

FFSC Little Creek-Fort Story

(757) 462-7563
JEB Little Creek-Fort Story
1450 D Street
Virginia Beach, VA 23459-2444

FFSC Newport News

(757) 688-6289
2600 Washington Ave., Suite 201
Newport News, VA 23607

FFSC Norfolk

(757) 444-2102
7928 14th Street, Suite 102
Norfolk, VA 23505-1219

FFSC Northwest

(757) 421-8770
NSA Hampton Roads Northwest Annex
4504 Relay Rd., Bldg. 374
Chesapeake, VA 23522-4102

FFSC Oceana/Dam Neck

(757) 433-2912
1896 Laser Rd., Suite 120
Virginia Beach, VA 23460-2281

FFSC Portsmouth

(757) 953-7801
620 John Paul Jones Circle
NSA Hampton Roads - Portsmouth
Portsmouth, VA 23708

FFSC Yorktown

(757) 887-4606
WPNSTA Yorktown
1949 Von Steuben Drive
Newport News, VA 23603

Schedule a Counseling Appointment

1-800-FSC-LINE (372-5463)

Military OneSource

militaryonesource.mil
1 (800) 342-9647



DEPARTMENT OF THE NAVY

Fleet and Family Support Centers
of Hampton Roads, Virginia
7928 14th Street
Norfolk, VA 23505-1219

Official Business

FLEET & FAMILY SUPPORT CENTERS OF HAMPTON ROADS

SIGNAL

www.cnic.navy.mil/navylifema

JUL

AUG

SEP

2016

SUICIDE PREVENTION AWARENESS

Everyone can make a difference and contribute to suicide prevention. What should you do if you or someone you know is struggling to cope with a personal crisis?

Ask Don't be afraid to ask if someone is thinking of suicide!

Care Listen, offer hope, and don't judge. Let them know they are not alone in dealing with the crisis!

Treat Connect them to the resources necessary to address their needs and concerns. Never leave the person alone!

Contact your local Fleet & Family Support Center to schedule a Suicide Prevention Brief for your Command to minimize the occurrence of military suicides through improved recognition of suicide risk factors and warning signs, awareness of military and community resources, and an understanding of each service member's responsibility as a first responder.

NATIONAL SUICIDE PREVENTION LIFELINE: 1-800-273-(8255)TALK

Little Creek/Fort Story 462-7563	Newport News 688-6289	Norfolk 444-2102	Northwest 421-8770	Oceana/Dam Neck 433-2912	Portsmouth 953-7801	Yorktown 887-4606
-------------------------------------	--------------------------	---------------------	-----------------------	-----------------------------	------------------------	----------------------

Area Code 757 • www.cnic.navy.mil/navylifema



Command Support Programs

Career Options and Navy Skills Evaluation Program (CONSEP)

This four-day course is designed to help active duty service members achieve their Navy and, ultimately, civilian career goals. Sponsored by Command Career Counselors, Navy College and FFSC, this training includes career-making decisions, information on upward mobility, schools, apprenticeships, financial management, investment strategies, and creating work experiences that will lead to your success.

**First Term CONSEP Workshop*
***Mid-Career CONSEP Workshop*

CPO Selectee Resource Training

This half day workshop is designed to educate newly selected CPOs about resources available in both the military and civilian communities. By addressing issues before they become critical, as well as making appropriate resource referrals, the CPO and the service member in need of support can stay focused on the command's mission.

Deckplate Resource Awareness Training

This two-day training is specifically for Second Class Petty Officers in supervisory positions. It provides information on Navy and community resources available to military personnel. Through solution-focused exercises, participants learn techniques to effectively address personnel concerns brought to their attention. Hampton Roads commands are invited to nominate participants by calling their FFSC.

Exceptional Family Member POC Training

This half-day training provides information that enables POCs to assist members in their commands. Who should attend: Any newly-designated EFMP POC in the Hampton Roads area.

Family Readiness Group (FRG) Leadership Training

FRGs play an integral part in keeping families together in various situations, especially during deployment. Please contact your closest FFSC for more information.

FAP Command Leadership Training

This is a one-day introductory course that emphasizes the command's crucial role in all aspects of the Family Advocacy Program (FAP). Topics include an overview of FAP, prevention, intervention, legal issues and reporting. Who should attend: COs, XO's, CMCs, COBs, Chaplains, Command FAP POCs, CRC members, and Key Responders.

Navy Family Ombudsman Basic Training

This training consists of 9 modules that help official Command Ombudsmen and command leadership team members work effectively with their commands. Workshops provide resource avenues for helping families through crisis and daily living. Open to Ombudsmen, COs, XO's, Chaplains, CMCs, COBs, and their spouses.

PCO/PXO Spouses Workshop

This is a one-day workshop for spouses of Prospective Commanding Officers (PCO) and Prospective Executive Officers (PXO). It provides information on military and community resources, roles of PCO/PXO spouses, and leadership/growth opportunities. It also gives participants a chance to network and problem-solve together.

SAPR Command POC Training

The Sexual Assault Prevention and Response (SAPR) POC Training is four hours. The Command SAPR POC is responsible for coordinating mandated annual awareness, prevention and education training. The SAPR POC maintains and provides current information and referrals to base and community programs for victims. The SAPR POC ensures mandated collection and maintenance of sexual assault data per OPNAVINST 1752.1B. Individuals attending this training will be designated by their command and will represent the command in all sexual assault cases.

SAPR Victim Advocate Basic Training

This five-day, basic training prepares command SAPR personnel to facilitate training for the crew, fulfill reporting requirements, assist victims, and either manage or be a team member for the SAPR Program at their command. Who should attend: command-appointed SAPR POCs and SAPR Advocates, approved by the command, who want to assist victims of sexual assault.

Avoid the Toll

Take advantage of our FFSC Portsmouth office at 620 John Paul Circle, Bldg. 249, Portsmouth, VA 23708. It's at the Naval Medical Center Portsmouth beside the Child Wait Center. We offer Counseling, New Parent Support, Exceptional Family Member Program services, as well as many education classes. Call FFSC Portsmouth at 953-7801 for more information.

SAPR Victim Advocate Continuing Education Training

This training facilitates maintaining victim advocates' DOD Sexual Assault Advocate Certification Program (D-SAAP) credentialing. This is a single-session workshop that provides SAPR program updates and advanced training in assisting victims of sexual assault. Who should attend: D-SAAP credentialed victim advocates in the Hampton Roads area and all other SAPR trained personnel are welcome to attend. However, continuing education hours are not mandated for other SAPR positions.

Sponsor Training

This single-session training, available for presentation at your worksite, teaches command personnel to serve as sponsors. Topics include ways to be an effective sponsor, duties and responsibilities, military and community sources of help, and FFSC relocation assistance.

Counseling/Support Programs

Couples Workshop

Do you have trouble communicating with your partner? Do you find yourselves arguing a lot? This two-session workshop will help you improve your day-to-day communication, learn how to fight fair, problem-solve, and strengthen your relationship. Open to military beneficiaries and their partners.

Military Life Skills Education Programs

Building Effective Anger Management Skills (BEAMS)

Do you find your anger racing from zero to 60 at work or at home? BEAMS is a six-session, skill-building program for active duty and retired personnel and their adult family members ages 18 and older. The BEAMS course is designed to prevent anger from escalating to violence. Participants learn to develop new and effective coping strategies.

Building Healthy Relationships

The purpose of this training is to provide tools to enhance healthy relationships and educate military personnel and their families how to successfully nurture intimate relationships. Topics include emotional record keeping, expectations, communication and developing healthy habits.

Children and Divorce

This four-hour workshop addresses the pain and loss of a family breakup from the child's perspective. Topics of discussion include typical reactions of children of different ages, things children need to hear, and what parents can do to help them through the pain. Suggestions for the non-custodial parent are also provided. This class meets the Virginia State Law mandate requiring divorcing parents of minors to attend four hours of parent education.

Dads and Discipline

The culture of fatherhood is changing as dads become increasingly involved with their children. Dads are often seen as "disciplinarians," yet come to the job with no specific training. This interactive, single-session class provides an opportunity for fathers to gain valuable, practical information about parenting. Participants will discuss parenting styles and learn effective discipline techniques to help raise responsible, well-behaved children.

Dual Military Parenting

Dual Military Parents face unique challenges in balancing military careers and family responsibilities. This workshop is intended to assist Dual Military Parents navigate their unique military family lifestyle. Discussion topics include Building Healthy Relationships, Deployment Readiness, Parenting in a Military Family, Family Care Plan, Career Planning, and sharing

challenges and successes with Dual Military Parents.

Enhancing Stepfamilies

This single-session workshop includes discussions on the myths of stepfamily living, the different roles a stepparent may assume, the stages a stepfamily goes through as they develop, and tips for handling discipline. Discussion also includes information on stepparenting in a military family.

Foreign-Born Spouses Support Group

Feeling lonely, homesick, or isolated? Just want to talk to someone from your part of the world? Join other foreign-born military spouses to network and share resources, discuss the American way of life, develop friendships, receive monthly newsletters, and learn about the many resources available to make your new life experience positive.

Love Thinks

Are you tired of the same dating traps like becoming involved too quickly, dishonesty from the start, or overlooking problem areas? Learn how to avoid common dating missteps when developing a new romance by attending "Love Thinks," a program for single or newly-dating military members who are tired of playing dating games and are ready to keep it real.

New Parent Resource Awareness Workshop

This four-hour workshop assists expectant servicewomen as they make the transition into parenthood. Topics discussed include the Navy's policy on pregnant servicewomen, Navy Family Care Plans, housing information, Navy Marine Corps Budget Society and information about their Budgeting for Baby program, child care resources, FFSC programs and services, the WIC program, and information on career planning. Registration is open to first time expectant servicewomen. Their partners are strongly encouraged to attend with them.

Parenting in a Military Family

This workshop explores what it means to discipline children and the ways it can be accomplished most effectively. It includes strategies for encouraging children to behave appropriately, communicating in ways that really work, and increasing cooperation. Participants discuss attention-seeking behaviors and how parents can best respond to them. Additional topics include child development, temperament, expecting and giving respect, and the impact that a military lifestyle has on children.

Parenting Teens

This single-session workshop presents the physical, cognitive, social, and emotional developmental characteristics of teens, and parents' reactions to the way adolescents handle these changes. Discussion topics include building healthy relationships, avoiding power struggles, and providing guidelines. This is an overview of the in-depth STEP Teens multi-session program.

Personal Communication Sessions

Would you like to improve your personal communication skills? This educational group can make a difference! Participants learn about different communication styles, conflict resolution, and ways to develop more effective speaking and listening skills. Open to active duty military and family members.

Ready Navy

When an emergency strikes, knowing what to do can save lives, property, and time. One of the most important tools you or your family can have to protect yourself in possible emergencies is a Family Emergency Plan. It is important to plan ahead as a family for all types of emergencies and responses. Everyone in the family should understand what to do, where to go, and what to take in the event of an emergency. Learn how to prepare, respond, and recover with Fleet & Family Support Center's Ready Navy public awareness program.

Single Parenting in the Military

This single-session workshop explores ways for active duty single parents to balance their military and parental responsibilities and looks at the opportunities and challenges of parenting alone in the military. Discussion topics include dealing with changes, co-parenting, talking with your child(ren) about his/her other parent, dating, resources for single military parents, and more.

Systematic Training for Effective Parenting (STEP): Early Childhood

This seven-session class helps parents develop a positive and consistent approach for dealing with the special challenges of children under age six. Topics include understanding developmental sequences and accomplishments of infants, toddlers, and pre-schoolers; building effective discipline skills, developing skills for communicating effectively with young children, and much more.

Systematic Training for Effective Parenting (STEP): School-age

This seven-session program offers participants a wealth of information and skills for parenting 5 to 12-year-olds. Learn ways to help your children become more responsible, respectful, and cooperative. Topics include communication, discipline, the goals of misbehavior, mutual respect, and family meetings.

Systematic Training for Effective Parenting (STEP): Teen

This seven-session workshop covers all of the STEP principles plus information on understanding why teens misbehave, peer pressure, excitement, and superiority. Topics include discouraging and encouraging atmospheres; rational and irrational parent responses to emotional scenes; listening and communicating respectfully; and experiencing consequences and exploring alternatives. Realistic video segments on teen experimentation with drugs, alcohol, and sex generate parent discussion of coping strategies explained in the text *Parenting Teenagers*.

Stress Management

Stress is an unavoidable fact of life. The way we handle stress can affect our personal and professional lives. Learn more about managing stress with techniques such as goal-setting, time management, and progressive relaxation.

Welcome to the Military

Are you newly married or getting married soon? Are you new to the area or to the military? Join us at this one-session workshop which provides a wide variety of helpful information about military life, including the challenges of deployment, expectations of the military, preparation for a mobile lifestyle, pay and allowances, housing, medical and dental care, recreational activities, financial planning, and more.

Personal Financial Management Programs

Art of Money Management

This workshop provides in-depth instruction and information on developing successful money management skills. Topics include understanding and using credit, Navy pay and allowances, spending strategies, and how to save and invest.

Car Buying Strategies

Looking for a car but don't want to get taken for a ride? In this single-session program, learn all the important dos and don'ts BEFORE you step onto the car lot. Topics include negotiating, trade-ins, discounts, financing, high-pressure sales tactics, and tricks to watch out for.

Command Financial Specialist (CFS) Forum and Financial Town Hall Meeting

This quarterly forum is designed to update the Command Financial Specialist (CFS), senior leadership, Command Career Counselors, and other interested command leadership about current and emerging financial issues. This is an excellent forum for networking and continuing financial education that can benefit military members and their families.

Command Financial Specialist (CFS) Refresher Training

Review and sharpen skills learned in Command Financial Specialist (CFS) training which include the financial planning worksheet, solution-focused

financial counseling, and developing your CFS program. Learn new presentation skills and techniques as well as discuss current financial hot topics. Open to all trained Command Financial Specialists.

Command Financial Specialist (CFS) Training

This five-day interactive training seminar covers the basics of personal financial management and serves as a foundation for those selected by their Command to serve as CFSs. The training covers topics such as spending plans, budgets, managing credit, savings and investments, and retirement planning. Participants are also introduced to the techniques of short-term, solution-focused financial counseling. Participants must be E-6 or above, in good financial standing, and have at least one year remaining at their commands.

Consumer Awareness

Have you ever made a purchase that you later regretted? It's a jungle out there and this single-session workshop will teach you how to be a savvy consumer. Topics include avoiding purchasing pitfalls, how to exercise your consumer rights, methods for resolving consumer complaints, and ways to access consumer advocacy resources.

Credit Management

This single-session workshop provides valuable information on establishing a credit history, choosing and using credit and debit cards, debt-to-income ratio, consumer installment loans, credit reports, and effectively managing your credit.

Developing Your Spending Plan

Do you want to get control of your financial life? This single-session workshop can help you develop a realistic spending plan. With this spending plan in place, you'll be on your way to paying your bills on time and achieving your short and long-term financial goals.

Financial Leadership Seminar

This four-hour training is for non-CFS trained E-7s and above. It provides a basic understanding of typical military financial problems, develops skills in handling a financial crisis, and creates an awareness of resources available. Agenda includes budgeting and Personal Financial Management (PFM), consumer awareness, legal issues, processing letters of indebtedness, garnishments, and more.

Homeownership

VHDA's Homeownership workshop is designed to take the mystery out of buying a home. Learn more about managing personal finances and credit, working with a lender and real estate agent, and completing the loan process and home inspection. You'll also learn ways to protect your investment as a home owner.

How to Survive the Holidays Financially

Learn how to reduce the financial stress of the holidays. This 90-minute workshop helps participants financially meet holiday spending demands without the pain of too much debt. Make the most of the holiday season.

Million Dollar Sailor

A two-day interactive program for active duty service members, reservists, retirees and family members who are financially stable and are looking for more in-depth information on topics such as financial goal setting and implementation, debt reduction, saving, investing, and long-term wealth building.

Raising Financially Fit Kids

This 90-minute interactive program is designed for parents of children of all ages. Parents will explore their own financial habits and skills, as well as learn techniques to teach their children sound financial management skills. Participants will also assess their current financial situation, learn how to communicate effectively with family members about finances, and implement age-appropriate financial practices for their children.

Retirement Planning

This single-session, interactive program introduces the basic concepts of financial retirement planning, including the military retirement system and the new Thrift Savings Plan (TSP). This is a must if you are leaving the military.

Savings and Investments

This single-session, interactive program, suitable for all audiences, is designed to develop more in-depth knowledge and skills that will enable participants to save and

invest wisely. Explore various investment options and learn which instrument best suits you and your individual goals.

SMART Start: Finances for Newlyweds

This class provides financial information and guidance to single service members contemplating marriage and newly married service members. Topics covered are short and long-term financial goal-setting, spending plans, savings and investing, and effective communication on financial matters.

TSP - Your Key To Financial Independence

The Thrift Savings Plan (TSP) provides all service members with the opportunity to get an immediate tax break while saving for their and their family's future. Learn how to take advantage of this exciting government-sponsored savings and investment program to build wealth and achieve financial independence in this ninety-minute workshop.

Relocation Assistance Programs

Overseas Transfer Workshop

Will you be transferring overseas soon? This helpful single-session workshop is a great way to prepare yourself and your family for this challenging adventure. Information will be provided on household goods and auto shipment, financial planning, travel arrangements and passports, personal security, and culture shock. Open to active duty members, spouses, and dependents 12 years and older.

Smooth Move Workshop

Transferring to a new duty station? This single-session workshop offers tips to help make your move as "painless" as possible! Topics include hints on shipping household goods, travel and financial planning, entitlements, family preparation, and ways to cope with relocation. Open to all active duty, retiring and separating military personnel, and their families.

Family Employment/Transition Assistance Programs

Career Planning

Whether you are looking for a job or information on career planning, learning through self-assessment will enhance your chances in finding satisfying employment. In this three-hour workshop, you will be guided through career choices based on life goals, personal skills, abilities, preferences, and work values.

Effective Resume Writing

These days, only a top-notch resume will get you an interview. Learn how to market your skills, knowledge, accomplishments, and experience with an impressive resume. This single-session workshop also includes tips on translating military terminology.

The Federal Employment System

In this single-session workshop, gain the advantage in your job search with the federal government by learning how to find vacancies and job listings, complete the application process, and how to understand standard qualifications and testing requirements.

Interview Techniques

Want to feel more confident at your next job interview? This single-session workshop teaches you how! Topics include positive answers to difficult questions, dressing for success, and the importance of body language and positive attitude. Interview follow-up and salary negotiations are also discussed.

Job Network

Job Network is a monthly, one-hour employer panel comprised of three human resource personnel. Ask local and national employers what they like to see on resumes and how to prepare for interviews. Find out about open positions, their application process, and what benefits are available. Transitioners, separatees, and military family members are invited to attend.

Job Search Strategies

Learn more about the crucial steps in the job search process. This single-session workshop covers everything from assessing the hidden job market to finding a job long-distance, including job searching on the Internet. Many of the resources and services available to job seekers are also discussed, including major employers in the Hampton Roads area and the Virginia Employment Commission (VEC).

Transition GPS (Goals, Plans, Success)

This is a five-day DOD workshop with mandatory components for military members who are retiring or separating, exiting or considering leaving the military, and are making the transition to the civilian sector. The workshop provides instruction on skills identification, resume preparation, interview techniques, and veterans' entitlements. Spouses are welcome to attend as space permits.

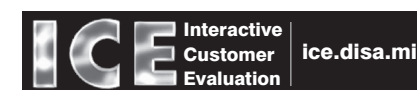
Transition GPS classes are held Monday, 6:30 a.m.-4:30 p.m., and Tuesday-Friday, 8:00 a.m.-4:30 p.m. Registration is Monday at 6:30 a.m.. See your Command Career Counselor for a quota and workshop requirements to attend Transition GPS. For additional information, call (757) 444-3522/6089/1149 or fax (757) 444-6095.

Transition Assistance Services Available at all FFSCs:

- Workshops and counseling on all financial aspects of transition
- Survivor Benefit Program (SBP)
- Individual transition counseling
- Transition information and employment referral

VA Disability Benefits Review

This one-day workshop teaches participants how to review service medical records and identify medical conditions that may lead to a compensable disability rating with the VA; request vocational rehabilitation benefits and training; and complete their VA application for submission. Service members must be within 60 days to six months of separation to attend. Participants should bring their medical records, copies of their medical records and copies of (if applicable): marriage certificate, children's birth certificates, dependent's social security numbers, and divorce decree or death certificate. Sponsored by the Virginia Department of Veterans Affairs and FFSC.



The Secretary of the Navy has determined that this publication is necessary in the transaction of business required by Law of the Department of the Navy. Funds for printing this publication have been approved by the Navy Publication and Printing Policy Committee. Opinions and statements are the personal views of the contributors. We authorize and invite the reproduction of any SIGNAL articles for use by Command, Ombudsman, or spouse organization publications. We ask only that credit be given to the SIGNAL.



JUL • AUG • SEP 2016 PROGRAM CALENDAR

FLEET & FAMILY SUPPORT CENTERS (FFSC) OF HAMPTON ROADS — SITES & PHONE NUMBERS

L	Little Creek 462-7563	NN	Newport News 688-6289	N	Norfolk 444-2102	NW	Northwest 421-8770	O	Oceana 433-2912	P	Portsmouth 953-7801	Y	Yorktown 887-4606
---	--------------------------	----	--------------------------	---	---------------------	----	-----------------------	---	--------------------	---	------------------------	---	----------------------

FFSC PROGRAMS	JULY	AUGUST	SEPTEMBER
COMMAND SUPPORT PROGRAMS			
Career Options and Navy Skills Evaluation Program (CONSEP)	JUL 26-29 (T-F) 8:00 a.m.-4:30 p.m. (First Term) (N)		SEP 12-15 (M-TH) 8:00 a.m.-4:30 p.m. (Mid Career) (L) SEP 20-23 (T-F) 8:00 a.m.-4:30 p.m. (Mid Career) (N)
CPO Selectee Resource Training		AUG 15, 8:00 a.m.-noon (N) AUG 17, 8:00 a.m.-noon (N) AUG 18, 8:00 a.m.-noon (N) AUG 22, 8:00 a.m.-noon (N) AUG 23, 8:00 a.m.-noon (N)	AUG 24, 8:00 a.m.-noon (L) AUG 25, 8:00 a.m.-noon (N) AUG 29, 8:00 a.m.-noon (NN) (N) AUG 31, 8:00 a.m.-noon (NN)
Deckplate Resource Awareness Training	JUL 20 & 21 (W&TH) 8:00 a.m.-4:00 p.m. (L) (O) JUL 25 & 26 (M&T) 8:00 a.m.-4:00 p.m. (N)	AUG 30 & 31 (T&W) 8:00 a.m.-4:00 p.m. (N) (O)	SEP 14 & 15 (W&TH) 8:00 a.m.-4:00 p.m. (L) SEP 28 & 29 (W&TH) 8:00 a.m.-4:00 p.m. (N) SEP 21 & 22 (W&TH) 8:00 a.m.-4:00 p.m. (O)
Exceptional Family Member POC Training	JUL 8, 8:00 a.m.-noon (L) JUL 15, 8:30 a.m.-12:30 p.m. (O)	JUL 26, 8:00 a.m.-noon (N)	
Family Readiness Group (FRG) Leadership Training	JUL 5 & 6 (T&W) 9:00 a.m.-1:30 p.m. (Basic Training) (L) JUL 11 & 12 (M&T) 9:00 a.m.-1:30 p.m. (Basic Training) (O)	AUG 4, 9:00-11:30 a.m. (Advanced Training) (N) AUG 4, 6:00-8:30 p.m. (Advanced Training) (N) AUG 9, 9:00-11:30 a.m. (Advanced Training) (O) AUG 9, 6:00-8:30 p.m. (Advanced Training) (O)	SEP 19, 8:00 a.m.-5:00 p.m. (Basic Training) (N) SEP 22, 6:00-9:00 p.m. (Homecoming Training) (N)
FAP Command Leadership Training	JUL 13, 8:00 a.m.-4:00 p.m. (Y)		
Navy Family Ombudsman Basic Training	JUL 22-24 (F-SU) 8:30 a.m.-4:00 p.m. (L) JUL 27-30 (W-SA) 5:00-9:30 p.m. (W-F) 8:00 a.m.-5:00 p.m. (SA) (N)	AUG 23-25 (T-TH) 8:30 a.m.-4:00 p.m. (Y)	SEP 9-11 (F-SU) 8:30 a.m.-4:00 p.m. (L)
PCO-PXO Spouses Workshop			SEP 22, 9:00 a.m.-2:00 p.m. (N)
SAPR Command POC Training	JUL 12, 8:00 a.m.-4:00 p.m. (L)		AUG 10, 8:00 a.m.-4:00 p.m. (N) AUG 11, 8:00 a.m.-4:00 p.m. (Y)
SAPR Victim Advocate Basic Training	JUL 18-22 (M-F) 8:00 a.m.-4:00 p.m. (N)	JUL 25-29 (M-F) 8:00 a.m.-4:00 p.m. (L) (O)	AUG 15-19 (M-F) 8:00 a.m.-4:00 p.m. (N) (Y) AUG 22-26 (M-F) 8:00 a.m.-4:00 p.m. (O)
SAPR Victim Advocate Continuing Education Training	JUL 7, 9:00-11:30 a.m. (N) JUL 11, 9:00 a.m.-noon (NN)	JUL 14, 9:00-11:00 a.m. (O) JUL 26, 9:00-11:30 a.m. (L)	AUG 4, 9:00-11:30 a.m. (N) AUG 9, 9:00 a.m.-noon (Y)
Sponsor Training	JUL 6, 1:00-3:00 p.m. (O) JUL 7, 2:00-4:00 p.m. (L)	JUL 12, 9:00-11:00 a.m. (N)	AUG 11, 9:00-11:00 a.m. (O) AUG 16, 9:00-11:00 a.m. (N)
COUNSELING/SUPPORT PROGRAMS			
Couples Workshop	JUL 5 & 12 (T) 5:00-7:00 p.m. (O) JUL 18 & 25 (M) 5:00-7:30 p.m. (L)	JUL 21 & 28 (TH) 6:00-8:30 p.m. (N)	AUG 15 & 22 (M) 9:00-11:30 a.m. (P) AUG 18 & 25 (TH) 6:00-8:30 p.m. (N)
MILITARY LIFE SKILLS EDUCATION PROGRAMS			
Building Effective Anger Management Skills (BEAMS)	JUL 5-21 (T&TH) 9:00-11:00 a.m. (N) JUL 12-28 (T&TH) 9:00-11:00 a.m. (O) JUL 18-22 (M,W,F) 8:00 a.m.-noon (NN)	JUL 27-AUG 12 (W&F) 2:00-4:00 p.m. (L)	AUG 8-19 (M,W,F) 1:00-3:00 p.m. (N)
Building Healthy Relationships	JUL 12, 4:00-6:30 p.m. (N) JUL 15, 10:00 a.m.-12:30 p.m. (P)	JUL 27, noon-2:30 p.m. (N)	AUG 9, 6:00-8:30 p.m. (N) AUG 16, 9:00-11:30 a.m. (P)
Children and Divorce	JUL 5, 8:30 a.m.-12:30 p.m. (O) JUL 12, 12:30-4:30 p.m. (NW)	JUL 26, 3:00-7:00 p.m. (O)	AUG 4, 1:00-5:00 p.m. (L) AUG 10 & 11 (W&TH) 3:00-5:00 p.m. (N)
Dads and Discipline			AUG 11, 12:30-4:30 p.m. (NW) AUG 16, 3:00-7:00 p.m. (O)
Dual Military Parenting			SEP 7, 4:00-6:30 p.m. (O)
Enhancing Step Families	JUL 12, 4:30-7:00 p.m. (O)		SEP 23, 8:00-11:30 a.m. (N) SEP 8, 2:30-5:00 p.m. (N)
Love Thinks	JUL 7, 1:00-2:30 p.m. (N) JUL 14, 2:30-4:00 p.m. (P)		SEP 6, 9:00-10:30 a.m. (N) SEP 7, 1:00-2:30 p.m. (Y)
New Parent Resource Awareness Workshop	JUL 15, 8:00 a.m.-noon (N)		SEP 9, 8:00 a.m.-noon (N) SEP 16, 8:00 a.m.-noon (O)
Parenting in a Military Family	JUL 6 & 8 (W&F) 9:00-11:30 a.m. (N) JUL 13-14 (T&TH) 2:30-5:00 p.m. (O)	JUL 18, 11:30 a.m.-4:30 p.m. (NW)	AUG 1, 8:00 a.m.-2:00 p.m. (L) AUG 2 & 9 (T) 5:00-7:30 p.m. (N)
Parenting Teens	JUL 19, 4:00-6:30 p.m. (O)		AUG 15, 11:30 a.m.-4:30 p.m. (NW) AUG 23 & 24 (T&W) 1:00-3:30 p.m. (P)
Personal Communications	JUL 11, 1:00-3:00 p.m. (N) JUL 14, 1:00-3:00 p.m. (P)		SEP 13 & 14 (T&W) 2:30-5:00 p.m. (N) SEP 20 & 27 (T) 5:00-7:30 p.m. (Y)
Ready Navy			SEP 27, 2:30-5:00 p.m. (N)
Single Parenting in the Military			SEP 12, 1:00-3:00 p.m. (N) SEP 15, 1:00-3:00 p.m. (P)
Systematic Training for Effective Parenting (STEP)	JUL 7-28 (M&TH) 3:00-5:00 p.m. (Teen) (N) JUL 12-27 (T&W) 1:00-3:30 p.m. (P)		AUG 2-11 (T&TH) 3:00-7:00 p.m. (Early Childhood) (O)
Stress Management (Multisession)	JUL 11 & 18 (M) 12:30-4:30 p.m. (P) JUL 12-21 (T&TH) 1:00-3:00 p.m. (N) JUL 18-27 (M&W) 9:00-11:00 a.m. (L)		SEP 12-21 (M&W) 9:00-11:00 a.m. (L) SEP 13-22 (T&TH) 1:00-3:00 p.m. (N)
Welcome to the Military	JUL 11, 9:00 a.m.-noon (L)	JUL 28, 11:00 a.m.-2:00 p.m. (Y)	
PERSONAL FINANCIAL MANAGEMENT PROGRAMS			
Art of Money Management	JUL 18-19 (M-T) 5:00-9:00 p.m. (L) JUL 26, 8:00 a.m.-4:00 p.m. (N)		AUG 2, 8:00 a.m.-4:00 p.m. (L) AUG 10, 8:00 a.m.-4:00 p.m. (Y)
Car Buying Strategies	JUL 6, noon-1:30 p.m. (N) JUL 19, 1:00-2:30 p.m. (NN)	JUL 19, 5:00-6:30 p.m. (O) JUL 26, 9:30-11:00 a.m. (P)	AUG 3, noon-1:30 p.m. (N)
Command Financial Specialist (CFS) Forum and Financial Town Hall Meeting			AUG 12, 8:30-10:00 a.m. (O)
Command Financial Specialist (CFS) Refresher Training	JUL 6, 8:00 a.m.-4:00 p.m. (O)		AUG 15, 8:00 a.m.-4:00 p.m. (L)
Command Financial Specialist (CFS) Training	JUL 11-15 (M-F) 7:30 a.m.-4:00 p.m. (L) (NN) (N) (O)		AUG 1-5 (M-F) 7:30 a.m.-4:00 p.m. (N) AUG 8-12 (M-F) 7:30 a.m.-4:00 p.m. (O)
Consumer Awareness	JUL 6, 10:00-11:30 a.m. (N)		AUG 3, 10:00-11:30 a.m. (N)
Credit Management	JUL 6, 8:30-10:00 a.m. (N) JUL 6, 2:00-3:30 p.m. (L)		AUG 3, 8:30-10:00 a.m. (N) AUG 9, 9:30-11:00 a.m. (P)
Developing Your Spending Plan	JUL 19, 9:30-11:00 a.m. (P)		
Financial Leadership Seminar	JUL 25, 8:00 a.m.-noon (NN) JUL 27, 8:00 a.m.-noon (N)		AUG 24, 8:00 a.m.-noon (L) (N)
Homeownership	JUL 6, 8:30-3:00 p.m. (Y)		AUG 11, 8:30 a.m.-3:00 p.m. (N)
How to Survive the Holidays Financially	JUL 13, 1:00-2:30 p.m. (NW)		AUG 4, 11:00 a.m.-12:30 p.m. (NN) AUG 10, 1:00-2:30 p.m. (NW)
Million Dollar Sailor	JUL 7 & 8 (TH&F) 8:00 a.m.-4:00 p.m. (N)		AUG 30 & 31 (T&W) 8:00 a.m.-4:00 p.m. (L)
Raising Financially Fit Kids	JUL 28, 1:00-3:00 p.m. (N)		
Retirement Planning	JUL 13, noon-1:30 p.m. (N)		AUG 10, noon-1:30 p.m. (N)
Savings and Investments	JUL 13, 8:30-10:00 a.m. (N)		AUG 10, 8:30-10:00 a.m. (N) AUG 23, 9:30-11:00 a.m. (P)
SMART Start: Finances for Newlyweds			AUG 23, 5:00-6:30 p.m. (O) AUG 25, 1:00-2:30 p.m. (N)
TSP - Your Key To Financial Independence	JUL 13, 10:00-11:30 a.m. (N)		AUG 10, 10:00-11:30 a.m. (N)
RELOCATION ASSISTANCE PROGRAMS			
Foreign Born Spouses Support Group	JUL 22, 10:00 a.m.-noon (O)		AUG 26, 10:00 a.m.-noon (O)
Overseas Transfer Workshop	JUL 13, 9:00 a.m.-4:00 p.m. (O) JUL 19, 9:00 a.m.-4:00 p.m. (L) (NW)		AUG 23, 9:00 a.m.-4:00 p.m. (N) AUG 24, 9:00 a.m.-4:00 p.m. (NW)
Smooth Move Workshop	JUL 12, 9:00 a.m.-noon (NW) JUL 12, 1:00-4:00 p.m. (O)	JUL 19, 8:00-11:00 a.m. (NN) JUL 25, 9:00 a.m.-noon (N)	AUG 16, 9:00 a.m.-noon (NW) AUG 22, 1:00-4:00 p.m. (L)
FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS			
Career Planning	JUL 5, 8:30-11:30 a.m. (N) JUL 11, 9:00 a.m.-noon (O)		AUG 1, 9:00 a.m.-noon (Y) AUG 8, 9:00 a.m.-noon (L) AUG 9, 8:30-11:30 a.m. (N)
Effective Resume Writing	JUL 6, 8:30-11:30 a.m. (N) JUL 6, 9:00 a.m.-noon (O) JUL 6, 1:00-4:00 p.m. (NN) JUL 7, 9:00 a.m.-noon (L) (NW) JUL 13, 9:00 a.m.-noon (O)	JUL 21, 1:00-4:00 p.m. (O) JUL 26, 9:00 a.m.-noon (O)	AUG 2, 9:00 a.m.-noon (O) AUG 3, 9:00 a.m.-noon (Y) AUG 10, 8:30-11:30 a.m. (N) AUG 10, 9:00 a.m.-noon (O) AUG 17, 1:00-4:00 p.m. (O)
Federal Employment System	JUL 7, 8:30-11:30 a.m. (N) JUL 7, 9:00 a.m.-noon (NN) JUL 15, 9:00 a.m.-noon (O) JUL 21, 9:00 a.m.-noon (NW)	JUL 25, 1:00-4:00 p.m. (L) JUL 27, 8:30-11:30 a.m. (N) JUL 27, 9:00 a.m.-noon (O)	AUG 4, 9:00 a.m.-noon (Y) AUG 11, 8:30-11:30 a.m. (N) AUG 16, 1:00-4:00 p.m. (L) AUG 19, 9:00 a.m.-noon (O)
Interview Techniques	JUL 7, 1:00-4:00 p.m. (NN) JUL 8, 8:30-11:30 a.m. (N) JUL 11, 1:00-4:00 p.m. (NW)	JUL 14, 9:00 a.m.-noon (O) JUL 26, 1:00-4:00 p.m. (L) JUL 28, 9:00 a.m.-noon (O)	AUG 5, 9:00 a.m.-noon (Y) AUG 12, 8:30-11:30 a.m. (N) AUG 18, 9:00 a.m.-noon (O)
Job Network	JUL 6, noon-1:00 p.m. (N)	JUL 13, noon-1:00 p.m. (O)	AUG 10, noon-1:00 p.m. (N)
Job Search Strategies	JUL 5, 1:00-4:00 p.m. (N) JUL 6, 9:00 a.m.-noon (NN) JUL 12, 9:00 a.m.-noon (O)	JUL 14, 9:00 a.m.-noon (NW) JUL 18, 9:00 a.m.-noon (O)	AUG 2, 9:00 a.m.-noon (Y) AUG 9, 1:00-4:00 p.m. (N) AUG 11, 9:00 a.m.-noon (L)
Transition GPS (Goals, Plans, Success)	Executive Retirement (E-9, W-4, W-5, O-5 and above), Retiree Classes, Separatee Classes.		
VA Disability Benefits Review	JUL 7, 7:30 a.m.-4:00 p.m. (O) JUL 14, 8:00 a.m.-4:30 p.m. (L)	JUL 21, 8:00 a.m.-4:30 p.m. (NN) JUL 28, 8:00 a.m.-4:30 p.m. (L)	AUG 4, 7:30 a.m.-4:00 p.m. (O) AUG 11, 8:00 a.m.-4:30 p.m. (L)

Call 1-800-372-5463 to make a counseling appointment. Call or visit www.cnic.navy.mil/navylifema for more information or to register for any class. You can also use your smart phone to access the FFSC website by scanning this code:

