12:30 pm**  
**JUL 26 3:00-7:00 pm**  
**AUG 16 3:00-7:00 pm**  
**SEP 6 12:30-4:30 pm**  
**SEP 27 3:00-7:00 pm**  
**OCT 5 3:00-7:00 pm**  
**NOV 1 3:00-7:00 pm**  
**NOV 16 12:30-4:30 pm**  
**DEC 6 3:00-7:00 pm**

**JAN 19 1:00-5:00 pm**  
**FEB 17 8:30 am-12:30 pm**  
**MAY 6 8:30 am-12:30 pm**  
**JUN 16 8:30 am-12:30 pm**  
**AUG 4 1:00-5:00 pm**  
**SEP 28 1:00-5:00 pm**

**APR 5 & 7 (T&TH)**  
 1:00-3:00 pm

**APR 21 12:30-4:30 pm**  
**JUL 12 12:30-4:30 pm**  
**AUG 11 12:30-4:30 pm**  
**OCT 13 12:30-4:30 pm**

**APR 26 & 27 (T&W)**  
 3:00-5:00 pm

**JUN 7 & 9 (T&TH)**  
 6:00-8:00 pm

**AUG 10 & 11 (W&TH)**  
 3:00-5:00 pm

**OCT 11 & 12 (T&W)**  
 3:00-5:00 pm

**DEC 6 & 7 (T&W)**  
 2:00-4:00 pm

**Portsmouth**  
**MAR 22 & 24 (T)**  
 2:00-4:00 pm  
**NOV 8 & 9 (T&W)**  
 1:00-3:00 pm

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**Northwest**  
 421-8770

JAN 27  
 2:30-5:00 pm

APR 13  
 2:30-5:00 pm

JUN 23  
 2:30-5:00 pm

OCT 18  
 2:30-5:00 pm

Portsmouth  
 FEB 23 1:00-3:30 pm  
 JUN 6 1:00-3:30 pm  
 SEP 28 1:00-3:30 pm

APR 21 2:00-4:30 pm  
 JUN 7 4:30-7:00 pm  
 SEP 7 4:00-6:30 pm  
 DEC 13 4:00-6:30 pm

JUN 9  
 1:00-3:30 pm

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**MAR 16**  
2:30-5:00 pm

**JUN 15**  
2:30-5:00 pm

**SEP 8**  
2:30-5:00 pm

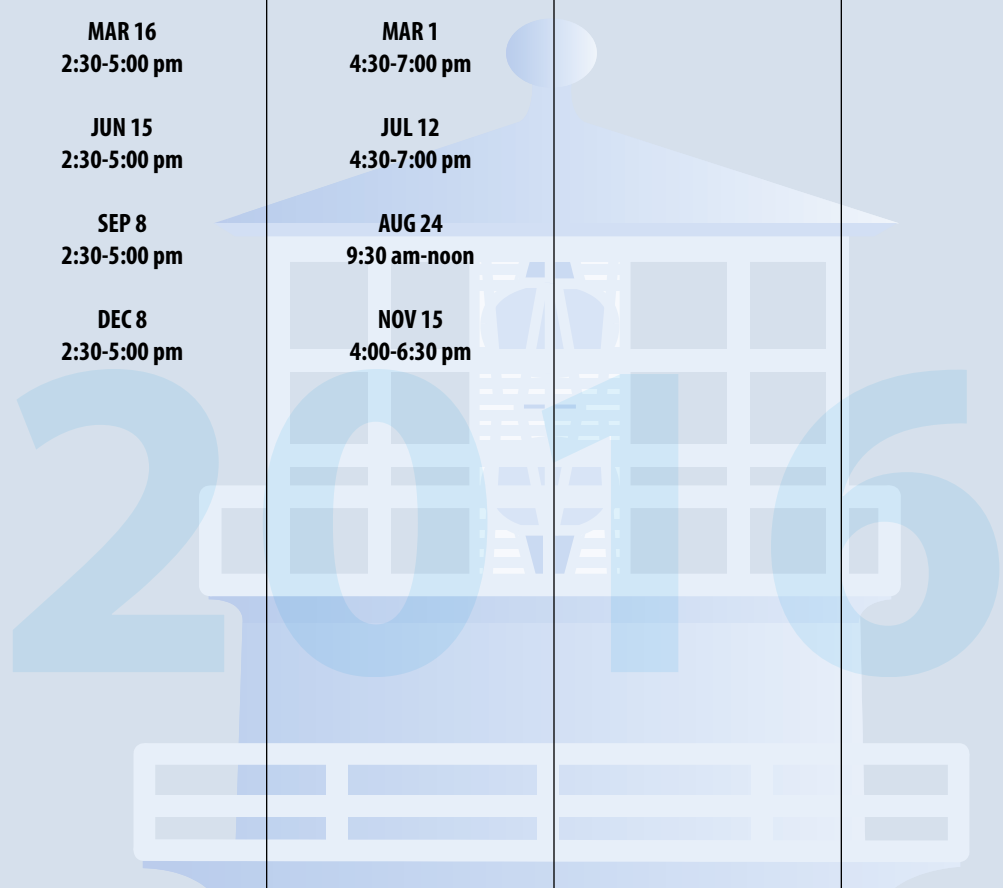
**DEC 8**  
2:30-5:00 pm

**MAR 1**  
4:30-7:00 pm

**JUL 12**  
4:30-7:00 pm

**AUG 24**  
9:30 am-noon

**NOV 15**  
4:00-6:30 pm



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APR 26 8:30 am-12:30 pm

JAN 15 8:00 am-noon  
FEB 19 8:00 am-noon  
MAR 11 8:00 am-noon  
APR 15 8:00 am-noon  
MAY 13 8:00 am-noon  
JUN 17 8:00 am-noon  
JUL 15 8:00 am-noon  
AUG 12 8:00 am-noon  
SEP 9 8:00 am-noon  
OCT 7 8:00 am-noon  
NOV 18 8:00 am-noon

MAR 25 8:00 am-noon  
JUN 24 8:00 am-noon  
SEP 16 8:00 am-noon  
NOV 4 8:00 am-noon  
DEC 16 8:00 am-noon

MAR 30 8:00 am-noon  
JUN 14 8:00 am-noon  
SEP 29 8:00 am-noon

OCT 12 8:30 am-12:30 pm

**APR 27 8:00 am-noon**  
**OCT 6 1:00-4:00 pm**

2016

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SEP 20 & 27 (T) 5:00-7:30 pm

JAN 19 & 20 (T&W) 2:30-5:00 pm  
FEB 16 & 17 (T&W) 2:30-5:00 pm  
MAR 8 & 15 (T) 5:00-7:30 pm  
APR 18 & 19 (M&T) 9:00-11:30 am  
MAY 10 & 11 (T&W) 2:30-5:00 pm  
JUN 1 & 2 (W&TH) 2:30-5:00 pm  
JUL 6 & 8 (W&F) 9:00-11:30 am  
AUG 2 & 9 (T) 5:00-7:30 pm  
SEP 13 & 14 (T&W) 2:30-5:00 pm  
OCT 4 & 5 (T&W) 2:30-5:00 pm  
NOV 1 & 2 (T&W) 2:30-5:00 pm  
NOV 30 & DEC 1 (W&TH)  
9:00-11:30 am

Portsmouth  
FEB 2 & 9 (T) 1:00-3:30 pm  
MAY 17 & 18 (T&W) 1:00-3:30 pm  
AUG 23 & 24 (T&W) 1:00-3:30 pm  
OCT 19 & 26 (W) 1:00-3:30 pm

JAN 19 3:00-7:00 pm  
FEB 23 & 24 (T&W) 4:00-6:30 pm  
MAY 25 & 26 (W&TH) 2:00-4:30 pm  
JUN 21 2:00-7:00 pm  
JUL 13 - 14 (T&TH) 2:30-5:00 pm  
SEP 28 - 29 (W&TH) 2:00-4:30 pm

JAN 29 9:00 am-2:00 pm  
MAY 5 9:00 am-2:00 pm  
AUG 18 9:00 am-2:00 pm  
NOV 9 9:00 am-2:00 pm

FEB 23 9:00 am-2:00 pm

APR 28 11:30 am-4:30 pm  
JUL 18 11:30 am-4:30 pm  
AUG 15 11:30 am-4:30 pm  
OCT 20 12:30-4:30 pm

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**MAR 2 2:30-5:00 pm**  
**JUN 21 2:30-5:00 pm**  
**SEP 27 2:30-5:00 pm**  
**NOV 29 2:30-5:00 pm**

JAN 7 2:00-4:30 pm  
MAR 31 2:00-4:30 pm  
JUL 19 4:00-6:30 pm  
OCT 26 4:00-6:30 pm

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JAN 11 1:00-3:00 pm  
MAR 28 1:00-3:00 pm  
MAY 5 1:00-3:00 pm  
JUL 11 1:00-3:00 pm  
SEP 12 1:00-3:00 pm  
NOV 4 1:00-3:00 pm

**JUN 21 5:00-7:00 pm**  
**OCT 4 5:00-7:00 pm**

APR 12 9:00 am-noon  
SEP 29 1:30-3:30 pm

Portsmouth  
JAN 20 1:00-3:00 pm  
FEB 29 1:00-3:00 pm  
MAR 17 1:00-3:00 pm  
APR 18 1:00-3:00 pm  
MAY 19 1:00-3:00 pm  
JUN 27 1:00-3:00 pm  
JUL 14 1:00-3:00 pm  
AUG 22 1:00-3:00 pm  
SEP 15 1:00-3:00 pm  
OCT 17 1:00-3:00 pm  
NOV 3 1:00-3:00 pm  
DEC 12 1:00-3:00 pm

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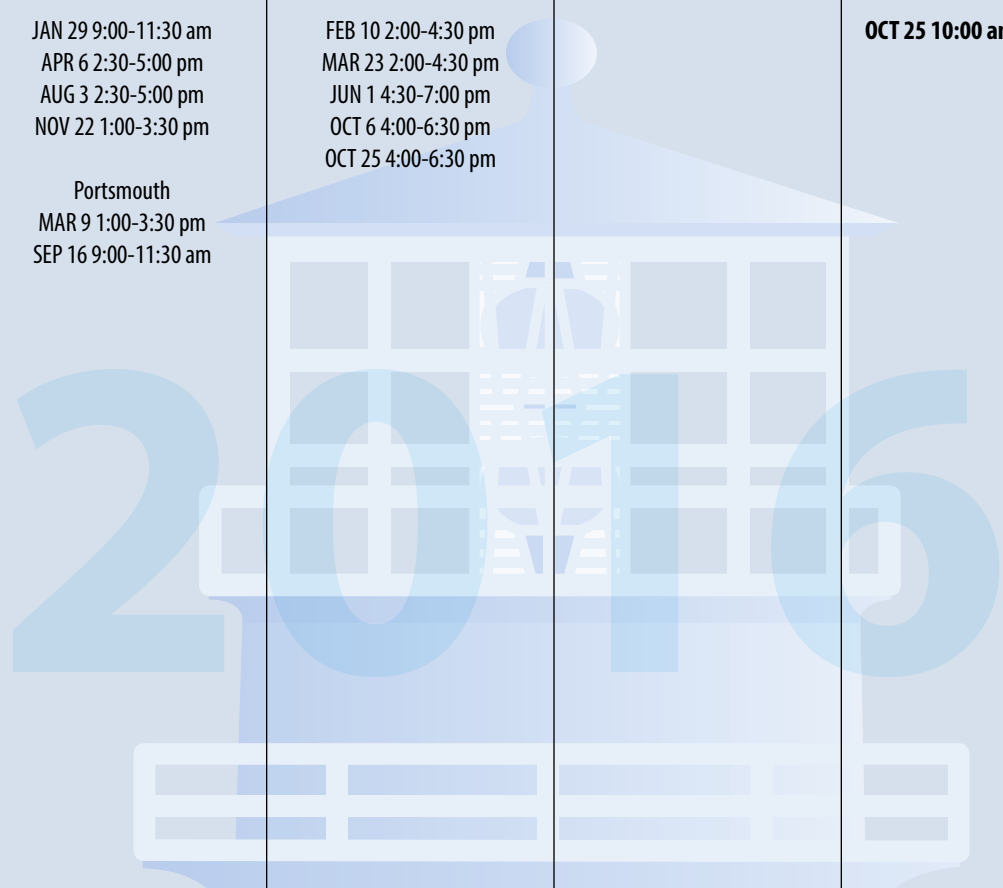
**MAR 29**  
**noon-2:30 pm**

JAN 29 9:00-11:30 am  
 APR 6 2:30-5:00 pm  
 AUG 3 2:30-5:00 pm  
 NOV 22 1:00-3:30 pm

Portsmouth  
 MAR 9 1:00-3:30 pm  
 SEP 16 9:00-11:30 am

FEB 10 2:00-4:30 pm  
 MAR 23 2:00-4:30 pm  
 JUN 1 4:30-7:00 pm  
 OCT 6 4:00-6:30 pm  
 OCT 25 4:00-6:30 pm

**OCT 25 10:00 am-12:30 pm**



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JAN 14 - FEB 25 (TH)  
6:00-8:00 pm (Teen)  
FEB 29 - MAR 21 (M&TH)  
3:00-5:00 pm (School Age)  
APR 7 - MAY 19 (TH) 6:00-8:00pm  
(Early Childhood)  
JUL 7 - 28 (M&TH) 3:00-5:00 pm  
(Teen)  
SEP 15 - OCT 27 (TH)  
6:00-8:00 pm (School Age)  
NOV 3 - 21 (TH&M) 2:30-5:00 pm  
(Early Childhood)  
JAN 11 - Feb 22 (M) 12:30-3:30 pm  
JUL 12 - 27 (T&W) 1:00-3:30 pm

**FEB2-11 (T&TH)**  
**3:00-7:00pm (School Age)**

**MAR8-17 (T&TH)**  
**3:00-7:00pm (Early Childhood)**

**MAY3-12 (T&TH)**  
**3:00-7:00pm (School Age)**

**AUG2-11 (T&TH)**  
**3:00-7:00pm (Early Childhood)**

**SEP13-22 (T&TH)**  
**3:00-7:00pm (Early Childhood)**

**OCT11-20 (T&TH)**  
**3:00-7:00pm**  
**(School Age)**

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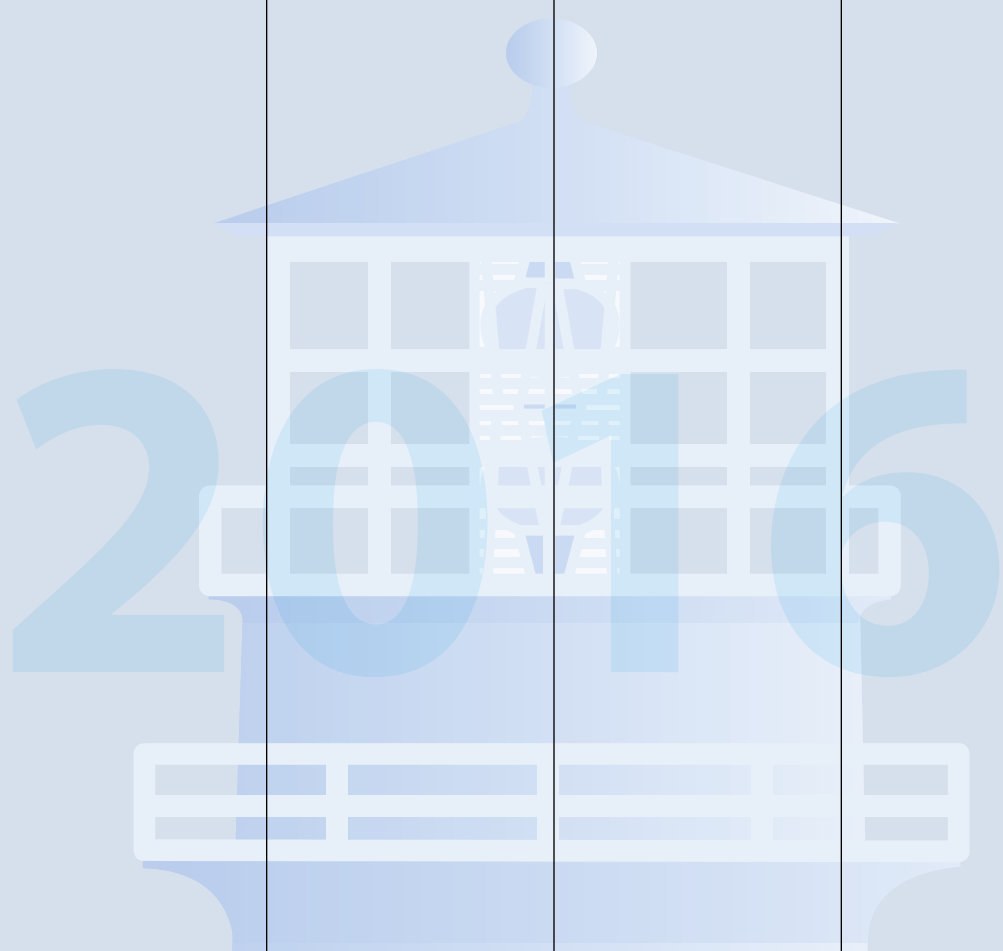
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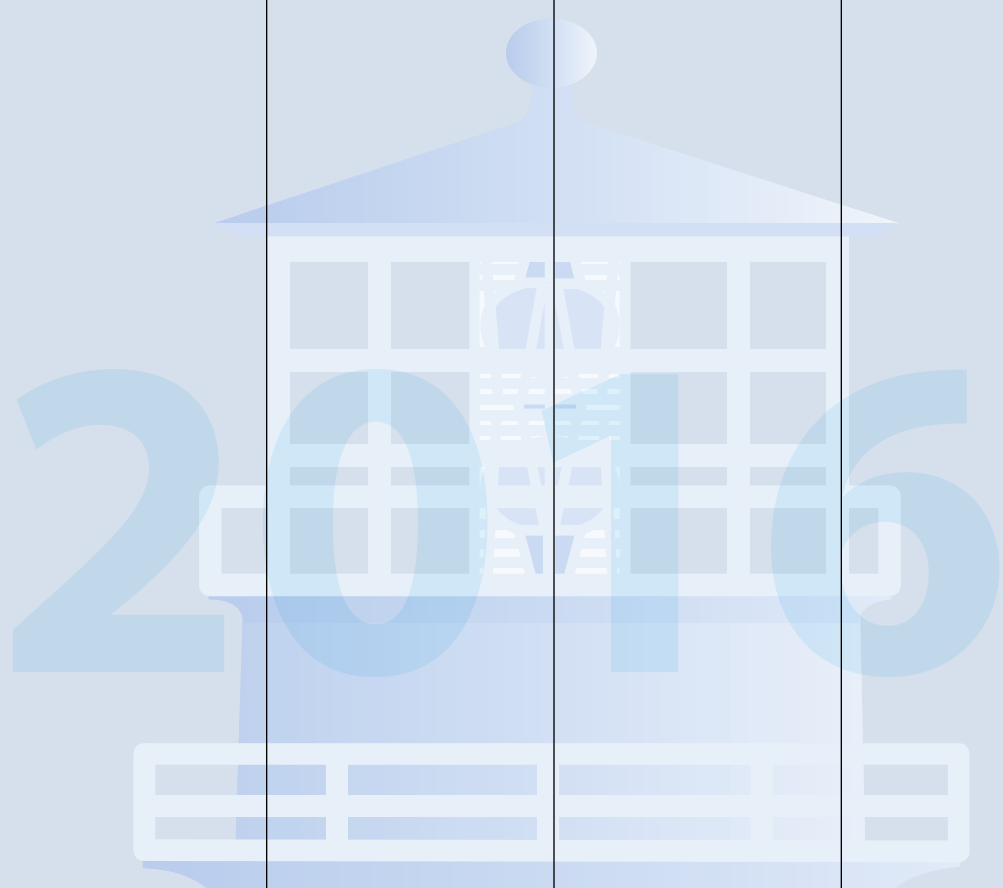
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APR 18 & 20 (M&W) noon-4:00 pm  
 AUG 29 & 31 (M&W) 1:00-4:00 pm

JAN 5 - 14 (T&TH) 9:00-11:00 am  
 FEB 9 - 18 (T&TH) 1:00-3:00 pm  
 MAR 8 - 17 (T&TH) 9:00-11:00 am  
 APR 12 - 21 (T&TH) 1:00-3:00 pm  
 MAY 10 - 19 (T&TH) 9:00-11:00 am  
 JUN 14 - 23 (T&TH) 9:00-11:00 am  
 JUL 12 - 21 (T&TH) 1:00-3:00 pm  
 AUG 9 - 18 (T&TH) 1:00-3:00 pm  
 SEP 13 - 22 (T&TH) 1:00-3:00 pm  
 OCT 11 - 20 (T&TH) 9:00-11:00 am  
 NOV 8 - 17 (T&TH) 1:00-3:00 pm  
 DEC 6 - 15 (T&TH) 1:00-3:00 pm

FEB 2 - 11 (T&TH)  
 9:00-11:00 am

APR 11 - 20 (M&W)  
 2:00-4:00 pm

JUN 14 - 23 (T&TH)  
 9:00-11:00 am

AUG 9 - 18 (T&TH)  
 2:00-4:00 pm

OCT 17 - 26 (M&W)  
 9:00-11:00 am

DEC 5 - 14 (M&W)  
 2:00-4:00 pm

JAN 19 - 28 (T&TH)  
 9:00-11:00 am

MAR 15 - 24 (T&TH)  
 9:00-11:00 am

MAY 24 - JUN 2 (T&TH)  
 1:00-3:00 pm

JUL 18 - 27 (M&W)  
 9:00-11:00 am

SEP 12 - 21 (M&W)  
 9:00-11:00 am

NOV 14 - 23 (M&W)  
 1:00-3:00 pm

FEB 16 & 18 (T&TH) 8:00 am-noon  
 JUN 14 & 16 (T&TH) 8:00 am-noon  
 OCT 4 & 6 (T&TH) 8:00 am-noon

AUG 25 - 31 (TH,M,T,W) 1:00-3:00  
 pm

**Portsmouth**  
 FEB 4 & 11 (TH) 12:30-4:30 pm  
 MAY 11 & 12 (W&TH)  
 12:30-4:00 pm  
 JUL 11 & 18 (M) 12:30-4:30 pm  
 AUG 16 - 18 (T,W,TH) 1:00-3:30 pm  
 OCT 5 & 6 (W&TH) 1:00-4:30 pm  
 NOV 15 - 17 (T,W,TH) 1:00-3:30 pm  
 DEC 13 - 15 (T,W,TH) 1:00-3:30 pm

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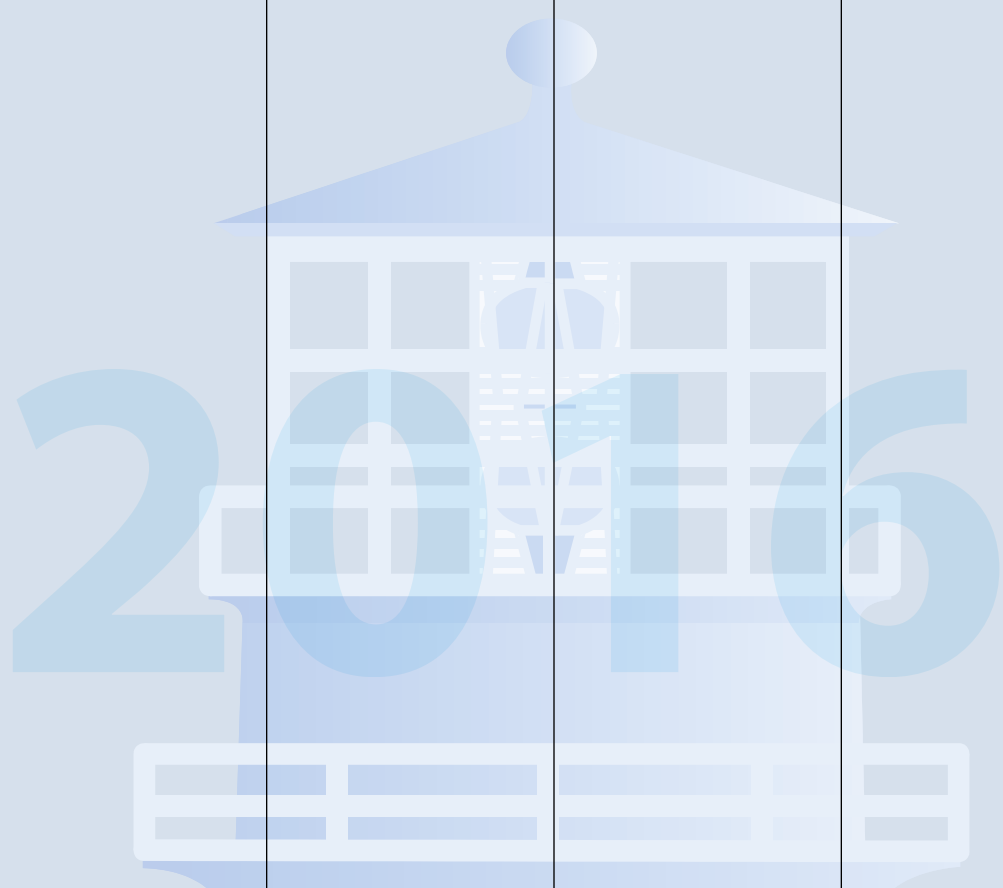
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JUL 28 11:00 am-2:00 pm

FEB 16 1:00-4:00 pm  
 APR 21 9:00 am-noon  
 JUL 11 9:00 am-noon

JAN 28  
 9:00 am-noon

MAR 9  
 9:00 am-noon

MAY 5  
 9:00 am-noon

NOV 10  
 9:00 am-noon



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FEB 11  
8:30 am-12:30 pm

JAN 19  
8:00 am-noon

MAR 18  
8:30 am-12:30 pm

JAN 12  
8:00 am-noon

MAY 11  
8:00 am-noon

APR 19  
8:00 am-noon

JUL 15  
8:30 am-12:30 pm

APR 6  
8:00 am-noon

JUL 26  
8:00 am-noon

NOV 4  
8:30 am-12:30 pm

JUL 8  
8:00 am-noon

OCT 24  
8:00 am-noon

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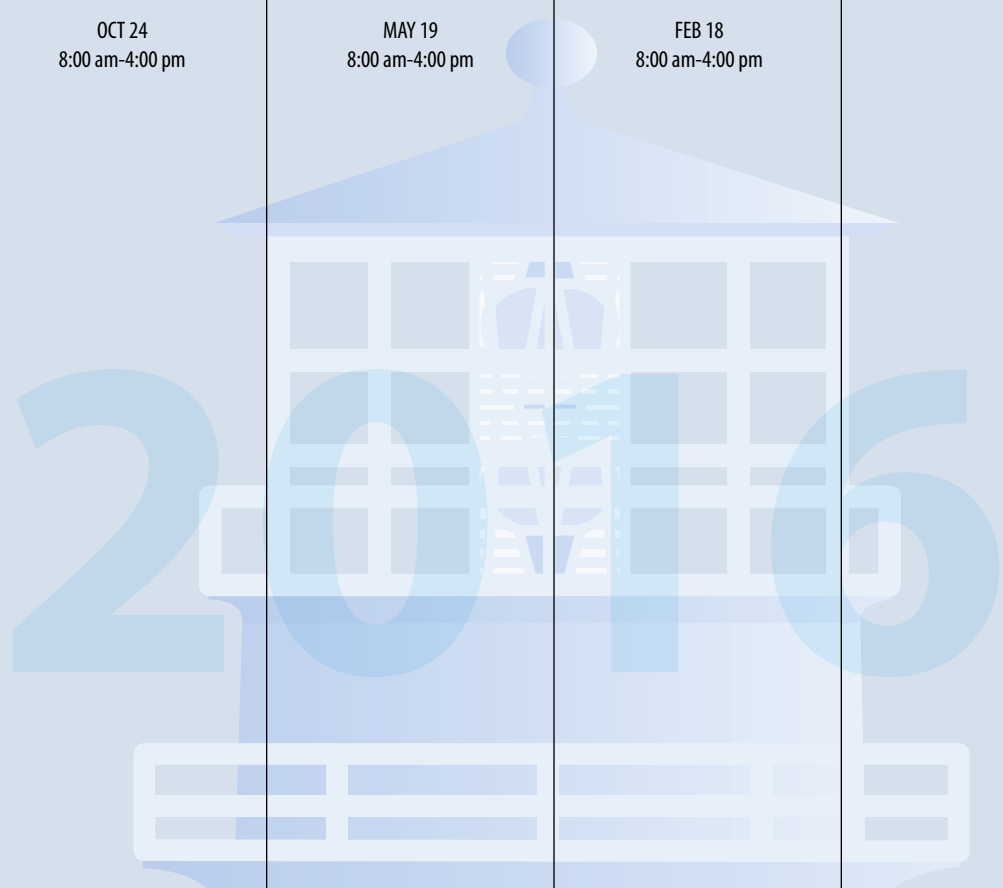
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**JUL 13**  
8:00 am-4:00 pm

**OCT 24**  
8:00 am-4:00 pm

**MAY 19**  
8:00 am-4:00 pm

**FEB 18**  
8:00 am-4:00 pm



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**MAR 17**  
9:00 am-2:00 pm

**SEP 22**  
9:00 am-2:00 pm

**APR 15**  
9:00 am-2:00 pm

**NOV 9**  
9:00 am-2:00 pm

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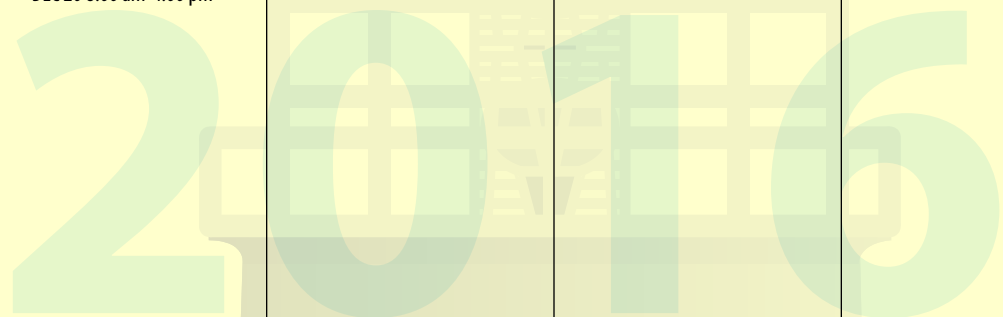
JAN 21 8:30 am-4:30 pm  
 AUG 10 8:00 am-4:00 pm  
 NOV 17 8:30 am-4:30 pm

JAN 19 8:00 am-4:00 pm  
 FEB 16 8:00 am-4:00 pm  
 MAR 15 8:00 am-4:00 pm  
 APR 19 8:00 am-4:00 pm  
 MAY 24 8:00 am-4:00 pm  
 JUN 14 8:00 am-4:00 pm  
 JUL 26 8:00 am-4:00 pm  
 AUG 23 8:00 am-4:00 pm  
 SEP 27 8:00 am-4:00 pm  
 OCT 25 8:00 am-4:00 pm  
 NOV 22 8:00 am-4:00 pm  
 DEC 20 8:00 am-4:00 pm

JAN 25 8:00 am-4:00 pm  
 MAY 19 8:00 am-4:00 pm  
 AUG 22 8:00 am-4:00 pm  
 DEC 7 8:00 am-4:00 pm

**JAN 11 8:00 am-4:00 pm**  
**FEB 12 8:00 am-4:00 pm**  
**MAR 14 8:00 am-4:00 pm**  
**APR 11 8:00 am-4:00 pm**  
**MAY 18 8:00 am-4:00 pm**  
**JUN 23 8:00 am-4:00 pm**  
**JUL 18 - 19 (M-T) 5:00-9:00 pm**  
 AUG 2 8:00 am-4:00 pm  
 SEP 16 8:00 am-4:00 pm  
 OCT 13 8:00 am-4:00 pm  
 NOV 10 8:00 am-4:00 pm  
 DEC 9 8:00 am-4:00 pm

MAR 31 8:00 am-4:00 pm  
 SEP 27 8:00 am-4:00 pm



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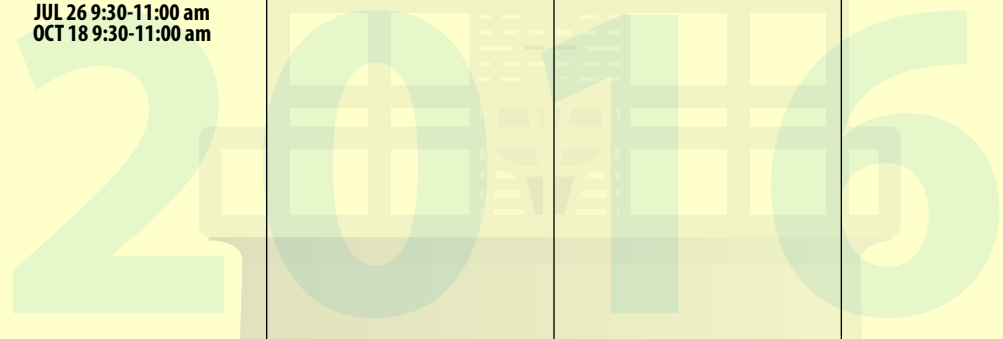
**MAR 15**  
11:00 am-12:30 pm

**JAN 6 noon-1:30 pm**  
**FEB 3 noon-1:30 pm**  
**MAR 2 noon-1:30 pm**  
**APR 6 noon-1:30 pm**  
**MAY 4 noon-1:30 pm**  
**JUN 1 noon-1:30 pm**  
**JUL 6 noon-1:30 pm**  
**AUG 3 noon-1:30 pm**  
**SEP 7 noon-1:30 pm**  
**OCT 5 noon-1:30 pm**  
**NOV 2 noon-1:30 pm**  
**DEC 7 noon-1:30 pm**

**Portsmouth**  
**JAN 26 9:30-11:00 am**  
**APR 19 9:30-11:00 am**  
**JUL 26 9:30-11:00 am**  
**OCT 18 9:30-11:00 am**

**JAN 12 5:00-6:30 pm**  
**MAR 16 3:00-4:30 pm**  
**APR 19 5:00-6:30 pm**  
**JUL 19 5:00-6:30 pm**

**JUL 19 1:00-2:30 pm**



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OCT 28 9:30-11:00 am

MAR 10 1:00-2:30 pm  
 JUN 9 1:00-2:30 pm  
 SEP 1 1:00-2:30 pm  
 DEC 8 1:00-2:30 pm

FEB 12 8:30-10:00 am  
 MAY 6 8:30-10:00 am  
 AUG 12 8:30-10:00 am  
 NOV 4 8:30-10:00 am

APR 8 8:00-9:30 am  
 SEP 23 8:00-9:30 am

JAN 29 9:30-11:00 am

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**JEB Little Creek/ Fort Story**  
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**Newport News**  
688-6289

**Northwest**  
421-8770

JUN 23 8:00 am-4:00 pm

FEB 18 8:00 am-4:00 pm  
 JUN 2 8:00 am-4:00 pm  
 OCT 14 8:00 am-4:00 pm

JUL 6 8:00 am-4:00 pm  
 NOV 7 8:00 am-4:00 pm

MAY 23 8:00 am-4:00 pm  
 AUG 15 8:00 am-4:00 pm  
 DEC 9 8:00 am-4:00 pm

SEP 8 8:00 am-4:00 pm

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APR 11 - 15 (M-F) 7:30 am-4:00 pm  
 OCT 24 - 28 (M-F) 7:30 am-4:00 pm

FEB 1 - 5 (M-F) 7:30 am-4:00 pm  
 MAR 7 - 11 (M-F) 7:30 am-4:00 pm  
 APR 4 - 8 (M-F) 7:30 am-4:00 pm  
 MAY 2 - 6 (M-F) 7:30 am-4:00 pm  
 JUN 6 - 10 (M-F) 7:30 am-4:00 pm  
 JUL 11 - 15 (M-F) 7:30 am-4:00 pm  
 AUG 1 - 5 (M-F) 7:30 am-4:00 pm  
 AUG 29 - SEP 2 (M-F) 7:30 am-4:00 pm  
 OCT 3 - 7 (M-F) 7:30 am-4:00 pm  
 OCT 31 - NOV 4 (M-F) 7:30 am-4:00 pm  
 DEC 5 - 9 (M-F) 7:30 am-4:00 pm

FEB 8 - 12 (M-F) 7:30 am-4:00 pm  
 FEB 29 - MAR 4 (M-F) 7:30 am-4:00 pm  
 APR 4 - 8 (M-F) 7:30 am-4:00 pm  
 MAY 2 - 6 (M-F) 7:30 am-4:00 pm  
 JUN 13 - 17 (M-F) 7:30 am-4:00 pm  
 JUL 11 - 15 (M-F) 7:30 am-4:00 pm  
 AUG 8 - 12 (M-F) 7:30 am-4:00 pm  
 SEP 12 - 16 (M-F) 7:30 am-4:00 pm  
 OCT 3 - 7 (M-F) 7:30 am-4:00 pm  
 OCT 31 - NOV 4 (M-F) 7:30 am-4:00 pm

JAN 4 - 8 (M-F) 7:30 am-4:00 pm  
 FEB 1 - 5 (M-F) 7:30 am-4:00 pm  
 MAR 7 - 11 (M-F) 7:30 am-4:00 pm  
 APR 4 - 8 (M-F) 7:30 am-4:00 pm  
 MAY 9 - 13 (M-F) 7:30 am-4:00 pm  
 JUN 6 - 10 (M-F) 7:30 am-4:00 pm  
 JUL 11 - 15 (M-F) 7:30 am-4:00 pm  
 SEP 19 - 23 (M-F) 7:30 am-4:00 pm  
 OCT 17 - 21 (M-F) 7:30 am-4:00 pm  
 OCT 31 - NOV 4 (M-F) 7:30 am-4:00 pm  
 DEC 12 - 16 (M-F) 7:30 am-4:00 pm

JAN 25 - 29 (M-F) 7:30 am-4:00 pm  
 JUL 11 - 15 (M-F) 7:30 am-4:00 pm  
 DEC 5 - 9 (M-F) 7:30 am-4:00 pm

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FEB 23 10:00-11:30 am

JAN 6 10:00-11:30 am  
FEB 3 10:00-11:30 am  
MAR 2 10:00-11:30 am  
APR 6 10:00-11:30 am  
MAY 4 10:00-11:30 am  
JUN 1 10:00-11:30 am  
JUL 6 10:00-11:30 am  
AUG 3 10:00-11:30 am  
SEP 7 10:00-11:30 am  
OCT 5 10:00-11:30 am  
NOV 2 10:00-11:30 am  
DEC 7 10:00-11:30 am

JAN 20 2:30-4:00 pm

FEB 2 1:00-2:30 pm

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JAN 6 8:30-10:00 am  
 FEB 3 8:30-10:00 am  
 MAR 2 8:30-10:00 am  
 APR 6 8:30-10:00 am  
 MAY 4 8:30-10:00 am  
 JUN 1 8:30-10:00 am  
 JUL 6 8:30-10:00 am  
 AUG 3 8:30-10:00 am  
 SEP 7 8:30-10:00 am  
 OCT 5 8:30-10:00 am  
 NOV 2 8:30-10:00 am  
 DEC 7 8:30-10:00 am

Portsmouth

JAN 12 9:30-11:00 am  
 MAR 8 9:30-11:00 am  
 MAY 10 9:30-11:00 am  
 AUG 9 9:30-11:00 am  
 NOV 8 9:30-11:00 am

JAN 19 2:30-4:00 pm  
 FEB 23 5:00-6:30 pm  
 MAY 16 1:00-2:30 pm  
 JUN 7 5:00-6:30 pm  
 SEP 20 5:00-6:30 pm  
 OCT 31 1:00-2:30 pm  
 NOV 22 5:00-6:30 pm  
 NOV 28 2:30-4:00 pm  
 DEC 13 5:00-6:30 pm

JAN 20 1:00-2:30 pm  
 JUL 6 2:00-3:30 pm

JAN 7 1:00-2:30 pm  
 SEP 15 10:30 am-noon  
 OCT 4 1:00-2:30 pm  
 NOV 1 1:00-2:30 pm  
 DEC 14 1:00-2:30 pm

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Portsmouth  
 FEB 9 9:30-11:00 am  
 APR 5 1:00-2:30 pm  
 JUL 19 9:30-11:00 am  
 OCT 4 1:00-2:30 pm

JAN 19 1:00-2:30 pm  
 MAR 16 1:30-3:00 pm  
 NOV 28 1:00-2:30 pm

MAR 28 1:00-2:30 pm

JAN 6 1:00-2:30 pm  
 DEC 7 1:00-2:30 pm

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JAN 12 8:30 am-12:30 pm  
 APR 21 8:30 am-12:30 pm

JAN 21 8:00 am-noon  
 FEB 17 8:00 am-noon  
 MAR 16 8:00 am-noon  
 APR 20 8:00 am-noon  
 MAY 25 8:00 am-noon  
 JUN 15 8:00 am-noon  
 JUL 27 8:00 am-noon  
 AUG 24 8:00 am-noon  
 SEP 28 8:00 am-noon  
 OCT 26 8:00 am-noon  
 NOV 10 8:00 am-noon  
 DEC 21 8:00 am-noon

JAN 11 7:30-11:30 am  
 APR 27 7:30-11:30 am  
 JUN 27 7:30-11:30 am  
 SEP 7 7:30-11:30 am

JAN 20 8:00 am-noon  
 FEB 16 8:00 am-noon  
 MAR 4 8:00 am-noon  
 APR 20 8:00 am-noon  
 MAY 2 8:00 am-noon  
 JUN 28 1:00-4:00 pm  
 AUG 24 8:00 am-noon  
 SEP 12 8:00 am-noon  
 NOV 8 8:00 am-noon

JUL 25 8:00 am-noon  
 OCT 5 8:00 am-noon

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MAR 17 8:30 am-3:00 pm  
JUL 6 8:30-3:00 pm

FEB 17 8:30 am-3:00 pm  
APR 14 8:30 am-3:00 pm  
JUN 16 8:30 am-3:00 pm  
AUG 11 8:30 am-3:00 pm  
OCT 27 8:30 am-3:00 pm  
DEC 1 8:30 am-3:00 pm

FEB 18 8:30 am-3:00 pm  
MAY 18 8:30 am-3:00 pm  
OCT 12 8:30 am-3:00 pm  
DEC 6 8:30 am-3:00 pm

JAN 27 8:30 am-3:00 pm  
APR 18 & 19 (M&T) 6:00-9:00 pm  
SEP 1 8:30 am-3:00 pm

MAY 5 8:30 am-3:00 pm  
SEP 1 8:00 am-3:00 pm

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JUN 21 9:00-10:30 am

SEP 6 1:00-2:30 pm

OCT 18 5:00-6:30 pm  
OCT 31 2:30-4:00 pm

APR 28 9:00-10:30 am  
SEP 9 9:00- 10:30 am

AUG 4 11:00 am-12:30 pm

JUL 13 1:00-2:30 pm  
AUG 10 1:00-2:30 pm  
SEP 22 1:00-2:30 pm  
NOV 17 1:00-2:30 pm

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FEB 10 noon-1:30 pm  
MAR 9 noon-1:30 pm  
APR 13 noon-1:30 pm  
MAY 11 noon-1:30 pm  
JUN 8 noon-1:30 pm  
JUL 13 noon-1:30 pm  
AUG 10 noon-1:30 pm  
SEP 14 noon-1:30 pm  
OCT 12 noon-1:30 pm  
NOV 9 noon-1:30 pm  
DEC 14 noon-1:30 pm

JAN 11 12:30-2:00 pm  
APR 27 12:30-2:00 pm  
JUN 27 12:30-2:00 pm  
SEP 7 12:30-2:00 pm

APR 22 1:00-2:30 pm  
SEP 13 1:00-2:30 pm  
DEC 21 1:00-2:30 pm

FEB 18 1:00-2:30 pm  
APR 14 1:00-2:30 pm

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**JEB Little Creek/ Fort Story**  
462-7563

**Newport News**  
688-6289

**Northwest**  
421-8770

JAN 13 8:30-10:00 am  
FEB 10 8:30-10:00 am  
MAR 9 8:30-10:00 am  
APR 13 8:30-10:00 am  
MAY 11 8:30-10:00 am  
JUN 8 8:30-10:00 am  
JUL 13 8:30-10:00 am  
AUG 10 8:30-10:00 am  
SEP 14 8:30-10:00 am  
OCT 12 8:30-10:00 am  
NOV 9 8:30-10:00 am  
DEC 14 8:30-10:00 am

**Portsmouth**  
FEB 23 9:30-11:00 am  
JUN 21 9:30-11:00 am  
AUG 23 9:30-11:00 am  
NOV 22 9:30-11:00 am

JAN 11 2:00-3:30 pm  
FEB 24 1:00-2:30 pm  
APR 27 2:00-3:30 pm  
MAY 16 2:30-4:00 pm  
JUN 6 8:30-10:00 am  
JUN 27 2:00-3:30 pm  
SEP 7 2:00-3:30 pm  
DEC 12 8:30-10:00 am

APR 22 8:30-10:00 am  
JUN 29 8:30-10:00 am  
SEP 13 8:30-10:00 am  
DEC 21 8:30-10:00 am

JAN 12 1:00-2:30 pm  
MAY 24 1:00-2:30 pm

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MAY 17 9:00-10:30 am

FEB 19 1:00-2:30 pm  
 MAY 26 1:00-2:30 pm  
 AUG 25 1:00-2:30 pm  
 NOV 10 1:00-2:30 pm

MAY 24 09:30-11:30 am

FEB 2 5:00-6:30 pm  
 MAR 8 5:00-6:30 pm  
 AUG 23 5:00-6:30 pm  
 OCT 25 5:00-6:30 pm

JUN 23 1:00-2:30 pm

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FEB 19 8:30-10:00 am

JAN 13 10:00-11:30 am  
 FEB 10 10:00-11:30 am  
 MAR 9 10:00-11:30 am  
 APR 13 10:00-11:30 am  
 MAY 11 10:00-11:30 am  
 JUN 8 10:00-11:30 am  
 JUL 13 10:00-11:30 am  
 AUG 10 10:00-11:30 am  
 SEP 14 10:00-11:30 am  
 OCT 12 10:00-11:30 am  
 NOV 9 10:00-11:30 am  
 DEC 14 10:00-11:00 am

**PORTSMOUTH**  
 MAR 22 9:30-11:00 am  
 JUN 7 1:00-2:30 pm  
 SEP 20 9:30-11:00 am  
 DEC 6 1:00-2:30 pm

JAN 11 3:30-5:00 pm  
 FEB 24 2:30-4:00 pm  
 APR 27 3:30-5:00 pm  
 JUN 6 10:00-11:30 am  
 JUN 27 3:30-5:00 pm  
 SEP 7 3:30-5:00 pm  
 DEC 12 10:00-11:30 am

APR 22 10:00-11:30 am  
 JUN 29 10:00-11:30 am  
 SEP 13 10:00-11:30 am  
 DEC 21 10:00-11:30 am

APR 7 10:30 am-noon  
 DEC 14 8:30-10:30 am

MAR 22 1:00-2:30 pm

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JAN 14 & 15 (TH&F)  
8:00 am-4:00 pm  
MAR 3 & 4 (TH&F)  
8:00 am-4:00 pm  
MAY 12 & 13 (TH&F)  
8:00 am-4:00 pm  
JUL 7 & 8 (TH&F)  
8:00 am-4:00 pm  
SEP 8 & 9 (TH&F)  
8:00 am-4:00 pm  
NOV 7 & 8 (M&T)  
8:00 am-4:00 pm

AUG 30 & 31 (T&W)  
8:00 am-4:00 pm

FEB 17 & 18 (W&TH)  
8:00 am-4:00 pm

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FEB 18 8:00 am-4:00 pm  
 MAY 12 8:00 am-4:00 pm  
 AUG 11 8:00 am-4:00 pm  
 NOV 3 8:00 am-4:00 pm

FEB 10 8:00 am-4:00 pm  
 MAR 9 8:00 am-4:00 pm  
 MAY 11 8:00 am-4:00 pm  
 JUN 8 8:00 am-4:00 pm  
 AUG 10 8:00 am-4:00 pm  
 SEP 14 8:00 am-4:00 pm  
 NOV 9 8:00 am-4:00 pm  
 DEC 14 8:00 am-4:00 pm

JAN 20 8:00 am-4:00 pm  
 FEB 23 8:00 am-4:00 pm  
 MAR 16 8:00 am-4:00 pm  
 JUN 14 8:00 am-4:00 pm  
 AUG 17 8:00 am-4:00 pm  
 OCT 5 8:00 am-4:00 pm  
 NOV 8 8:00 am-4:00 pm

MAR 9 8:00 am-4:00 pm  
 JUL 12 8:00 am-4:00 pm  
 AUG 17 8:00 am-4:00 pm  
 OCT 13 8:00 am-4:00 pm  
 NOV 8 8:00 am-4:00 pm  
 DEC 8 8:00 am-4:00 pm

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FEB 9 9:00 am-noon  
MAY 11 9:00 am-noon  
AUG 9 9:00 am-noon  
OCT 6 9:00 am-noon

**JAN 7 9:00-11:30 am**  
**FEB 4 9:00-11:30 am**  
**MAR 3 9:00-11:30 am**  
**APR 7 9:00-11:30 am**  
**MAY 5 9:00-11:30 am**  
**JUN 2 9:00-11:30 am**  
**JUL 7 9:00-11:30 am**  
**AUG 4 9:00-11:30 am**  
**SEP 1 9:00-11:30 am**  
**OCT 6 9:00-11:30 am**  
**NOV 3 9:00-11:30 am**  
**DEC 1 9:00-11:30 am**

FEB 9 9:00-11:00 am  
MAY 18 1:00-3:00 pm  
JUL 14 9:00-11:00 am  
SEP 27 1:00-3:00 pm  
NOV 16 9:00-11:00 am

JAN 28 9:00-11:30 am  
MAR 31 9:00-11:30 am  
JUL 26 9:00-11:30 am  
AUG 11 9:00-11:30 am  
DEC 15 9:00-11:30 am

JUL 11 9:00 am-noon  
NOV 7 9:00 am-noon

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MAR 7 - 11 (M-F) 8:00 am-4:00 pm  
JUN 6 - 10 (M-F) 8:00 am-4:00 pm  
AUG 15 - 19 (M-F) 8:00 am-4:00 pm  
OCT 17 - 21 (M-F) 8:00 am-4:00 pm

JAN 25 - 29 (M-F) 8:00 am-4:00 pm  
FEB 22 - 26 (M-F) 8:00 am-4:00 pm  
MAR 21 - 25 (M-F) 8:00 am-4:00 pm  
MAY 16 - 20 (M-F) 8:00 am-4:00 pm  
JUN 20 - 24 (M-F) 8:00 am-4:00 pm  
JUL 18 - 22 (M-F) 8:00 am-4:00 pm  
AUG 15 - 19 (M-F) 8:00 am-4:00 pm  
SEP 19 - 23 (M-F) 8:00 am-4:00 pm  
OCT 17 - 21 (M-F) 8:00 am-4:00 pm  
NOV 14 - 18 (M-F) 8:00 am-4:00 pm  
DEC 12 - 16 (M-F) 8:00 am-4:00 pm

JAN 25 - 29 (M-F) 8:00 am-4:00 pm  
MAR 7 - 11 (M-F) 8:00 am-4:00 pm  
MAY 23 - 27 (M-F) 8:00 am-4:00 pm  
JUL 25 - 29 (M-F) 8:00 am-4:00 pm  
AUG 22 - 26 (M-F) 8:00 am-4:00 pm  
OCT 24 - 28 (M-F) 8:00 am-4:00 pm

JAN 25 - 29 (M-F) 8:00 am-4:00 pm  
FEB 22 - 26 (M-F) 8:00 am-4:00 pm  
MAR 21 - 25 (M-F) 8:00 am-4:00 pm  
MAY 9 - 13 (M-F) 8:00 am-4:00 pm  
JUL 25 - 29 (M-F) 8:00 am-4:00 pm  
SEP 12 - 16 (M-F) 8:00 am-4:00 pm  
DEC 5 - 9 (M-F) 8:00 am-4:00 pm

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APR 13 11:30 am-1:00 pm  
SEP 7 1:00-2:30 pm

**JAN 7 9:00-10:30 am**  
**MAR 3 1:00-2:30 pm**  
**MAY 5 9:00-10:30 am**  
**JUL 7 1:00-2:30 pm**  
**SEP 6 9:00-10:30 am**  
**NOV 3 1:00-2:30 pm**

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**JAN 20 2:30-4:00 pm**  
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**MAY 19 2:30-4:00 pm**  
**JUL 14 2:30-4:00 pm**  
**SEP 15 2:30-4:00 pm**  
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JUN 2 & 9 (TH) 5:00-7:30 pm

JAN 21 & 28 (TH) 6:00-8:30 pm  
FEB 18 & 25 (TH) 6:00-8:30 pm  
MAR 24 & 31 (TH) 4:00-6:30 pm  
APR 21 & 28 (TH) 6:00-8:30 pm  
MAY 19 & 26 (TH) 6:00-8:30 pm  
JUN 23 & 30 (TH) 4:00-6:30 pm  
JUL 21 & 28 (TH) 6:00-8:30 pm  
AUG 17 & 25 (TH) 6:00-8:30 pm  
SEP 22 & 29 (TH) 4:00-6:30 pm  
OCT 20 & 27 (TH) 6:00-8:30 pm  
NOV 10 & 17 (TH) 6:00-8:30 pm  
DEC 22 & 29 (TH) 4:00-6:30 pm

JAN 7 & 14 (TH) 2:00-4:30 pm  
APR 4 & 11 (M) 9:00-11:30 am  
JUN 16 & 23 (TH) 2:00-4:30 pm  
AUG 15 & 22 (M) 9:00-11:30 am

JAN 5 & 12 (T) 5:00-7:00 pm  
APR 5 & 12 (T) 5:00-7:00 pm  
JUL 5 & 12 (T) 5:00-7:00 pm  
OCT 4 & 11 (T) 5:00-7:00 pm

FEB 22 & 29 (M) 5:00-7:30 pm  
MAY 9 & 16 (M) 5:00-7:30 pm  
JUL 18 & 25 (M) 5:00-7:30 pm  
SEP 12 & 19 (M) 5:00-7:30 pm  
OCT 24 & 31 (M) 5:00-7:30 pm

JAN 12 & 14 (T&TH)  
9:00-11:30 am

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AUG 10 & 11 (W&TH) 3:00-5:00 pm  
OCT 11 & 12 (T&W) 3:00-5:00 pm  
DEC 6 & 7 (T&W) 2:00-4:00 pm

**Portsmouth**  
MAR 22 & 24 (T) 2:00-4:00 pm  
NOV 8 & 9 (T&W) 1:00-3:00 pm

JAN 5 3:00-7:00 pm  
FEB 16 3:00-7:00 pm  
MAR 2 12:30-4:30 pm  
MAR 22 3:00-7:00 pm  
APR 12 3:00-7:00 pm  
APR 26 9:00 am-1:00 pm  
MAY 24 3:00-7:00 pm  
JUN 14 3:00-7:00 pm  
JUL 5 8:30 am-12:30 pm  
JUL 26 3:00-7:00 pm  
AUG 16 3:00-7:00 pm  
SEP 6 12:30-4:30 pm  
SEP 27 3:00-7:00 pm  
OCT 5 3:00-7:00 pm  
NOV 1 3:00-7:00 pm  
NOV 16 12:30-4:30 pm  
DEC 6 3:00-7:00 pm

JAN 19 1:00-5:00 pm  
FEB 17 8:30 am-12:30 pm  
MAY 6 8:30 am-12:30 pm  
JUN 16 8:30 am-12:30 pm  
AUG 4 1:00-5:00 pm  
SEP 28 1:00-5:00 pm

APR 5 & 7 (T&TH) 1:00-3:00 pm

APR 21 12:30-4:30 pm  
JUL 12 12:30-4:30 pm  
AUG 11 12:30-4:30 pm  
OCT 13 12:30-4:30 pm

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MAR 31 8:00 am-4:30 pm  
SEP 29 8:00 am-4:30 pm

JAN 7 7:30 am-4:00 pm  
FEB 4 7:30 am-4:00 pm  
MAR 3 7:30 am-4:00 pm  
APR 7 7:30 am-4:00 pm  
MAY 5 7:30 am-4:00 pm  
JUN 2 7:30 am-4:00 pm  
JUL 7 7:30 am-4:00 pm  
AUG 4 7:30 am-4:00 pm  
SEP 1 7:30 am-4:00 pm  
OCT 6 7:30 am-4:00 pm  
NOV 3 7:30 am-4:00 pm  
DEC 1 7:30 am-4:00 pm

**JAN 14 8:00 am-4:30 pm**  
**JAN 28 8:00 am-4:30 pm**  
**FEB 11 8:00 am-4:30 pm**  
**FEB 25 8:00 am-4:30 pm**  
**MAR 10 8:00 am-4:30 pm**  
**MAR 24 8:00 am-4:30 pm**  
**APR 14 8:00 am-4:30 pm**  
**APR 28 8:00 am-4:30 pm**  
**MAY 12 8:00 am-4:30 pm**  
**MAY 26 8:00 am-4:30 pm**  
**JUN 9 8:00 am-4:30 pm**  
**JUN 23 8:00 am-4:30 pm**  
**JUL 14 8:00 am-4:30 pm**  
**JUL 28 8:00 am-4:30 pm**  
**AUG 11 8:00 am-4:30 pm**  
**AUG 25 8:00 am-4:30 pm**  
**SEP 8 8:00 am-4:30 pm**  
**SEP 22 8:00 am-4:30 pm**  
**OCT 13 8:00 am-4:30 pm**  
**OCT 27 8:00 am-4:30 pm**  
**NOV 10 8:00 am-4:30 pm**  
**DEC 8 8:00 am-4:30 pm**

JAN 11 8:00 am-4:30 pm  
JUL 21 8:00 am-4:30 pm

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JAN 22 10:00 am-noon  
FEB 26 10:00 am-noon  
MAR 25 10:00 am-noon  
APR 22 10:00 am-noon  
MAY 27 10:00 am-noon  
JUN 24 10:00 am-noon  
JUL 22 10:00 am-noon  
AUG 26 10:00 am-noon  
SEP 23 10:00 am-noon  
OCT 28 10:00 am-noon  
NOV 18 10:00 am-noon  
DEC 9 10:00 am-Noon

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**MAR 1 - 4 (T-F)**  
8:00 am-4:30 pm (First Term)

**OCT 5 - 6 (W-TH)**  
8:00 am-4:30 pm (Mid Career)

JAN 26 - 29 (T-F)  
8:00 am-4:30 pm (First Term)  
APR 26 - 29 (T-F)  
8:00 am-4:30 pm (Mid Career)  
JUL 26 - 29 (T-F)  
8:00 am-4:30 pm (First Term)  
SEP 20 - 21 (T-W)  
8:00 am-4:30 pm (Mid Career)  
DEC 13 - 14 (T-W) 8:00 am-4:30 pm (First Term)

FEB 22 - 25 (M-TH)  
8:00-4:30 pm (First Term)  
OCT 25 - 26 (T-W)  
8:00 am-4:30 pm (Mid Career)

**MAY 17 - 20 (T-F)**  
8:00 am-4:30 pm (First Term)  
**SEP 14 - 15 (W-TH)**  
8:00 am-4:30 pm (Mid Career)

**JUN 7 - 10 (T-F)**  
8:00 am-4:30 pm (First Term)

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**SEP 1 8:00 am-noon**

AUG 15 8:00 am-noon  
AUG 17 8:00 am-noon  
AUG 18 8:00 am-noon  
AUG 22 8:00 am-noon  
AUG 23 8:00 am-noon  
AUG 25 8:00 am-noon  
AUG 29 8:00 am-noon  
SEP 1 8:00 am-noon  
SEP 2 8:00 am-noon

AUG 24 8:00 am-noon

**AUG 29 8:00 am-noon**  
**AUG 31 8:00 am-noon**

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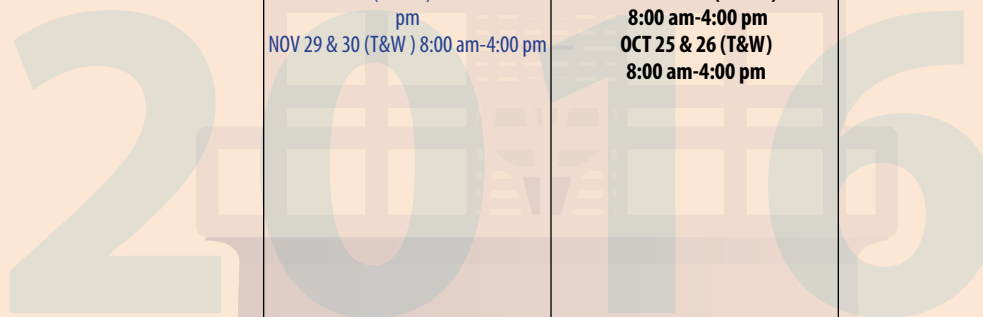
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JAN 25 & 26 (M&T) 8:00 am-4:00 pm  
FEB 22 & 23 (M&T) 8:00 am-4:00 pm  
MAR 30 & 31 (W&TH) 8:00 am-4:00 pm  
APR 25 & 26 (M&T) 8:00 am-4:00 pm  
MAY 23 & 24 (M&T) 8:00 am-4:00 pm  
JUN 28 & 29 (M&T) 8:00 am-4:00 pm  
JUL 25 & 26 (M&T) 8:00 am-4:00 pm  
AUG 30 & 31 (M&T) 8:00 am-4:00 pm  
SEP 28 & 29 (W&TH) 8:00 am-4:00 pm  
OCT 24 & 25 (M&T) 8:00 am-4:00 pm  
NOV 28 & 29 (M&T) 8:00 am-4:00 pm  
DEC 28 & 29 (W&TH) 8:00 am-4:00 pm

JAN 12 & 13 (T&W) 8:00 am-4:00 pm  
FEB 17 & 18(W&TH) 8:00 am-4:00 pm  
MAR 21 & 22 (M&T) 8:00 am-4:00 pm  
APR 27 & 28 (W&TH) 8:00 am-4:00 pm  
MAY 24 & 25 (T&W) 8:00 am-4:00 pm  
JUNE 28 & 29 (T&W) 8:00 am-4:00 pm  
JUL 20 & 21 (W&TH) 8:00 am-4:00 pm  
AUG 30 & 31 (T&W) 8:00 am-4:00 pm  
SEP 21 & 22 (W&TH) 8:00 am-4:00 pm  
OCT 19 & 20 (W&TH) 8:00 am-4:00 pm  
NOV 29 & 30 (T&W) 8:00 am-4:00 pm

JAN 13 & 14 (W&TH) 8:00 am-4:00 pm  
FEB 24 & 25 (W&TH) 8:00 am-4:00 pm  
APR 13 & 14 (W&TH) 8:00 am-4:00 pm  
MAY 3 & 4 (T&W) 8:00 am-4:00 pm  
JUN 9 & 10 (TH&F) 8:00 am-4:30 pm  
JUL 20 & 21 (W&TH) 8:00 am-4:00 pm  
SEP 14 & 15 (W&TH) 8:00 am-4:00 pm  
OCT 25 & 26 (T&W) 8:00 am-4:00 pm

FEB 10 & 11 (W&TH) 8:00 am-4:00 pm  
APR 27 & 28 (W&TH) 8:00 am-4:00 pm  
JUN 29 & 30 (W&TH) 8:00 am-4:00 pm  
NOV 8 & 9 (T&W) 8:00 am-4:00 pm



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JAN 12 6:00-9:00 pm (Homecoming Training)  
FEB 29 - Mar 1 (M&T) 9:00 am-1:30 pm (Basic Training)  
MAR 10 6:00-9:00 pm (Homecoming Training)  
APR 21 9:00-11:30 am (Advanced Training)  
APR 21 6:00-8:30 pm (Advanced Training)  
MAY 2 8:00 am-5:00 pm (Basic Training)  
MAY 12 6:00-9:00 pm (Homecoming Training)  
JUN 2 9:00-11:30 am (Advanced Training)  
JUN 2 6:00-8:30 pm (Advanced Training)  
AUG 4 9:00-11:30 am (Advanced Training)  
AUG 4 6:00-8:30 pm (Advanced Training)  
SEP 19 8:00 am-5:00 pm (Basic Training)  
SEP 22 6:00-9:00 pm (Homecoming Training)  
OCT 13 9:00-11:30 am (Advanced Training)  
OCT 13 6:00-8:30 pm (Advanced Training)  
NOV 17 6:00-9:00 pm (Homecoming Training)

**JAN 23 8:00-5:00 pm (Basic Training)**  
**APR 7 9:00-11:30 am (Advanced Training)**  
**APR 7 6:00-8:30 pm (Advanced Training)**  
**APR 19 - 21 5:30-8:30 pm (Basic Training)**  
**JUL 11 & 12 (M&T) 9:00 am-1:30 pm (Basic Training)**  
**AUG 9 9:00-11:30 am (Advanced Training)**  
**AUG 9 6:00-8:30 pm (Advanced Training)**  
**OCT 11 9:00-11:30 am (Advanced Training)**  
**OCT 11 5:00-8:30 pm (Advanced Training)**  
**NOV 17 & 18 (TH&F) 9:00-11:30 am (Basic Training)**

FEB 9 6:00-8:30 pm (Advanced Training)  
FEB 9 9:00-11:30 am (Advanced Training)  
FEB 10 6:00-8:30 pm (Advanced Training)  
FEB 10 9:00-11:30 am (Advanced Training)  
MAR 19 8:00 am-5:00 pm (Basic Training)  
JUN 7 6:00-8:30 pm (Advanced Training)  
JUN 7 9:00-11:30 am (Advanced Training)  
JUL 5 - 6 (T&W) 9:00 am-1:30 pm (Basic Training)  
OCT 1 8:00 am-5:00 pm (Basic Training)  
DEC 6 6:00-8:30 pm (Advanced Training)  
DEC 6 9:00-11:30 am (Advanced Training)

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MAR 21 - 23 (M-W)  
8:30 am-4:00 pm

AUG 23-25 (T-TH)  
8:30 am-4:00 pm

JAN 20 - 22 (T-TH)  
8:30 am-4:00 pm

APR 22 - 24 (F-SU)  
8:30 am-4:00 pm

JUL 27 - 30 (W-SA)  
5:00-9:30 pm (W-F)  
8:00 am-5:00 pm (SA)

OCT 21 - 23 (F-SU)  
8:30 am-4:00 pm

MAR 4 - 6 (F-SU)  
8:30 am-4:00 pm

JUN 1 - 3 (W-F)  
8:30 am-4:00 pm

OCT 14 - 16 (F-SU)  
8:30 am-4:00 pm

DEC 1 - 3 (TH-SA)  
8:30 am-4:00 pm

FEB 19 - 21 (F-SU)  
8:30 am-4:00 pm

APR 29 - MAY 1 (F-SU)  
8:30 am-4:00 pm

JUL 22 - 24 (F-SU)  
8:30 am-4:00 pm

SEP 9 - 11 (F-SU)  
8:30 am-4:00 pm

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JAN 6 8:00 am-noon  
JAN 8 8:00 am-noon  
JAN 21 8:00 am-noon  
FEB 4 8:00 am-noon  
FEB 11 8:00 am-noon  
MAR 3 8:00 am-noon

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462-7563

**Newport News**  
688-6289

**Northwest**  
421-8770

SEP 8 9:00 am-4:00 pm

FEB 16 9:00 am-4:00 pm  
APR 20 9:00 am-4:00 pm  
JUN 29 9:00 am-4:00 pm  
AUG 23 9:00 am-4:00 pm  
OCT 25 9:00 am-4:00 pm  
DEC 19 9:00 am-4:00 pm

JAN 20 9:00 am-4:00 pm  
MAR 24 9:00 am-4:00 pm  
MAY 18 9:00 am-4:00 pm  
JUL 13 9:00 am-4:00 pm  
SEP 21 9:00 am-4:00 pm  
NOV 9 9:00 am-4:00 pm

JAN 12 9:00 am-4:00 pm  
MAR 23 9:00 am-4:00 pm  
MAY 2 9:00 am-4:00 pm  
JUL 19 9:00 am-4:00 pm  
SEP 7 9:00 am-4:00 pm  
NOV 28 9:00 am-4:00 pm

JAN 13 8:00 am-3:00 pm

JAN 19 9:00 am-4:00 pm  
MAR 31 9:00 am-4:00 pm  
MAY 25 9:00 am-4:00 pm  
JUN 22 9:00 am-4:00 pm  
JUL 19 9:00 am-4:00 pm  
AUG 24 9:00 am-4:00 pm  
OCT 18 9:00 am-4:00 pm  
NOV 15 9:00 am-4:00 pm  
DEC 13 9:00 am-4:00 pm

2016

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VA Disability Benefits Review

Foreign Born Spouses Support Group

CONSEP

CPO Selectee Resources Training

Deckplate Resource Awareness Training

Family Readiness Group Leadership

Ombudsman Advanced Training

Ombudsman Basic Training

Prospective Chief Petty Officer Training

IA Deployment Readiness Brief

Overseas Transfer Workshop

Smooth Move Workshop

Sponsor Training

**Yorktown**  
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**Norfolk/Portsmouth**  
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**Oceana/Dam Neck**  
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421-8770

JUN 14 1:00-4:00 pm

JAN 20 9:00 am-noon  
MAR 14 9:00 am-noon  
MAY 24 9:00 am-noon  
JUL 25 9:00 am-noon  
SEP 27 9:00 am-noon  
NOV 22 9:00 am-noon

JAN 19 9:00 am-noon  
MAR 23 1:00-4:00 pm  
MAY 17 9:00 am-noon  
JUL 12 1:00-4:00 pm  
SEP 20 1:00-4:00 pm  
NOV 8 9:00 am-noon

FEB 29 1:00-4:00 pm  
MAR 17 5:00-8:00 pm  
APR 21 1:00-3:00 pm  
JUN 13 5:00-8:00 pm  
AUG 22 1:00-4:00 pm  
SEP 26 5:00-8:00 pm  
DEC 7 1:00-4:00 pm

MAR 2 9:00 am-noon  
JUL 19 8:00-11:00 am  
DEC 13 8:00-11:00 am

JAN 26 9:00 am-noon  
FEB 24 9:00 am-noon  
MAR 23 9:00 am-noon  
APR 13 9:00 am-noon  
MAY 10 9:00 am-noon  
JUN 21 9:00 am-noon  
JUL 12 9:00 am-noon  
AUG 16 9:00 am-noon  
SEP 20 9:00 am-noon  
OCT 12 1:00-4:00 pm  
NOV 8 1:00-4:00 pm  
DEC 6 9:00 am-noon

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MAY 18 9:00-11:00 am

JAN 12 9:00-11:00 am  
FEB 9 9:00-11:00 am  
MAR 8 9:00-11:00 am  
APR 12 9:00-11:00 am  
MAY 10 9:00-11:00 am  
JUN 14 9:00-11:00 am  
JUL 12 9:00-11:00 am  
AUG 16 9:00-11:00 am  
SEP 13 9:00-11:00 am  
OCT 11 9:00-11:00 am  
NOV 15 9:00-11:00 am  
DEC 13 9:00-11:00 am

JAN 6 9:00-11:00 am  
FEB 10 1:00-3:00 pm  
MAR 8 1:00-3:00 pm  
APR 14 9:00-11:00 am  
MAY 10 9:00-11:00 am  
JUN 7 1:00-3:00 pm  
JUL 6 1:00-3:00 pm  
AUG 11 9:00-11:00 am  
SEP 13 9:00-11:00 am  
OCT 4 1:00-3:00 pm  
NOV 8 1:00-3:00 pm  
DEC 6 9:00-11:00 am

JAN 25 2:00-4:00 pm  
FEB 11 2:00-4:00 pm  
MAR 16 1:00-3:00 pm  
APR 27 2:00-4:00 pm  
MAY 26 9:00-11:00 am  
JUN 8 1:00-3:00 pm  
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AUG 29 1:00-3:00 pm  
SEP 16 9:00-11:00 am  
OCT 5 2:00-4:00 pm  
NOV 22 9:00-11:00 am  
DEC 19 1:00-3:00 pm

JAN 21 9:00-11:00 am  
NOV 29 9:00-11:00 am

MAR 3 9:00-11:00 am  
JUN 1 9:00-11:00 am  
DEC 5 2:00-4:00 pm

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