

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Ready Navy

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
 887-4606

Norfolk
 444-2102

Oceana/Dam Neck
 433-2912

JEB Little Creek/ Fort Story
 462-7563

Newport News
 688-6289

Northwest
 421-8770

MAY 13
 1:00 - 3:00 pm

MAY 13
 5:30 - 7:00 pm

NOV 25 2013
 1:00 - 3:00 pm

MAR 14
 9:00 - 11:00 am

MAY 1
 4:00 - 6:00 pm

JUN 11
 9:00 - 11:00 am

AUG 6
 9:00 - 11:00 am

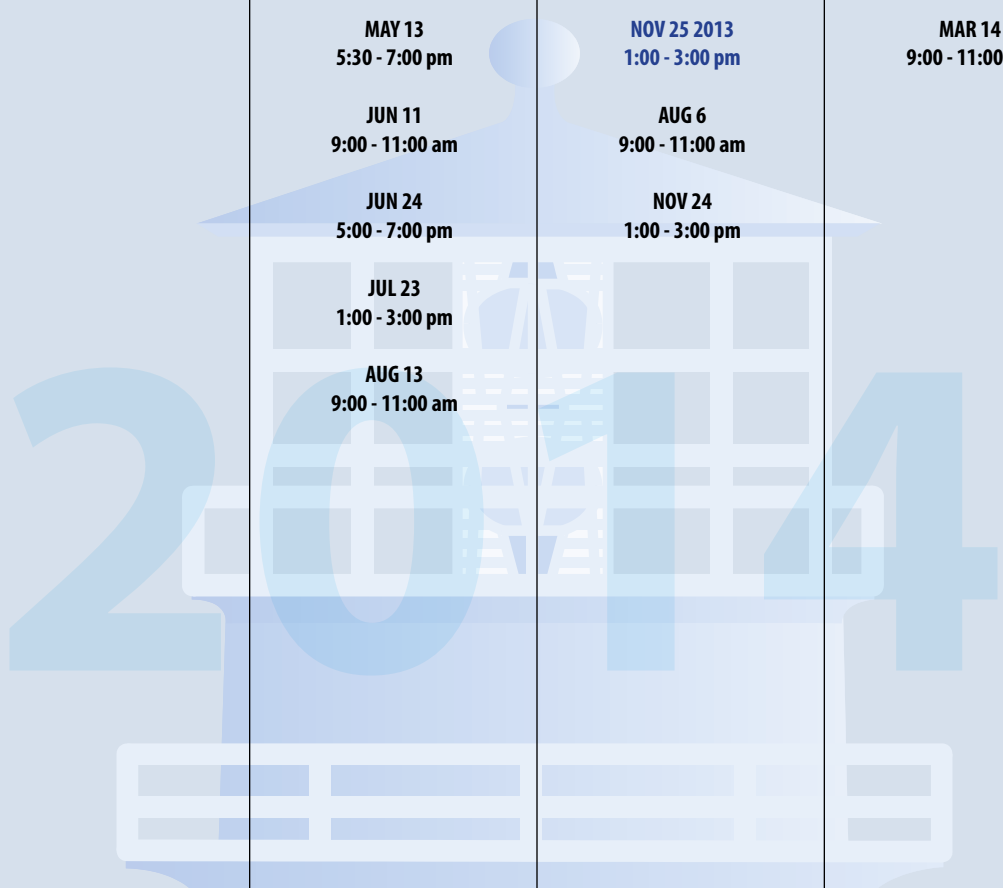
SEP 4
 4:00 - 6:00 pm

JUN 24
 5:00 - 7:00 pm

NOV 24
 1:00 - 3:00 pm

JUL 23
 1:00 - 3:00 pm

AUG 13
 9:00 - 11:00 am



Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Ready Navy

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
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JAN 27 - FEB 12 (M & W)
1:00 - 3:00 pm

DEC 2 - 13 (M, W & F) 2013
9:00 - 11:00 am

JAN 14 - 30 (T & TH)
2:00 - 4:00 pm

DEC 2 - 13 (M, W & F) 2013
9:00 - 11:00 am

FEB 24 - MAR 12 (M & W)
2:00 - 4:00 pm

MAR 24 - APR 1 (M - TH & M & T)
2:00 - 4:00 pm

MAR 18 - APR 3 (T & TH)
9:00 - 11:00 am

JAN 8 - 24 (W & F)
1:00 - 3:00 pm

MAR 10 - 26 (M & W)
9:30 - 11:30 am

FEB 11 - 27 (T & TH)
9:00 - 11:00 am

JUN 9 - 25 (M & W)
9:00 - 11:00 am

AUG 11 - 19 (M - TH & M - T)
2:00 - 4:00 pm

MAY 5 - 21 (M & W)
1:00 - 3:00 pm

FEB 3 - 14 (MWF)
9:00 - 11:00 am

MAY 13 - 29 (T & TH)
2:00 - 4:00 pm

APR 1 - 17 (T & TH)
1:00 - 3:00 pm

AUG 4 - 20 (M & W)
1:00 - 3:00 pm

SEP 8 - 24 (M & W)
1:00 - 3:00 pm

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

JUL 7 - 23 (M & W)
9:30 - 11:30 am

JUN 16 - 27 (MWF)
9:00 - 11:00 am

NOV 17 - DEC 3 (M & W)
9:00 - 11:00 am

APR 1 - 17 (T & TH)
9:00 - 11:00 am

SEP 8 - 24 (M & W)
2:00 - 4:00 pm

JUL 30 - AUG 15 (W & F)
2:00 - 4:00 pm

MAY 5 - 16 (MWF)
1:00 - 3:00 pm

NOV 3 - 19 (M & W)
9:30 - 11:30 am

OCT 1 - 17 (W & F)
9:00 - 11:00 am

JUN 2 - 18 (M & W)
9:00 - 11:00 am

DEC 8 - 19 (MWF)
9:00 - 11:00 am

JUL 7 - 18 (MWF)
1:00 - 3:00 pm

AUG 4 - 20 (M & W)
1:00 - 3:00 pm

SEP 8 - 19 (MWF)
9:00 - 11:00 am

OCT 1 - 17 (W & F)
9:00 - 11:00 am

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

[Click here for
Fleet and Family Support Center
Families Schedule](#)

[Click here for
Fleet and Family Support Center
Counseling Schedule](#)

[Click here for
Fleet and Family Support Center
Military Schedule](#)

Ready Navy

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
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

APR 3
2:30 - 5:00 pm

JUL 14
2:30 - 5:00 pm

NOV 4
2:30 - 5:00 pm

NOV 27 2013 - 12:00 - 2:30 pm
DEC 10 2013 - 6:00 - 8:30 pm
DEC 28 2013 - 10:00 am - 12:30 pm

JAN 14
6:00 - 8:30 pm
FEB 11
6:00 pm - 8:30 pm
FEB 26
11:00 - 1:30 pm
MAR 11
6:00 - 8:30 pm
MAR 29
10:00 am - 12:30 pm
APR 8
6:00 - 8:30 pm
MAY 13
6:00 - 8:30 pm
MAY 28
12:00 - 2:30 pm
JUN 10
6:00 - 8:30 pm
JUN 28
10:00 am - 12:30 pm
JUL 8
6:00 - 8:30 pm
AUG 12
6:00 - 8:30 pm
AUG 27
12:00 - 2:30 pm
SEP 9
6:00 - 8:30 pm
SEP 27
10:00 am - 12:30 pm
OCT 14
6:00 - 8:30 pm
NOV 3
6:00 - 8:30 pm
NOV 26
12:00 - 2:30 pm
DEC 9
6:00 - 8:30 pm

DEC 3 2013
4:30 - 7:00 pm

MAR 4
4:30 - 7:00 pm

JUN 3
4:30 - 7:00 pm

SEP 16
4:30 - 7:00 pm

DEC 9
4:30 - 7:00 pm

JAN 23
6:00 - 8:30 pm

MAR 19
9:00 - 11:30 am

APR 28
6:00 - 8:30 pm

MAY 28
9:00 - 11:30 am

JUN 17
6:00 - 8:30 pm

AUG 20
1:00 - 3:30 pm

SEP 30
6:00 - 8:30 pm

JAN 22
2:00 - 4:30 pm

SEP 11
2:00 - 4:30 pm

FEB 13
11:00 am - 1:30 pm

OCT 9
3:00 - 5:30 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

[Click here for
Fleet and Family Support Center
Families Schedule](#)

[Click here for
Fleet and Family Support Center
Counseling Schedule](#)

[Click here for
Fleet and Family Support Center
Military Schedule](#)

Ready Navy

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

ToddlerTime

Welcome to the Military

EFM Regional POC Training

FAP Command Leadership
Training

PCO - PXO Spouses Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JAN 6 & 8 (M & W)
2:00 - 4:00 pm

JUL 22 & 24 (T & TH)
2:00 - 4:00 pm

DEC 4 & 5 (W & TH) 2013
9:30 - 11:30 am

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

APR 29 & 30 (T & W)
3:00 - 5:00 pm

JUN 3 & 10 (T)
6:00 - 8:00 pm

AUG 13 & 14 (W & Th)
3:00 - 5:00 pm

OCT 14 & 15 (T & W)
3:00 - 5:00 pm

DEC 1 & 2 (M & T)
9:00 - 11:00 am

DEC 10 2013
3:00 - 7:00 pm

JAN 7
3:00 - 7:00 pm

FEB 18
3:00 - 7:00 pm

MAR 5
12:30 - 4:30 pm

MAR 25
3:00 - 7:00 pm

APR 8
3:00 - 7:00 pm

APR 30
9:00 am - 1:00 pm

MAY 20
3:00 - 7:00 pm

JUN 17
3:00 - 7:00 pm

JUL 1
8:30 am - 12:30 pm

JUL 29
3:00 - 7:00 pm

AUG 19
3:00 - 7:00 pm

SEP 2
12:30 - 4:30 pm

SEP 30
3:00 - 7:00 pm

OCT 7
3:00 - 7:00 pm

NOV 4
3:00 - 7:00 pm

NOV 20
12:30 - 4:30 pm

DEC 2
3:00 - 7:00 pm

JAN 21
1:00 - 5:00 pm

FEB 19
8:30 am - 12:30 pm

MAY 9
8:30 am - 12:30 pm

JUN 19
8:30 am - 12:30 pm

AUG 7
1:00 - 5:00 pm

SEP 30
8:30 am - 12:30 pm

NOV 18
8:30 am - 12:30 pm

APR 8 & 9 (T & W)
2:00 - 4:00 pm

OCT 14 & 16 (T & TH)
2:00 - 4:00 pm

MAY 8
8:30 am - 12:30 pm

AUG 7
8:30 am - 12:30 pm

OCT 30
8:30 am - 12:30 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Ready Navy

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
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JAN 22
2:30 - 5:00 pm

APR 7
2:30 - 5:00 pm

JUN 18
9:00 - 11:30 am

OCT 21
2:30 - 5:00 pm

DEC 17 2013
2:00 - 4:30 pm

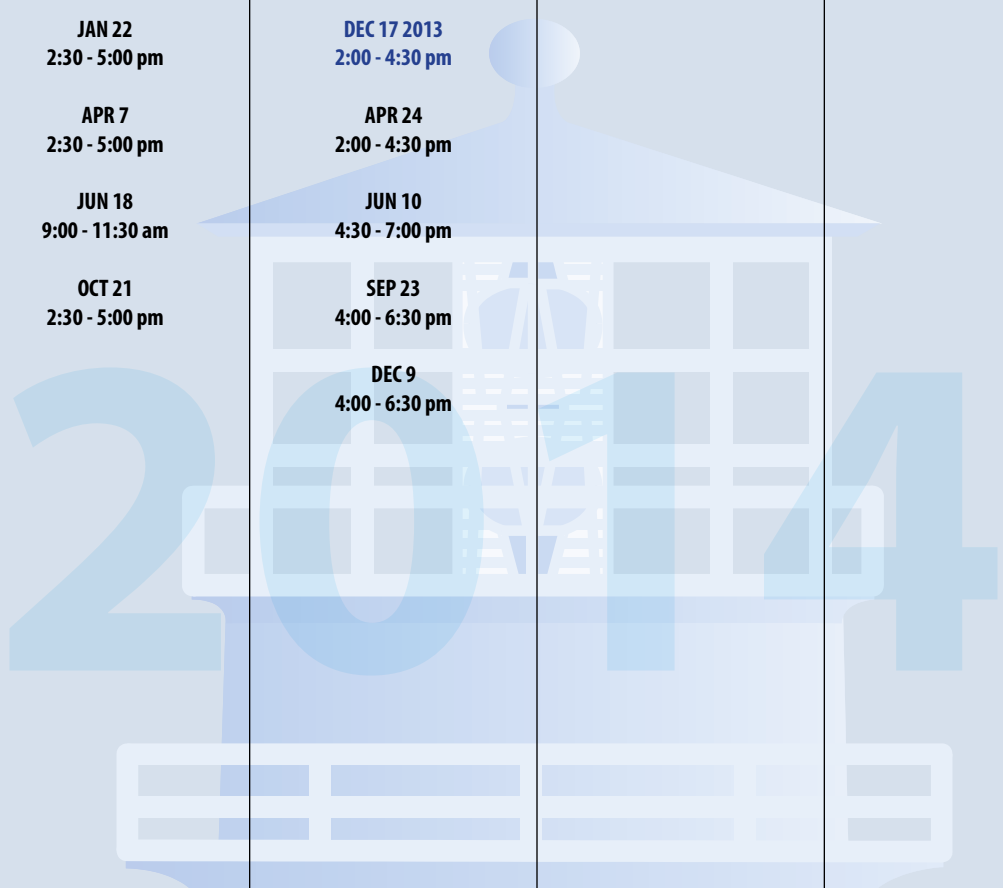
APR 24
2:00 - 4:30 pm

JUN 10
4:30 - 7:00 pm

SEP 23
4:00 - 6:30 pm

DEC 9
4:00 - 6:30 pm

JUN 20
11:30 am - 2:00 pm



Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Ready Navy

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
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

DEC 3 2013
2:30 - 5:00 pm

MAR 19
2:30 - 5:00 pm

JUN 11
2:30 - 5:00 pm

SEP 4
2:30 - 5:00 pm

DEC 4
2:30 - 5:00 pm

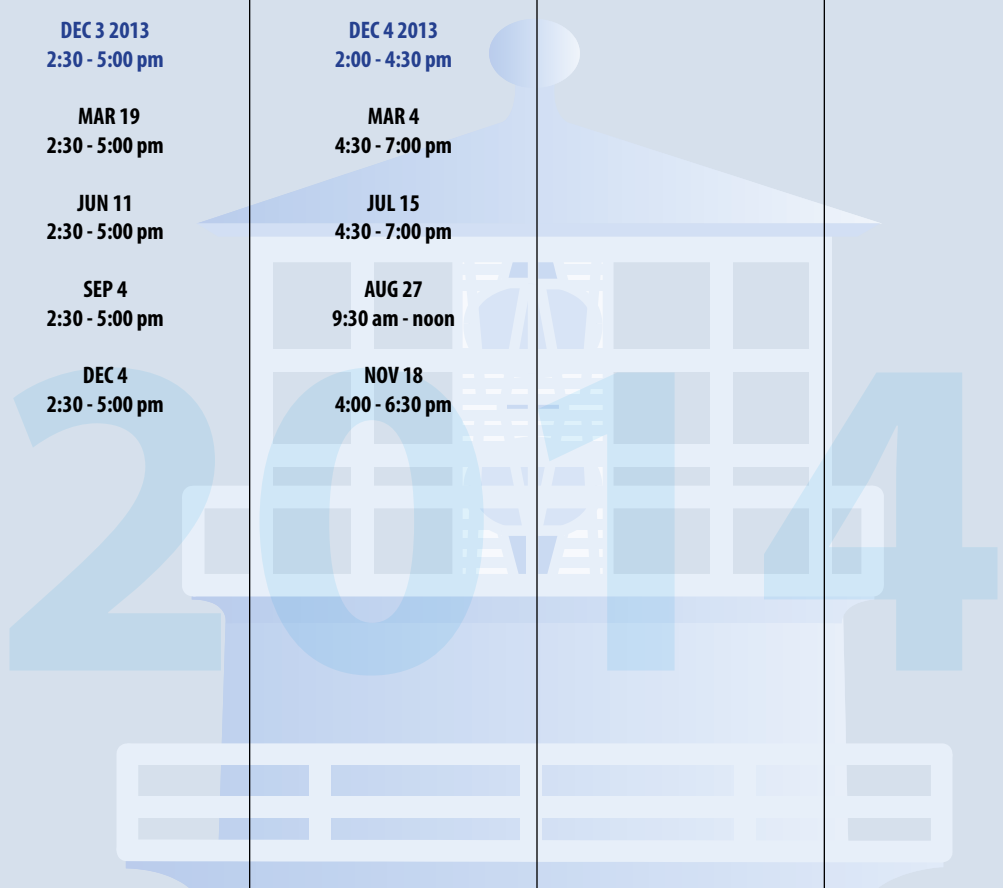
DEC 4 2013
2:00 - 4:30 pm

MAR 4
4:30 - 7:00 pm

JUL 15
4:30 - 7:00 pm

AUG 27
9:30 am - noon

NOV 18
4:00 - 6:30 pm



Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

[Click here for
Fleet and Family Support Center
Families Schedule](#)

[Click here for
Fleet and Family Support Center
Counseling Schedule](#)

[Click here for
Fleet and Family Support Center
Military Schedule](#)

Ready Navy

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

ToddlerTime

Welcome to the Military

EFM Regional POC Training

FAP Command Leadership
Training

PCO - PXO Spouses Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

FEB 10
8:30 am - 12:30 pm

JAN 17
8:00 am - noon

DEC 6 2013
8:00 am - noon

APR 2
8:00 am - noon

APR 11
8:00 am - noon

MAY 9
8:30 am - 12:30 pm

FEB 28
8:00 am - noon

MAR 21
8:00 am - noon

JUN 17
8:00 am - noon

AUG 15
8:30 am - 12:30 pm

MAR 14
8:00 am - noon

JUN 13
8:00 am - noon

OCT 2
8:00 am - noon

OCT 6
1:00 - 5:00 pm

APR 11
8:00 am - noon

SEP 5
8:00 am - noon

MAY 9
8:00 am - noon

NOV 14
8:00 am - noon

JUN 13
8:00 am - noon

DEC 5
8:00 am - noon

JUL 18
8:00 am - noon

AUG 15
8:00 am - noon

SEP 19
8:00 am - noon

OCT 17
8:00 am - noon

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Ready Navy

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
 887-4606

Norfolk
 444-2102

Oceana/Dam Neck
 433-2912

JEB Little Creek/ Fort Story
 462-7563

Newport News
 688-6289

Northwest
 421-8770

JUN 16 & 18 (M & W)
 9:00 - 11:30 am

DEC 10 & 11 (T & W) 2013
 9:00 - 11:30 am

DEC 11 & 12 (W & TH) 2013
 9:00 - 11:30 am

JAN 2
 9:00 am - 2:00 pm

MAR 18
 9:00 am - 2:00 pm

MAR 19
 11:30 - 4:30 pm

DEC 2 & 3 (T & W)
 9:00 - 11:30 am

JAN 14 & 15 (T & W)
 2:30 - 5:00 pm

JAN 14 & 15 (T & W)
 9:00 - 11:30 am

APR 4
 9:00 - 2:00 pm

AUG 5
 9:00 - 11:30 am

MAY 8
 1:00 - 6:00 pm

FEB 4 & 5 (T & W)
 2:30 - 5:00 pm

FEB 25 & 26 (T & W)
 4:00 - 6:30 pm

MAY 8
 9:00 am - 2:00 pm

AUG 7
 1:00 - 6:00 pm

MAR 4 & 11 (T & W)
 5:30 - 8:00 pm

MAR 11 & 12 (T & W)
 9:00 - 11:30 am

AUG 4
 9:00 am - 2:00 pm

OCT 30
 1:00 - 6:00 pm

APR 8 & 9 (T & W)
 9:00 - 11:30 am

MAY 28 & 29 (W & TH)
 2:00 - 4:30 pm

NOV 14
 9:00 am - 2:00 pm

MAY 6 & 7 (T & W)
 2:30 - 5:00 pm

JUN 24 & 25 (T & W)
 5:00 - 7:30 pm

JUN 2 & 4 (M & W)
 2:30 - 5:00 pm

JUL 16 & 17 (W & TH)
 9:00 - 11:30 am

JUL 8 & 9 (T & W)
 2:30 - 5:00 pm

SEP 24 & 25 (W & TH)
 2:00 - 4:30 pm

AUG 5 & 12 (T)
 5:30 - 8:00 pm

OCT 14 & 15 (T & W)
 4:00 - 6:30 pm

SEP 9 & 10 (T & W)
 2:30 - 5:00 pm

OCT 7 & 8 (T & W)
 2:30 - 5:00 pm

NOV 4 & 5 (T & W)
 2:30 - 5:00 pm

DEC 8 & 9 (M & T)
 9:00 - 11:30 am

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

[Click here for
Fleet and Family Support Center
Families Schedule](#)

[Click here for
Fleet and Family Support Center
Counseling Schedule](#)

[Click here for
Fleet and Family Support Center
Military Schedule](#)

Ready Navy

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

ToddlerTime

Welcome to the Military

EFM Regional POC Training

FAP Command Leadership
Training

PCO - PXO Spouses Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

APR 1
5:30 - 8:00 pm

JUN 17
2:30 - 5:00 pm

SEP 16
2:30 - 5:00 pm

NOV 18
2:30 - 5:00 pm

JAN 9
2:00 - 4:30 pm

APR 3
2:00 - 4:30 pm

JUL 22
4:00 - 6:30 pm

OCT 9
4:00 - 6:30 pm

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

[Click here for
Fleet and Family Support Center
Families Schedule](#)

[Click here for
Fleet and Family Support Center
Counseling Schedule](#)

[Click here for
Fleet and Family Support Center
Military Schedule](#)

Ready Navy

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
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

DEC 17 2013
1:00 - 3:00 pm

JAN 27
1:00 - 3:00 pm

FEB 24
1:00 - 3:00 pm

MAR 31
1:00 - 3:00 pm

APR 28
1:00 - 3:00 pm

MAY 19
1:00 - 3:00 pm

JUN 30
1:00 - 3:00 pm

JUL 28
1:00 - 3:00 pm

AUG 27
1:00 - 3:00 pm

SEP 29
1:00 - 3:00 pm

OCT 27
1:00 - 3:00 pm

NOV 17
1:00 - 3:00 pm

DEC 15
1:00 - 3:00 pm

JUN 17
5:00 - 7:00 pm

OCT 7
5:00 - 7:00 pm

APR 15
9:00 am - noon

OCT 2
1:30 - 3:30 pm

DEC 6 2013
9:00 - 11:00 am

JAN 3
9:00 - 11:00 am

FEB 7
9:00 - 11:00 am

APR 29
2:00 - 4:00 pm

MAY 16
9:00 - 11:00 am

AUG 20
9:00 - 11:00 am

DEC 4
9:00 - 11:00 am

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Ready Navy

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

ToddlerTime

Welcome to the Military

EFM Regional POC Training

FAP Command Leadership
Training

PCO - PXO Spouses Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

APR 30
2:00 - 4:30 pm

JAN 29
9:00 - 11:30 am

FEB 11
2:00 - 4:30 pm

FEB 11
8:00 - 10:30 am

DEC 12 2013
4:00 - 6:30 pm

APR 3
2:30 - 5:00 pm

MAR 27
2:00 - 4:30 pm

APR 11
2:00 - 4:30 pm

AUG 7
2:30 - 5:00 pm

JUN 3
4:30 - 7:00 pm

MAY 29
8:00 - 10:30 am

NOV 12
2:30 - 5:00 pm

SEP 16
4:00 - 6:30 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Ready Navy

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

ToddlerTime

Welcome to the Military

EFM Regional POC Training

FAP Command Leadership
 Training

PCO - PXO Spouses Workshop

Yorktown
 887-4606

Norfolk
 444-2102

Oceana/Dam Neck
 433-2912

JEB Little Creek/ Fort Story
 462-7563

Newport News
 688-6289

Northwest
 421-8770

JAN 16 - 27 FEB (Th)
 6:00 - 8:00 pm (Teen STEP)

MAR 3 - 24 (M & Th)
 4:00 - 6:00 pm (School Age)

APR 24 - JUN 5 (TH)
 6:00 - 8:00 pm (Early Childhood)

JUL 7-28 (M & F)
 4:00 - 6:00 pm (Teen Step)

SEP 11 - OCT 23 (TH)
 6:00 - 8:00 pm (School Age)

NOV 3 - 24 (M & TH)
 3:00 - 5:00 pm (Early Childhood)

JAN 14 & 15 (T & W)
 9:00 - 11:30 am

JAN 28 & 30 (T & TH)
 12:30 - 4:30 pm

FEB 25 & 26 (T & W)
 4:00 - 6:30 pm

MAR 11 & 12 (T & W)
 9:00 - 11:30 am

MAY 28 & 29 (W & TH)
 2:00 - 4:30 pm

JUN 24 & 25 (T & W)
 5:00 - 7:30 pm

JUL 16 & 17 (W & TH)
 9:00 - 11:30 am

SEP 24 & 25 (W & TH)
 2:00 - 4:30 pm

OCT 14 & 15 (T & W)
 4:00 - 6:30 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Ready Navy

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
 887-4606

Norfolk
 444-2102

Oceana/Dam Neck
 433-2912

JEB Little Creek/ Fort Story
 462-7563

Newport News
 688-6289

Northwest
 421-8770

APR 24 - JUN 5 (TH)
6:00 - 8:00 pm

NOV 3 - 24 (M & TH)
3:00 - 5:00 pm

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Ready Navy

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
 887-4606

Norfolk
 444-2102

Oceana/Dam Neck
 433-2912

JEB Little Creek/ Fort Story
 462-7563

Newport News
 688-6289

Northwest
 421-8770

JAN 16 - 27 FEB (Th)
6:00 - 8:00 pm

JUL 7-28 (M & F)
4:00 - 6:00 pm

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Ready Navy

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
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

MAR 3 - 12 (M & W)
9:00 - 11:00 am

DEC 10 - 19 (T & TH) 2013
1:00 - 3:00 pm

DEC 2 - 11 (M & W) 2013
2:00 - 4:00 pm

JAN 21 - 30 (T & TH)
9:00 - 11:00 am

FEB 4 - 13 (T & TH)
8:00 - 10:00 am

JUN 23 - 26 (M - TH)
2:00 - 4:00 pm

JUL 8 - 17 (T & TH)
1:00 - 3:00 pm

JAN 7 - 16 (T & TH)
1:00 - 3:00 pm
FEB 4 - 13 (T & TH)
1:00 - 3:00 pm

FEB 11 - 20 (T & TH)
9:00 - 11:00 am

MAR 18 - 27 (T & TH)
9:00 - 11:00 am

MAR 17 - 26 (M & W)
8:00 - 10:00 am

NOV 17 - 20 (M - TH)
2:00 - 4:00 pm

NOV 3 & 5 (M & W)
8:00 am - noon

MAR 4 - 13 (T & TH)
1:00 - 3:00 pm
MAR 17 - 18 (M & T)
4:00 - 8:00 pm
APR 8 - 17 (T & TH)
1:00 - 3:00 pm
MAY 6 - 15 (T & TH)
1:00 - 3:00 pm
JUN 10 - 19 (T & TH)
1:00 - 3:00 pm
JUL 8 - 17 (T & TH)
1:00 - 3:00 pm
JUL 29 & 30 (T & W)
4:00 - 8:00 pm
AUG 5 - 14 (T & TH)
1:30 - 3:00 pm
SEP 9 - 18 (T & TH)
1:00 - 3:00 pm
OCT 7 - 16 (T & TH)
1:00 - 3:00 pm
NOV 4 - 13 (T & Th)
1:00 - 3:00 pm
DEC 2 - 11 (T & TH)
1:00 - 3:00 pm

APR 8 - 17 (T & TH)
2:00 - 4:00 pm

MAY 27 - JUN 5 (T & TH)
1:00 - 3:00 pm

MAY 5 - 14 (M & W)
8:00 - 10:00 am

JUN 16 - 25 (M & W)
2:00 - 4:00 pm

JUL 21 - 30 (M & W)
9:00 - 11:00 am

JUN 23 - JUL 2 (M & W)
8:00 - 10:00 am

AUG 12 - 21 (T & TH)
9:00 - 11:00 am

SEP 8 - 17 (M & W)
9:00 - 11:00 am

AUG 19 - 28 (T & TH)
1:00 - 3:00 pm

OCT 20 - 29 (M & W)
2:00 - 4:00 pm

NOV 10 - 19 (M & W)
1:00 - 3:00 pm

OCT 21 - 30 (T & TH)
2:00 - 4:00 pm

DEC 8 - 17 (M & W)
2:00 - 4:00 pm

DEC 8 - 17 (M & W)
9:00 - 11:00 am

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Ready Navy

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

ToddlerTime

Welcome to the Military

EFM Regional POC Training

FAP Command Leadership
 Training

PCO - PXO Spouses Workshop

Yorktown
 887-4606

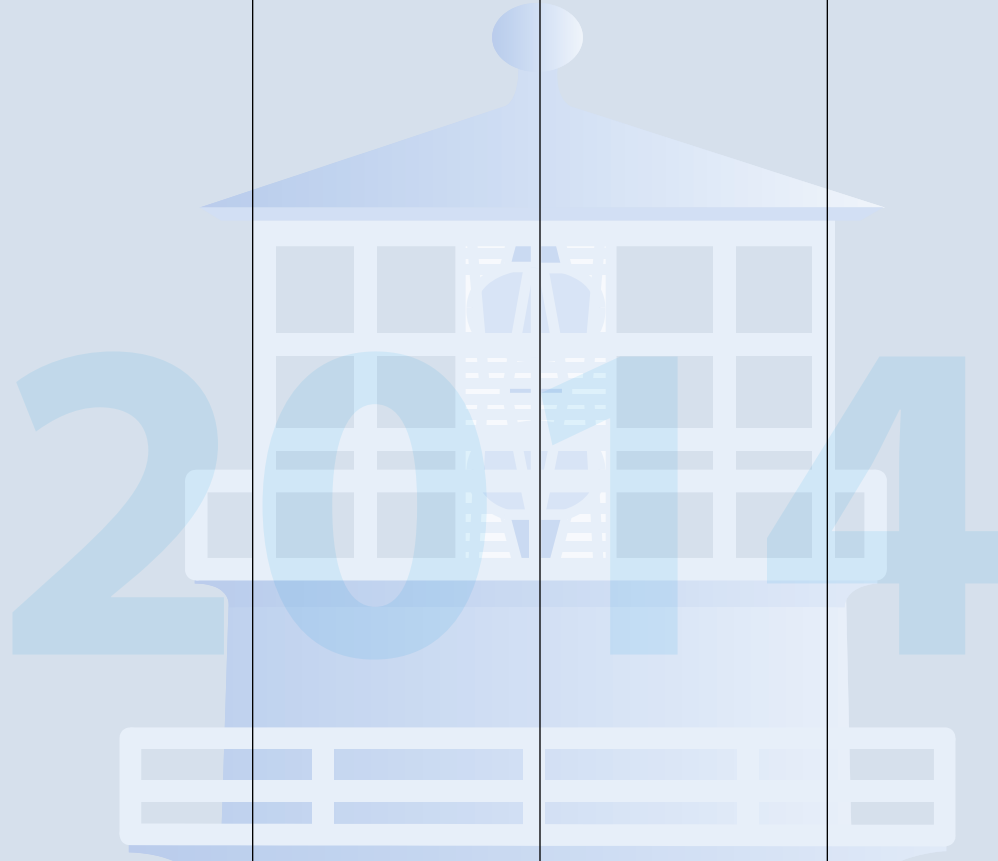
Norfolk
 444-2102

Oceana/Dam Neck
 433-2912

JEB Little Creek/ Fort Story
 462-7563

Newport News
 688-6289

Northwest
 421-8770



Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Ready Navy

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
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JAN 22
5:30 - 8:30 pm

MAR 10
9:00 am - noon

MAY 21
5:30 - 8:30 pm

JUN 23
1:00 - 4:00 pm

AUG 20
5:30 - 8:00 pm

OCT 22
9:00 am - noon

NOV 19
5:30 - 8:30 pm

DEC 12
9:00 am - noon

APR 22
4:00 - 7:00 pm

JUL 29
4:00 - 7:00 pm

NOV 4
1:00 - 4:00 pm

FEB 18
1:00 - 4:00 pm

APR 18
9:00 am - noon

JUL 31
9:00 am - noon

NOV 24
9:00 am - noon

MAY 2
9:00 am - noon

JAN 29
9:00 am - noon

MAR 11
9:00 am - noon

MAY 7
9:00 am - noon

JUL 23
9:00 am - noon

OCT 2
1:00 - 3:00 pm

NOV 20
9:00 am - noon

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Ready Navy

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

ToddlerTime

Welcome to the Military

EFM Regional POC Training

FAP Command Leadership
Training

PCO - PXO Spouses Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

FEB 7
8:00 am - noon

NOV 21 2013
8:30 am - 12:30 pm

DEC 6 2013
8:30 am - 12:30 pm

JAN 14
8:00 am - noon

MAY 14
8:00 am - noon

JAN 28
8:30 am - 12:30 pm

MAR 14
8:30 am - 12:30 pm

APR 17
8:00 am - noon

APR 15
8:30 am - 12:30 pm

JUL 11
8:30 am - 12:30 pm

JUL 15
8:00 am - noon

JUL 15
8:30 am - 12:30 pm

NOV 7
8:30 am - 12:30 pm

OCT 30
8:00 am - noon

OCT 14
8:30 am - 12:30 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

[Click here for
Fleet and Family Support Center
Families Schedule](#)

[Click here for
Fleet and Family Support Center
Counseling Schedule](#)

[Click here for
Fleet and Family Support Center
Military Schedule](#)

Ready Navy

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

ToddlerTime

Welcome to the Military

EFM Regional POC Training

FAP Command Leadership
Training

PCO - PXO Spouses Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JUL 16
8:00 am - 4:00 pm

APR 29
8:00 am - 4:00 pm

MAY 22
8:00 am - 4:00 pm

FEB 4
8:00 am - 4:00 pm

OCT 28
8:00 am - 4:00 pm

OCT 21
8:00 am - 4:00 pm

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

[Click here for
Fleet and Family Support Center
Families Schedule](#)

[Click here for
Fleet and Family Support Center
Counseling Schedule](#)

[Click here for
Fleet and Family Support Center
Military Schedule](#)

Ready Navy

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

ToddlerTime

Welcome to the Military

EFM Regional POC Training

FAP Command Leadership
Training

PCO - PXO Spouses Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JUL 16
8:00 am - 4:00 pm

JAN 30
9:00 am - 2:00 pm

MAY 22
8:00 am - 4:00 pm

FEB 4
8:00 am - 4:00 pm

APR 29
8:00 am - 4:00 pm

OCT 21
8:00 am - 4:00 pm

OCT 28
8:00 am - 4:00 pm

MAY 9
9:00 am - 2:00 pm

SEP 22
9:00 am - 2:00 pm

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JAN 23
8:00 am - 4:00 pm

APR 9
8:00 am - 4:00 pm

MAY 13
8:00 am - 4:00 pm

JUN 12
8:00 am - 4:00 pm

DEC 16 2013
8:00 am - 4:00 pm
JAN 23
8:00 am - 4:00 pm
FEB 18
8:00 am - 4:00 pm
MAR 11
8:00 am - 4:00 pm
MAR 25 - 26 (T & W)
4:00 - 8:00 pm
APR 14
8:00 am - 4:00 pm
MAY 21
8:00 am - 4:00 pm
JUN 13
8:00 am - 4:00 pm
JUN 24 & 25 (T & W)
4:00 - 8:00 pm
JUL 31
8:00 am - 4:00 pm
AUG 19
8:00 am - 4:00 pm
SEP 23 & 24 (T & W)
4:00 - 8:00 pm
SEP 25
8:00 am - 4:00 pm
OCT 2
8:00 am - 4:00 pm
NOV 20
8:00 am - 4:00 pm
DEC 16
8:00 am - 4:00 pm
DEC 17 & 18 (W & TH)
4:00 - 8:00 pm

DEC 12 2013
8:00 am - 4:00 pm

JAN 27
8:00 am - 4:00 pm

MAY 15
8:00 am - 4:00 pm

SEP 8
8:00 am - 4:00 pm

DEC 11
8:00 am - 4:00 pm

JAN 13
8:00 am - 4:00 pm

MAR 17
8:00 am - 4:00 pm

APR 14
8:00 am - 4:00 pm

JUN 26
8:00 am - 4:00 pm

JUL 14 & 15 (M & T)
5:00 - 9:00 pm

AUG 5
8:00 am - 4:00 pm

SEP 19
8:00 am - 4:00 pm

OCT 14
8:00 am - 4:00 pm

NOV 21 2013
8:00 am - 4:00 pm

MAR 17
8:00 am - 4:00 pm

SEP 8
8:00 am - 4:00 pm

DEC 4 2013
8:00 am - 4:00 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JUN 17 12:00 - 1:30 pm

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

MAY 8
9:00 - 10:30 am

JUN 27
8:30 - 10:00 am

OCT 15
8:30 - 11:00 am

DEC 4 2013
12:00 - 1:30 pm

JAN 8
12:00 - 1:30 pm

FEB 5
12:00 - 1:30 pm

MAR 5
12:00 - 1:30 pm

APR 2
12:00 - 1:30 pm

MAY 7
12:00 - 1:30 pm

JUN 4
12:00 - 1:30 pm

JUL 2
12:00 - 1:30 pm

AUG 6
12:00 - 1:30 pm

SEP 3
12:00 - 1:30 pm

OCT 1
12:00 - 1:30 pm

NOV 5
12:00 - 1:30 pm

DEC 3
12:00 - 1:30 pm

JAN 7
5:00 - 6:30 pm

MAR 19
2:30 - 4:00 pm

APR 15
5:00 - 6:30 pm

JUL 22
5:00 - 6:30 pm

OCT 27
2:30 - 4:00 pm

JUN 17
8:00 - 9:30 am

SEP 22
10:00 - 11:30 am

AUG 27
1:00 - 2:30 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

FEB 14
9:30 - 11:00 am

APR 18
9:30 - 11:00 am

OCT 31
9:30 - 11:00 am

DEC 5 2013
1:00 - 2:30 pm

MAR 6
1:00 - 2:30 pm

JUN 5
1:00 - 2:30 pm

SEP 11
1:00 - 2:30 pm

DEC 4
1:00 - 2:30 pm

FEB 14
8:30 - 10:00 am

JUN 20
8:30 - 10:00 am

OCT 3
8:30 - 10:00 am

DEC 13 2013
8:00 - 9:30 am

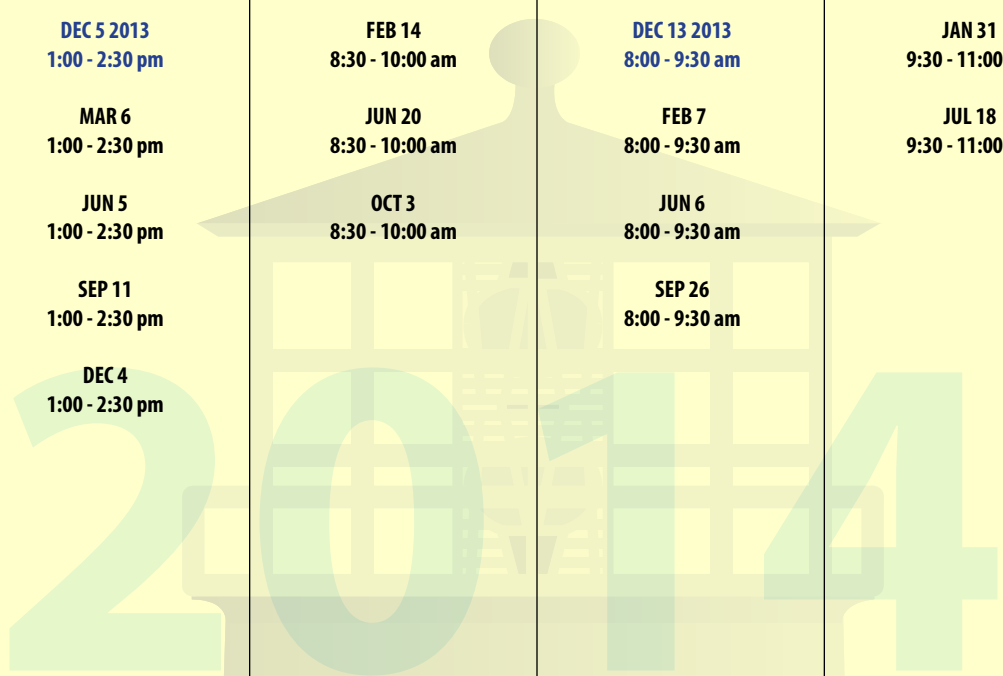
FEB 7
8:00 - 9:30 am

JUN 6
8:00 - 9:30 am

SEP 26
8:00 - 9:30 am

JAN 31
9:30 - 11:00 am

JUL 18
9:30 - 11:00 am



Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JUN 19
8:00 am - 4:00 pm

NOV 20 2013
7:30 am - 4:00 pm

FEB 24
8:00 am - 4:00 pm

JAN 3
8:00 am - 4:00 pm

MAR 11
8:00 am - 4:00 pm

JAN 21
8:00 am - 4:00 pm

JUL 8
8:00 am - 4:00 pm

JUN 30
8:00 am - 4:00 pm

SEP 10
8:00 am - 4:00 pm

MAR 17
8:00 am - 4:00 pm

NOV 12
8:00 am - 4:00 pm

AUG 18
8:00 am - 4:00 pm

MAY 22
8:00 am - 4:00 pm

JUL 28
8:00 am - 4:00 pm

SEP 22
8:00 am - 4:00 pm

NOV 18
8:00 am - 4:00 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

APR 14 - 18 (M - F)
7:30 am - 4:00 pm

AUG 11 - 15 (M - F)
7:30 am - 4:00 pm

OCT 27 - 31 (M - F)
7:30 am - 4:00 pm

DEC 2 - 6 (M - F) 2013
7:30 am - 4:00 pm

FEB 3 - 7 (M - F)
7:30 am - 4:00 pm

MAR 3 - 7 (M - F)
7:30 am - 4:00 pm

APR 7 - 11 (M - F)
7:30 am - 4:00 pm

MAY 5 - 9 (M - F)
7:30 am - 4:00 pm

JUN 2 - 6 (M - F)
7:30 am - 4:00 pm

JUL 7 - 11 (M - F)
7:30 am - 4:00 pm

AUG 4 - 8 (M - F)
7:30 am - 4:00 pm

SEP 8 - 12 (M - F)
7:30 am - 4:00 pm

OCT 6 - 10 (M - F)
7:30 am - 4:00 pm

NOV 3 - 7 (M - F)
7:30 am - 4:00 pm

NOV 3 - 7 (M - F)
7:30 am - 4:00 pm

DEC 1 - 5 (M - F)
7:30 am - 4:00 pm

FEB 10 - 14 (M - F)
7:30 am - 4:00 pm

MAR 3 - 7 (M - F)
7:30 am - 4:00 pm

MAR 31 - APR 4 (M - F)
7:30 am - 4:00 pm

MAY 5 - 9 (M - F)
7:30 am - 4:00 pm

JUN 16 - 20 (M - F)
7:30 am - 4:00 pm

JUL 14 - 18 (M - F)
7:30 am - 4:00 pm

AUG 4 - 8 (M - F)
7:30 am - 4:00 pm

SEP 15 - 19 (M - F)
7:30 am - 4:00 pm

SEP 29 - OCT 3 (M - F)
7:30 am - 4:00 pm

NOV 3 - 7 (M - F)
7:30 am - 4:00 pm

DEC 9 - 13 (M - F) 2013
7:30 am - 4:00 pm

JAN 6 - 10 (M - F)
7:30 am - 4:00 pm

FEB 3 - 7 (M - F)
7:30 am - 4:00 pm

MAR 10 - 14 (M - F)
7:30 am - 4:00 pm

APR 7 - 11 (M - F)
7:30 am - 4:00 pm

MAY 12 - 16 (M - F)
7:30 am - 4:00 pm

JUN 2 - 6 (M - F)
7:30 am - 4:00 pm

JUL 7 - 11 (M - F)
7:30 am - 4:00 pm

SEP 22 - 26 (M - F)
7:30 am - 4:00 pm

OCT 20 - 24 (M - F)
7:30 am - 4:00 pm

NOV 3 - 7 (M - F)
7:30 am - 4:00 pm

DEC 1 - 5 (M - F)
7:30 am - 4:00 pm

DEC 9 - 13 (M - F) 2013
7:30 am - 4:00 pm

JAN 27 - 31 (M - F)
7:30 am - 4:00 pm

JUL 14 - 18 (M - F)
7:30 am - 4:00 pm

Dec 8 - 12 (M - F)
7:30 am - 4:00 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

MAY 8
10:30 am - noon

JUN 27
10:00 - 11:30 am

SEP 9
9:00 - 10:30 am

OCT 15
11:00 am - 12:30 pm

DEC 4 2013
10:00 - 11:30 am

JAN 8
10:00 - 11:30 am

FEB 5
10:00 - 11:30 am

MAR 5
10:00 - 11:30 am

APR 2
10:00 - 11:30 am

MAY 7
10:00 - 11:30 am

JUN 4
10:00 - 11:30 am

JUL 2
10:00 - 11:30 am

AUG 6
10:00 - 11:30 am

SEP 3
10:00 - 11:30 am

OCT 1
10:00 - 11:30 am

NOV 5
10:00 - 11:30 am

DEC 3
10:00 - 11:30 am

JAN 22
2:30 - 4:00 pm

JUN 17
9:30 - 11:00 am

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

DEC 4 2013
8:30 - 10:00 am

JAN 8
8:30 - 10:00 am

FEB 5
8:30 - 10:00 am

MAR 5
8:30 - 10:00 am

APR 2
8:30 - 10:00 am

MAY 7
8:30 - 10:00 am

JUN 4
8:30 - 10:00 am

JUL 2
8:30 - 10:00 am

AUG 6
8:30 - 10:00 am

SEP 3
8:30 - 10:00 am

OCT 1
8:30 - 10:00 am

NOV 5
8:30 - 10:00 am

DEC 3
8:30 - 10:00 am

DEC 2 2013
2:30 - 4:00 pm

DEC 10 2013
5:00 - 6:30 pm

JAN 21
2:30 - 4:00 pm

FEB 4
5:00 - 6:30 pm

FEB 25
5:00 - 6:30 pm

MAY 19
1:00 - 2:30 pm

OCT 27
1:00 - 2:30 pm

NOV 25
5:00 - 6:30 pm

DEC 1
2:30 - 4:00 pm

DEC 2
5:00 - 6:30 pm

DEC 9
5:00 - 6:30 pm

JAN 22
1:00 - 2:30 pm

JUL 16
2:00 - 3:30 pm

SEP 22
8:30 - 10:00 am

OCT 22
8:00 - 9:30 am

DEC 4 2013
9:00 - 10:30 am

JAN 8
10:00 - 11:30 am

MAR 3
9:30 - 11:00 am

MAY 21
8:00 - 9:30 am

SEP 22
10:30 am - noon

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

DEC 2 2013
1:00 - 2:30 pm

JAN 21
1:00 - 2:30 pm

MAR 19
1:00 - 2:30 pm

DEC 1
1:00 - 2:30 pm

MAR 31
1:00 - 2:30 pm

DEC 9 2013
9:00 - 10:30 am

JAN 8
8:30 - 10:00 am

MAR 3
8:00 - 9:30 am

APR 10
4:00 - 5:30 pm

SEP 22
9:00 - 10:30 am

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JAN 21
8:00 am - noon

APR 24
8:00 am - noon

DEC 18 2013
8:00 am - noon

JAN 27
8:00 am - noon

FEB 19
8:00 am - noon

MAR 24
8:00 am - noon

APR 21
8:00 am - noon

MAY 27
8:00 am - noon

JUN 26
8:00 am - noon

JUL 29
8:00 am - noon

AUG 21
8:00 am - noon

SEP 30
8:00 am - noon

OCT 14
8:00 am - noon

NOV 10
8:00 am - noon

DEC 22
8:00 am - noon

JAN 13
7:30 - 11:30 am

APR 30
7:30 - 11:30 am

JUN 30
7:30 - 11:30 am

SEP 10
7:30 - 11:30 am

DEC 5 2013
8:00 am - noon

JAN 22
8:00 am - noon

FEB 18
8:00 am - noon

MAR 7
8:00 am - noon

APR 16
8:00 am - noon

MAY 5
8:00 am - noon

JUL 1
8:00 am - noon

AUG 22
8:00 am - noon

SEP 8
8:00 am - noon

OCT 1
8:00 am - noon

JUL 28
12:00 - 4:00 pm

OCT 1
8:00 am - noon

AUG 18
8:00 am - noon

DEC 9
8:00 am - noon

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

MAR 13
8:30 am - 3:00 pm

JUL 10
8:30 am - 3:00 pm

FEB 19
8:30 am - 3:00 pm

APR 16
8:30 am - 3:00 pm

JUN 12
8:30 am - 3:00 pm

AUG 14
8:30 am - 3:00 pm

OCT 16
8:30 am - 3:00 pm

DEC 15
8:30 am - 3:00 pm

DEC 3 2013
8:30 am - 3:00 pm

FEB 20
9:00 am - 4:00 pm

MAY 21
9:00 am - 4:00 pm

OCT 8
9:00 am - 4:00 pm

DEC 2
9:00 am - 4:00 pm

JAN 29
8:30 am - 3:00 pm

APR 21 & 22 (M & T)
6:00 - 9:00 pm

SEP 4
8:30 am - 3:00 pm

MAY 8
8:30 am - 3:00 pm

SEP 11
8:30 am - 3:00 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

SEP 5
9:00 - 10:30 am

JUL 1
12:00 - 1:30 pm

MAY 1
9:00 - 10:30 am

AUG 1
9:00 - 10:30 am

JUL 25
8:00 - 9:30 am

SEP 17
12:00 - 1:30 pm

SEP 12
9:00 - 10:30 am

SEP 5
8:00 - 9:30 am

NOV 25
12:00 - 1:30 pm

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

MAR 31
2:30 - 4:00 pm

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JAN 2
9:30 - 11:00 am

JUL 22
2:30 - 4:00 pm

SEP 9
10:30 am - noon

DEC 11 2013
12:00 - 1:30 pm

JAN 15
12:00 - 1:30 pm

FEB 12
12:00 - 1:30 pm

MAR 12
12:00 - 1:30 pm

APR 9
12:00 - 1:30 pm

MAY 14
12:00 - 1:30 pm

JUN 11
12:00 - 1:30 pm

JUL 9
12:00 - 1:30 pm

AUG 13
12:00 - 1:30 pm

SEP 10
12:00 - 1:30 pm

OCT 8
12:00 - 1:30 pm

NOV 12
12:00 - 1:30 pm

DEC 10
12:00 - 1:30 pm

JAN 13
12:30 - 2:00 pm

APR 30
12:30 - 2:00 pm

JUN 30
12:30 - 2:00 pm

SEP 10
12:30 - 2:00 pm

DEC 18 2013
1:00 - 2:30 pm

APR 25
1:00 - 2:30 pm

SEP 16
1:00 - 2:30 pm

DEC 18
1:00 - 2:30 pm

MAR 7
10:30 am - noon

OCT 22
9:30 - 11:00 am

JAN 15
1:00 - 2:30 pm

FEB 26
1:00 - 2:30 pm

MAR 5
9:30 - 11:00 am

JUN 18
1:00 - 2:30 pm

AUG 21
1:00 - 2:30 pm

OCT 27
1:00 - 2:30 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JAN 2
8:00 - 9:30 am

FEB 14
8:00 - 9:30 pm

NOV 14
8:30 - 10:00 am

DEC 11 2013
8:30 - 10:00 am

JAN 15
8:30 - 10:00 am

FEB 12
8:30 - 10:00 am

MAR 12
8:30 - 10:00 am

APR 9
8:30 - 10:00 am

MAY 14
8:30 - 10:00 am

JUN 11
8:30 - 10:00 am

JUL 9
8:30 - 10:00 am

AUG 13
8:30 - 10:00 am

SEP 10
8:30 - 10:00 am

OCT 8
8:30 - 10:00 am

NOV 12
8:30 - 10:00 am

DEC 10
8:30 - 10:00 am

DEC 16 2013
8:30 - 10:00 am

JAN 13
2:00 - 3:30 pm

FEB 26
1:00 - 2:30 pm

APR 30
2:00 - 3:30 pm

MAY 19
2:30 - 4:00 pm

JUN 9
8:30 - 10:00 am

JUN 30
2:00 - 3:30 pm

SEP 10
2:00 - 3:30 pm

DEC 15
8:30 - 10:00 am

DEC 18 2013
8:30 - 10:00 am

APR 25
8:30 - 10:00 am

JUL 2
8:30 - 10:00 am

SEP 16
8:30 - 10:00 am

DEC 18
8:30 - 10:00 am

MAR 7
9:00 - 10:30 am

JAN 22
1:00 - 2:30 pm

MAR 5
8:00 - 9:30 am

MAY 21
9:30 - 11:00 am

SEP 24
10:30 am - noon

NOV 5
10:00 - 11:30 am

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

MAY 20
9:00 - 10:30 am

NOV 3
9:00 - 10:30 am

FEB 14
1:00 - 2:30 pm

MAY 16
1:00 - 2:30 pm

JUN 30
1:00 - 2:30 pm

NOV 14
1:00 - 2:30 pm

MAR 11
5:00 - 6:30 pm

SEP 9
5:00 - 6:30 pm

JUN 13
9:00 - 10:30 am

JUN 27
8:30 - 10:00 am

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

FEB 6
1:00 - 2:30 pm

JUL 22
1:00 - 2:30 pm

NOV 14
10:00 - 11:30 am

DEC 11 2013
10:00 - 11:30 am

JAN 15
10:00 - 11:30 am

FEB 12
10:00 - 11:30 am

MAR 12
10:00 - 11:30 am

APR 9
10:00 - 11:30 am

MAY 14
10:00 - 11:30 am

JUN 11
10:00 - 11:30 am

JUL 9
10:00 - 11:30 am

AUG 13
10:00 - 11:30 am

SEP 10
10:00 - 11:30 am

OCT 8
10:00 - 11:30 am

NOV 12
10:00 - 11:30 am

DEC 10
10:00 - 11:30 am

DEC 16 2013
10:00 - 11:30 am

JAN 13
3:30 - 5:00 pm

FEB 26
2:30 - 4:00 pm

APR 30
3:30 - 5:00 pm

JUN 9
10:00 - 11:30 am

JUN 30
3:30 - 5:00 pm

SEP 10
3:30 - 5:00 pm

DEC 15
10:00 - 11:30 am

DEC 18 2013
10:00 - 11:30 am

APR 25
10:00 - 11:30 am

JUL 2
10:00 - 11:30 am

SEP 16
10:00 - 11:30 am

DEC 18
10:00 - 11:30 am

APR 23
8:00 - 9:30 am

AUG 27
2:30 - 4:00 pm

SEP 24
9:00 - 10:30 am

NOV 5
8:30 - 10:00 am

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

DEC 3 & 4 (T & W) 2013
8:00 am - 4:00 pm

DEC 19 & 20 (TH & F) 2013
8:00 am - 4:00 pm

SEP 2 & 3 (T & W)
8:00 am - 4:00 pm

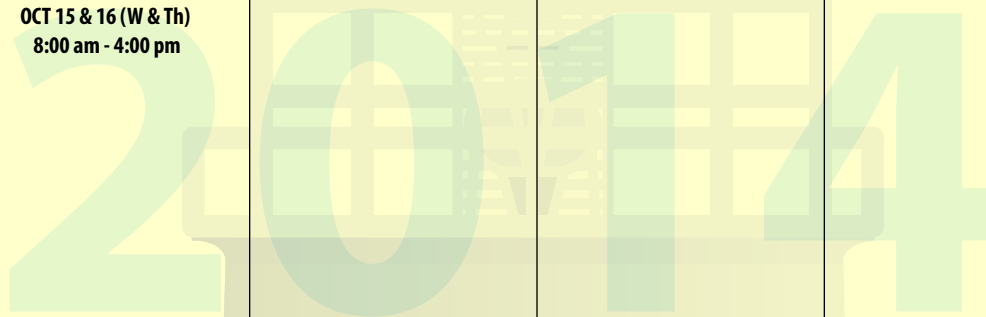
FEB 19 & 20 (W & TH)
8:00 am - 4:00 pm

FEB 25 & 26 (T & W)
8:00 am - 4:00 pm

MAY 29 & 30 (TH & F)
8:00 am - 4:00 pm

AUG 27 & 28 (W & Th)
8:00 am - 4:00 pm

OCT 15 & 16 (W & Th)
8:00 am - 4:00 pm



Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

DEC 11 2013
1:30 - 3:30 pm

MAR 12
1:30 - 3:30 pm

JUN 11
1:30 - 3:30 pm

SEP 3
1:30 - 3:30 pm

DEC 17
1:30 - 3:30 pm

FEB 4
1:30 - 3:30 pm

JUN 10
1:30 - 3:30 pm

AUG 5
1:30 - 3:30 pm

MAR 5
1:30 - 3:30 pm

JUL 9
1:30 - 3:30 pm

SEP 10
1:30 - 3:30 pm

OCT 8
1:30 - 3:30 pm

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

- Art of Money Management
- CFS Forum & Financial Town Hall Mtg.
- Consumer Awareness
- Don't Bet Your Life On It
- Homeownership
- Retirement Planning
- TSP: Your Key to Financial Independence
- SAPR Command Liaison Training
- SAPR Victim Advocate Basic Training
- Couples Workshop
- Federal Employment System
- Job Search Strategies

- Banking and Financial Services
- CFS Refresher
- Credit Management
- Financial Leadership Seminar
- How to Survive the Holidays Financially
- Savings and Investments
- Million Dollar Sailor
- SAPR Command POC Training
- Love Thinks
- Career Planning
- Interview Techniques
- Children and Divorce

- Car Buying Strategies
- CFS Training
- Developing Your Spending Plan
- Financial Responsibility in the Military
- Identity Theft Protection
- SMART Start: Finances for Newlyweds
- SAPR Command Data Collection Coordinator
- SAPR Refresher Training
- Changes
- Effective Resume Writing
- Job Network

Yorktown 887-4606	Norfolk 444-2102	Oceana/Dam Neck 433-2912	JEB Little Creek/ Fort Story 462-7563	Newport News 688-6289	Northwest 421-8770
JAN 8 8:00 am - 4:00 pm	JAN 22 8:00 am - 4:00 pm	DEC 3 2013 8:00 am - 4:00 pm	DEC 11 2013 8:00 am - 4:00 pm		
APR 9 8:00 am - 4:00 pm	APR 16 8:00 am - 4:00 pm	MAR 4 8:00 am - 4:00 pm	MAR 20 8:00 am - 4:00 pm		
JUL 9 8:00 am - 4:00 pm	JUL 30 8:00 am - 4:00 pm	JUN 24 8:00 am - 4:00 pm	JUL 24 8:00 am - 4:00 pm		
OCT 8 8:00 am - 4:00 pm	OCT 15 8:00 am - 4:00 pm	AUG 25 8:00 am - 4:00 pm	SEP 25 8:00 am - 4:00 pm		
		DEC 2 8:00 am - 4:00 pm	OCT 23 8:00 am - 4:00 pm		

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

FEB 12
8:00 am - noon

MAY 14
8:00 am - noon

AUG 13
8:00 am - noon

NOV 12
8:00 am - noon

DEC 11 2013
8:00 am - noon

MAR 12
8:00 am - noon

JUN 11
8:00 am - noon

SEP 3
8:00 am - noon

DEC 17
8:00 am - noon

FEB 4
8:00 am - noon

JUN 10
8:00 am - noon

AUG 5
8:00 am - noon

MAR 5
8:00 am - noon

JUL 9
8:00 am - noon

SEP 10
8:00 am - noon

OCT 8
8:00 am - noon

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

FEB 14
9:00 - 11:30 am

MAY 16
9:00 - 11:30 am

AUG 15
9:00 - 11:30 am

NOV 14
9:00 - 11:30 am

DEC 4 2013
9:00 - 11:30 am

FEB 12
9:00 - 11:30 am

MAR 18
9:00 - 11:30 am

APR 29
9:00 - 11:30 am

AUG 12
9:00 - 11:30 am

OCT 7
9:00 - 11:30 am

JAN 9
9:00 - 11:30

APR 17
9:00 - 11:30 am

NOV 13
9:00 - 11:30 am

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

DEC 9 - 13 (M - F) 2013
8:00 am - 4:00 pm

MAR 10 - 14 (M - F)
8:00 am - 4:00 pm

JUN 9 - 13 (M - F)
8:00 am - 4:00 pm

SEP 8 - 12 (M - F)
8:00 am - 4:00 pm

DEC 8 - 12 (M - F)
8:00 am - 4:00 pm

JAN 13 - 17 (M - F)
8:00 am - 4:00 pm

FEB 10 - 14 (M - F)
8:00 am - 4:00 pm

MAR 24 - 28 (M - F)
8:00 am - 4:00 pm

MAY 19 - 23 (M - F)
8:00 am - 4:00 pm

JUN 16 - 20 (M - F)
8:00 am - 4:00 pm

Jul 21-25 (M - F)
8:00 am - 4:00 pm

AUG 18-22 (M - F)
8:00 am - 4:00 pm

SEP 15 - 19 (M - F)
8:00 am - 4:00 pm

OCT 20 - 24 (M - F)
8:00 am - 4:00 pm

NOV 17 - 21 (M - F)
8:00 am - 4:00 pm

DEC 8 - 12 (M - F)
8:00 am - 4:00 pm

JAN 27 - 31 (M - F)
8:00 am - 4:00 pm

FEB 24 - 28 (M - F)
8:00 am - 4:00 pm

JUL 14 - 18 (M - F)
8:00 am - 4:00 pm

AUG 25 - 29 (M - F)
8:00 am - 4:00 pm

NOV 3 - 7 (M - F)
8:00 am - 4:00 pm

DEC 2 - 6 (M - F) 2013
8:00 am - 4:00 pm

FEB 3 - 7 (M - F)
8:00 am - 4:00 pm

MAY 5 - 9 (M - F)
8:00 am - 4:00 pm

JUN 9 - 13 (M - F)
8:00 am - 4:00 pm

AUG 4 - 8 (M - F)
8:00 am - 4:00 pm

NOV 3 - 7 (M - F)
8:00 am - 4:00 pm

DEC 8 - 12 (M - F)
8:00 am - 4:00 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JAN 14
9:00 am - 10:30 am

MAR 6
9:00 am - 10:30 am

APR 29
1:00 pm - 2:30 pm

JUN 5
1:00 pm - 2:30 pm

JULY 29
9:00 am - 10:30 am

SEP 4
9:00 am - 10:30 am

OCT 16
1:00 pm - 2:30 pm

DEC 9
9:00 am - 10:30 am

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

- Art of Money Management
- CFS Forum & Financial Town Hall Mtg.
- Consumer Awareness
- Don't Bet Your Life On It
- Homeownership
- Retirement Planning
- TSP: Your Key to Financial Independence
- SAPR Command Liaison Training
- SAPR Victim Advocate Basic Training
- Couples Workshop
- Federal Employment System
- Job Search Strategies

- Banking and Financial Services
- CFS Refresher
- Credit Management
- Financial Leadership Seminar
- How to Survive the Holidays Financially
- Savings and Investments
- Million Dollar Sailor
- SAPR Command POC Training
- Love Thinks
- Career Planning
- Interview Techniques
- Children and Divorce

- Car Buying Strategies
- CFS Training
- Developing Your Spending Plan
- Financial Responsibility in the Military
- Identity Theft Protection
- SMART Start: Finances for Newlyweds
- SAPR Command Data Collection Coordinator
- SAPR Refresher Training
- Changes
- Effective Resume Writing
- Job Network

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

MAR 13 & 20 (TH) 2:30 - 5:00 pm	DEC 12 & 19 2013 (TH) 6:00 - 8:30 pm	FEB 4 & 11 (T) 2:00 - 4:30 pm	FEB 24 & MAR 3 (M) 5:00 - 7:30 pm	JAN 7 & 14 (T) 2:00 - 4:30 pm	
JUL 21 & 28 (M) 2:30 - 5:00 pm	JAN 23 & 30 (TH) 2:00 - 4:30 pm	MAY 6 & 13 (T) 2:00 - 4:30 pm	MAY 12 & 19 (M) 5:00 - 7:30 pm	SEP 18 & 25 (TH) 2:00 - 4:30 pm	
NOV 12 & 19 (W) 2:30 - 5:00 pm	FEB 20 & 27 (TH) 6:00 - 8:30 pm	AUG 5 & 12 (T) 2:00 - 4:30 pm	JUL 21 & 28 (M) 5:00 - 7:30 pm		
	MAR 20 & 27 (TH) 6:00 - 8:30 pm	NOV 18 & 25 (T) 2:00 - 4:30 pm	SEP 8 & 15 (M) 5:00 - 7:30 pm		
	APR 17 & 24 (TH) 6:00 - 8:30 pm		OCT 27 & NOV 3 (M) 5:00 - 7:30 pm		
	MAY 15 & 22 (TH) 4:00 - 6:30 pm				
	JUN 19 & 26 (TH) 6:00 - 8:30 pm				
	JUL 17 & 24 (TH) 6:00 - 8:30 pm				
	AUG 21 & 28 (TH) 4:00 - 6:30 pm				
	SEP 18 & 25 (TH) 6:00 - 8:30 pm				
	OCT 16 & 23 (TH) 6:00 - 8:30 pm				
	NOV 13 & 20 (TH) 6:00 - 8:30 pm				
	DEC 11 & 18 (TH) 6:00 - 8:30 pm				

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
**Fleet and Family Support Center
 Families Schedule**

Click here for
**Fleet and Family Support Center
 Counseling Schedule**

Click here for
**Fleet and Family Support Center
 Military Schedule**

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

DEC 9
9:00 am - noon

FEB 5
9:00 am - noon

MAR 31
9:00 am - noon

JUN 9
9:00 am - noon

AUG 5
1:00 - 4:00 pm

OCT 7
1:00 - 4:00 pm

DEC 9
1:00 - 4:00 pm

NOV 27
8:30 - 11:30 am

DEC 4
1:00 - 4:00 pm

JAN 7
8:30 - 11:30 am

JAN 7
8:30 - 11:30 am

FEB 18
8:30 - 11:30 am

FEB 18
8:30 - 11:30 am

MAR 18
1:00 - 4:00 pm

APR 22
8:30 - 11:30 am

MAY 27
8:30 - 11:30 am

JUN 24
8:30 - 11:30 am

JUL 15
1:00 - 4:00 pm

AUG 26
1:00 - 4:00 pm

SEP 23
8:30 - 11:30 am

OCT 28
1:00 - 4:00 pm

NOV 10
8:30 - 11:30 am

DEC 16
8:30 - 11:30 am

DEC 9 2013
9:00 am - noon

JAN 6
9:00 am - noon

FEB 10
9:00 am - noon

MAR 3
9:00 am - noon

APR 7
9:00 am - noon

MAY 5
9:00 am - noon

JUN 9
9:00 am - noon

JUL 21
9:00 am - noon

AUG 4
9:00 am - noon

SEP 22
9:00 am - noon

OCT 27
9:00 am - noon

NOV 17
9:00 am - noon

DEC 8
9:00 am - noon

DEC 16
9:00 am - noon

FEB 10
9:00 am - noon

APR 2
1:00 - 4:00 pm

JUN 9
1:00 - 4:00 pm

JUL 15
1:00 - 4:00 pm

AUG 11
9:00 am - noon

OCT 6
9:00 am - noon

NOV 12
9:00 am - noon

DEC 8
1:00 - 4:00 pm

JAN 7
9:00 am - noon

MAR 11
9:00 am - noon

MAY 5
1:00 - 4:00 pm

JUL 8
9:00 am - noon

SEP 16
1:00 - 4:00 pm

NOV 5
9:00 am - noon

FEB 4
9:00 am - noon

APR 8
9:00 am - noon

JUN 17
9:00 am - noon

AUG 28
9:00 am - noon

OCT 1
9:00 am - noon

NOV 4
9:00 am - noon

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

DEC 11 2013
9:00 am - noon

FEB 3
9:00 am - noon

APR 1
9:00 am - noon

JUN 11
1:00 - 4:00 pm

AUG 6
9:00 am - noon

OCT 8
1:00 - 4:00 pm

DEC 11
9:00 am - noon

DEC 11 2013
1:00 - 4:00 pm
JAN 8
8:30 - 11:30 am
FEB 6
8:30 - 11:30 am
FEB 19
8:30 - 11:30 am
MAR 19
8:30 - 11:30 am
APR 1
8:30 - 11:30 am
APR 23
8:30 - 11:30 am
MAY 28
8:30 - 11:30 am
JUN 6
8:30 - 11:30 am
JUN 25
8:30 - 11:30 am
JUL 16
8:30 - 11:30 am
AUG 1
8:30 - 11:30 am
AUG 27
8:30 - 11:30 am
SEP 24
8:30 - 11:30 am
OCT 3
8:30 - 11:30 am
OCT 29
8:30 - 11:30 am
NOV 12
8:30 - 11:30 am
DEC 17
8:30 - 11:30 am
DEC 30
8:30 - 11:30 am

DEC 2 2013 9:00 am - noon
DEC 11 2013 9:00 am - noon
DEC 17 2013 9:00 am - noon
JAN 8 9:00 am - noon
JAN 15 9:00 am - noon
JAN 22 9:00 am - noon
JAN 29 9:00 am - noon
FEB 12 9:00 am - noon
FEB 19 9:00 am - noon
FEB 26 9:00 am - noon
MAR 5 9:00 am - noon
MAR 13 9:00 am - noon
MAR 20 9:00 am - noon
MAR 25 9:00 am - noon
APR 9 9:00 am - noon
APR 14 9:00 am - noon
APR 22 9:00 am - noon
APR 29 9:00 am - noon
MAY 7 9:00 am - noon
MAY 15 9:00 am - noon
MAY 21 9:00 am - noon
MAY 27 9:00 am - noon
JUN 4 9:00 am - noon
JUN 11 9:00 am - noon
JUN 16 9:00 am - noon
JUN 24 9:00 am - noon
JUL 1 9:00 am - noon
JUL 9 9:00 am - noon
JUL 15 9:00 am - noon
JUL 23 9:00 am - noon
JUL 28 9:00 am - noon
AUG 6 9:00 am - noon
AUG 14 9:00 am - noon
AUG 20 9:00 am - noon
AUG 25 9:00 am - noon
SEP 3 9:00 am - noon
SEP 9 9:00 am - noon
SEP 15 9:00 am - noon
SEP 24 9:00 am - noon
OCT 1 9:00 am - noon
OCT 9 9:00 am - noon
OCT 16 9:00 am - noon
OCT 29 9:00 am - noon
NOV 5 9:00 am - noon
NOV 12 9:00 am - noon
NOV 19 9:00 am - noon
DEC 3 9:00 am - noon
DEC 10 9:00 am - noon
DEC 16 9:00 am - noon

DEC 3 2013
9:00 am - noon

JAN 17
9:00 am - noon

FEB 12
9:00 am - noon

MAR 21
9:00 am - noon

APR 21
9:00 am - noon

MAY 30
1:00 - 4:00 pm

JUN 24
9:00 am - noon

JUL 17
9:00 am - noon

AUG 26
9:00 am - noon

SEP 9
1:00 - 4:00 pm

OCT 7
9:00 am - noon

NOV 20
9:00 am - noon

DEC 16
9:00 am - noon

JAN 6
1:00 - 4:00 pm

MAR 10
1:00 - 4:00 pm

MAY 7
9:00 am - noon

JUL 10
9:00 am - noon

SEP 17
9:00 am - noon

NOV 6
9:00 am - noon

DEC 5 2013
1:00 - 4:00 pm

JAN 9
9:00 am - noon

FEB 11
9:00 am - noon

MAR 13
9:00 am - noon

APR 17
1:00 - 4:00 pm

MAY 6
9:00 am - noon

JUN 12
1:00 - 4:00 pm

JUN 26
9:00 am - noon

JUL 10
9:00 am - noon

AUG 19
9:00 am - noon

SEP 18
1:00 - 4:00 pm

OCT 8
9:00 am - noon

NOV 6
9:00 am - noon

DEC 2
9:00 am - noon

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

DEC 12 2013
9:00 am - noon

FEB 4
9:00 am - noon

APR 1
1:00 - 4:00 pm

JUN 10
9:00 am - noon

AUG 7
9:00 am - noon

OCT 8
9:00 am - noon

DEC 10
9:00 am - noon

DEC 10 2013
8:30 - 11:30 am

JAN 9
8:30 - 11:30 am

JAN 29
8:30 - 11:30 am

FEB 20
8:30 - 11:30 am

MAR 4
8:30 - 11:30 am

MAR 20
8:30 - 11:30 am

APR 24
8:30 - 11:30 am

MAY 2
8:30 - 11:30 am

MAY 29
8:30 - 11:30 am

JUN 26
8:30 - 11:30 am

JUN 26
8:30 - 11:30 am

JUL 17
8:30 - 11:30 am

JUL 29
8:30 - 11:30 am

AUG 28
8:30 - 11:30 am

SEP 5
8:30 - 11:30 am

SEP 25
8:30 - 11:30 am

OCT 30
8:30 - 11:30 am

NOV 13
8:30 - 11:30 am

NOV 24
8:30 - 11:30 am

DEC 18
8:30 - 11:30 am

DEC 18
8:30 - 11:30 am

NOV 22 2013
9:00 am - noon

DEC 13 2013
9:00 am - noon

DEC 18 2013
9:00 am - noon

JAN 10
9:00 am - noon

JAN 28
9:00 am - noon

FEB 14
9:00 am - noon

MAR 7
9:00 am - noon

MAR 19
9:00 am - noon

APR 11
9:00 am - noon

APR 24
9:00 am - noon

MAY 9
9:00 am - noon

MAY 20
9:00 am - noon

MAY 20
9:00 am - noon

JUN 3
9:00 am - noon

JUN 13
9:00 am - noon

JUN 26
9:00 am - noon

JUL 10
9:00 am - noon

JUL 25
9:00 am - noon

AUG 8
9:00 am - noon

AUG 19
9:00 am - noon

SEP 11
9:00 am - noon

SEP 26
9:00 am - noon

OCT 8
9:00 am - noon

OCT 31
9:00 am - noon

NOV 21
9:00 am - noon

NOV 21
9:00 am - noon

DEC 12
9:00 am - noon

DEC 17
9:00 am - noon

DEC 17
9:00 am - noon

DEC 16 2013
1:00 - 4:00 pm

JAN 28
1:00 - 4:00 pm

FEB 25
1:00 - 4:00 pm

MAR 24
9:00 am - noon

APR 22
9:00 am - noon

MAY 28
1:00 - 4:00 pm

JUN 17
1:00 - 4:00 pm

JUL 28
1:00 - 4:00 pm

AUG 19
9:00 am - noon

SEP 9
9:00 am - noon

OCT 27
9:00 am - noon

NOV 17
9:00 am - noon

DEC 11
1:00 - 4:00 pm

JAN 8
9:00 am - noon

MAR 13
9:00 am - noon

MAY 6
9:00 am - noon

JUL 8
1:00 - 4:00 pm

SEP 18
1:00 - 4:00 pm

NOV 4
9:00 am - noon

DEC 3 2013
1:00 - 4:00 pm

JAN 15
9:00 am - noon

FEB 26
9:00 am - noon

MAR 20
1:00 - 4:00 pm

APR 22
9:00 am - noon

MAY 22
1:00 - 4:00 pm

JUN 18
9:00 am - noon

JUL 22
9:00 am - noon

AUG 21
9:00 am - noon

SEP 25
1:00 - 4:00 pm

OCT 27
9:00 am - noon

NOV 25
9:00 am - noon

DEC 11
1:00 - 4:00 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

DEC 13
9:00 am - noon

FEB 5
9:00 am - noon

APR 2
9:00 am - noon

JUN 11
9:00 am - noon

AUG 6
1:00 - 4:00 pm

OCT 9
9:00 am - noon

DEC 11
12:00 - 4:00 pm

DEC 18 2013
8:30 - 11:30 am

JAN 10
8:30 - 11:30 am

FEB 21
8:30 - 11:30 am

MAR 21
8:30 am - 11:30 am

APR 25
8:30 - 11:30 am

MAY 30
8:30 - 11:30 am

JUN 27
8:30 - 11:30 am

JUL 18
8:30 - 11:30 am

AUG 29
8:30 - 11:30 am

SEP 26
8:30 - 11:30 am

OCT 31
8:30 - 11:30 am

NOV 14
8:30 - 11:30 am

DEC 19
8:30 - 11:30 am

DEC 12 2013
9:00 am - noon

JAN 9
9:00 am - noon

FEB 13
9:00 am - noon

MAR 6
9:00 am - noon

APR 10
9:00 am - noon

MAY 8
9:00 am - noon

JUN 12
9:00 am - noon

JUL 24
9:00 am - noon

AUG 7
9:00 am - noon

SEP 25
9:00 am - noon

OCT 30
9:00 am - noon

NOV 20
9:00 am - noon

DEC 11
9:00 am - noon

DEC 17 2013
9:00 am - noon

JAN 30
1:00 - 4:00 pm

FEB 26
1:00 - 4:00 pm

MAR 24
1:00 - 4:00 pm

APR 22
1:00 - 4:00 pm

MAY 30
9:00 am - noon

JUN 18
1:00 - 4:00 pm

JUL 29
1:00 - 4:00 pm

AUG 21
1:00 - 4:00 pm

SEP 29
1:00 - 4:00 pm

OCT 30
1:00 - 4:00 pm

NOV 19
9:00 am - noon

DEC 15
1:00 - 4:00 pm

JAN 8
1:00 - 4:00 pm

MAR 12
9:00 am - noon

MAY 7
1:00 - 4:00 pm

JUL 10
1:00 - 4:00 pm

SEP 18
9:00 am - noon

NOV 6
1:00 - 4:00 pm

DEC 10 2013
1:00 - 4:00 pm

FEB 6
1:00 - 4:00 pm

MAR 4
9:00 am - noon

APR 3
9:00 am - noon

MAY 13
9:00 am - noon

JUL 17
1:00 - 4:00 pm

AUG 26
9:00 am - noon

SEP 23
9:00 am - noon

OCT 23
1:00 - 4:00 pm

NOV 13
1:00 - 4:00 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

DEC 11 2013
12:00 - 1:00 pm

FEB 3
12:00 - 1:00 pm

APR 2
12:00 - 1:00 pm

JUN 10
12:00 - 1:00 pm

AUG 7
12:00 - 1:00 pm

OCT 9
12:00 - 1:00 pm

DEC 10
12:00 - 1:00 pm

JAN 8
11:30 am - 12:30 pm

MAR 19
11:30 am - 12:30 pm

MAY 28
11:30 am - 12:30 pm

JUL 16
11:30 am - 12:30 pm

SEP 24
11:30 am - 12:30 pm

NOV 12
11:30 am - 12:30 pm

DEC 11 2013
12:00 - 1:00 pm

JAN 8
12:00 - 1:00 pm

FEB 12
12:00 - 1:00 pm

MAR 5
12:00 - 1:00 pm

APR 9
12:00 - 1:00 pm

MAY 7
12:00 - 1:00 pm

JUN 11
12:00 - 1:00 pm

JUL 23
12:00 - 1:00 pm

AUG 6
12:00 - 1:00 pm

SEP 24
12:00 - 1:00 pm

OCT 29
12:00 - 1:00 pm

NOV 19
12:00 - 1:00 pm

DEC 10
12:00 - 1:00 pm

DEC 3 2013
12:00 - 1:00 pm

FEB 12
12:00 - 1:00 pm

MAR 21
12:00 - 1:00 pm

APR 21
12:00 - 1:00 pm

JUN 24
12:00 - 1:00 pm

JUL 17
12:00 - 1:00 pm

AUG 26
12:00 - 1:00 pm

OCT 7
12:00 - 1:00 pm

NOV 20
12:00 - 1:00 pm

DEC 16
12:00 - 1:00 pm

JAN 7
12:00 - 1:00 pm

MAR 12
12:00 - 1:00 pm

MAY 6
12:00 - 1:00 pm

JUL 9
12:00 - 1:00 pm

SEP 17
12:00 - 1:00 pm

NOV 5
12:00 - 1:00 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

DEC 10 2013
9:00 am - noon

FEB 4
1:00 - 4:00 pm

MAR 31
1:00 - 4:00 pm

JUN 9
1:00 - 4:00 pm

AUG 5
9:00 am - noon

OCT 7
9:00 am - noon

DEC 9
9:00 am - noon

JAN 7
1:00 - 4:00 pm

FEB 18
1:00 - 4:00 pm

MAR 18
8:30 - 11:30 am

APR 22
1:00 - 4:00 pm

MAY 27
1:00 - 4:00 pm

JUN 24
1:00 - 4:00 pm

JUL 15
8:30 - 11:30 am

AUG 26
8:30 - 11:30 am

SEP 23
1:00 - 4:00 pm

OCT 28
8:30 - 11:30 am

NOV 10
1:00 - 4:00 pm

DEC 16
1:00 - 4:00 pm

DEC 10 2013
9:00 am - noon

JAN 7
9:00 am - noon

FEB 11
9:00 am - noon

MAR 4
9:00 am - noon

APR 8
9:00 am - noon

MAY 6
9:00 am - noon

JUN 10
9:00 am - noon

JUL 22
9:00 am - noon

AUG 5
9:00 am - noon

SEP 23
9:00 am - noon

OCT 28
9:00 am - noon

NOV 18
9:00 am - noon

DEC 9
9:00 am - noon

NOV 21 2013
9:00 am - noon

DEC 17 2013
1:00 - 4:00 pm

JAN 27
9:00 am - noon

FEB 20
1:00 - 4:00 pm

MAR 18
1:00 - 4:00 pm

APR 3
9:00 am - noon

MAY 1
1:00 - 4:00 pm

JUN 10
1:00 - 4:00 pm

JUL 16
9:00 am - noon

AUG 14
9:00 am - noon

SEP 3
9:00 am - noon

OCT 6
1:00 - 4:00 pm

NOV 13
9:00 am - noon

DEC 9
1:00 - 4:00 pm

JAN 6
9:00 am - noon

MAR 10
9:00 am - noon

MAY 5
9:00 am - noon

JUL 9
9:00 am - noon

SEP 16
9:00 am - noon

NOV 4
1:00 - 4:00 pm

JAN 6
9:00 am - noon

FEB 20
1:00 - 4:00 pm

MAY 19
9:00 am - noon

JUL 15
9:00 am - noon

SEP 9
9:00 am - noon

NOV 19
9:00 am - 1:00 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Art of Money Management

CFS Forum & Financial Town Hall Mtg.

Consumer Awareness

Don't Bet Your Life On It

Homeownership

Retirement Planning

TSP: Your Key to Financial Independence

SAPR Command Liaison Training

SAPR Victim Advocate Basic Training

Couples Workshop

Federal Employment System

Job Search Strategies

Banking and Financial Services

CFS Refresher

Credit Management

Financial Leadership Seminar

How to Survive the Holidays Financially

Savings and Investments

Million Dollar Sailor

SAPR Command POC Training

Love Thinks

Career Planning

Interview Techniques

Children and Divorce

Car Buying Strategies

CFS Training

Developing Your Spending Plan

Financial Responsibility in the Military

Identity Theft Protection

SMART Start: Finances for Newlyweds

SAPR Command Data Collection Coordinator

SAPR Refresher Training

Changes

Effective Resume Writing

Job Network

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JAN 6 & 8 (M & W)
2:00 - 4:00 pm

JUL 22 & 24 (T & TH)
2:00 - 4:00 pm

DEC 4 & 5 (W & TH) 2013
9:30 - 11:30 am

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

APR 29 & 30 (T & W)
3:00 - 5:00 pm

JUN 3 & 10 (T)
6:00 - 8:00 pm

AUG 13 & 14 (W & Th)
3:00 - 5:00 pm

OCT 14 & 15 (T & W)
3:00 - 5:00 pm

DEC 1 & 2 (M & T)
9:00 - 11:00 am

DEC 10 2013
3:00 - 7:00 pm

JAN 7
3:00 - 7:00 pm

FEB 18
3:00 - 7:00 pm

MAR 5
12:30 - 4:30 pm

MAR 25
3:00 - 7:00 pm

APR 8
3:00 - 7:00 pm

APR 30
9:00 am - 1:00 pm

MAY 20
3:00 - 7:00 pm

JUN 17
3:00 - 7:00 pm

JUL 1
8:30 am - 12:30 pm

JUL 29
3:00 - 7:00 pm

AUG 19
3:00 - 7:00 pm

SEP 2
12:30 - 4:30 pm

SEP 30
3:00 - 7:00 pm

OCT 7
3:00 - 7:00 pm

NOV 4
3:00 - 7:00 pm

NOV 20
12:30 - 4:30 pm

DEC 2
3:00 - 7:00 pm

JAN 21
1:00 - 5:00 pm

FEB 19
8:30 am - 12:30 pm

MAY 9
8:30 am - 12:30 pm

JUN 19
8:30 am - 12:30 pm

AUG 7
1:00 - 5:00 pm

SEP 30
8:30 am - 12:30

NOV 18
8:30 am - 12:30 pm

APR 8 & 9 (T & W)
2:00 - 4:00 pm

OCT 14 & 16 (T & TH)
2:00 - 4:00 pm

MAY 8
8:30 am - 12:30 pm

AUG 7
8:30 am - 12:30 pm

OCT 30
8:30 am - 12:30 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

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

IA Family Discussion Group

IA Homecoming Brief

Overseas Transfer Workshop

Smooth Move Workshop

Sponsor Training

Yorktown
887-4606

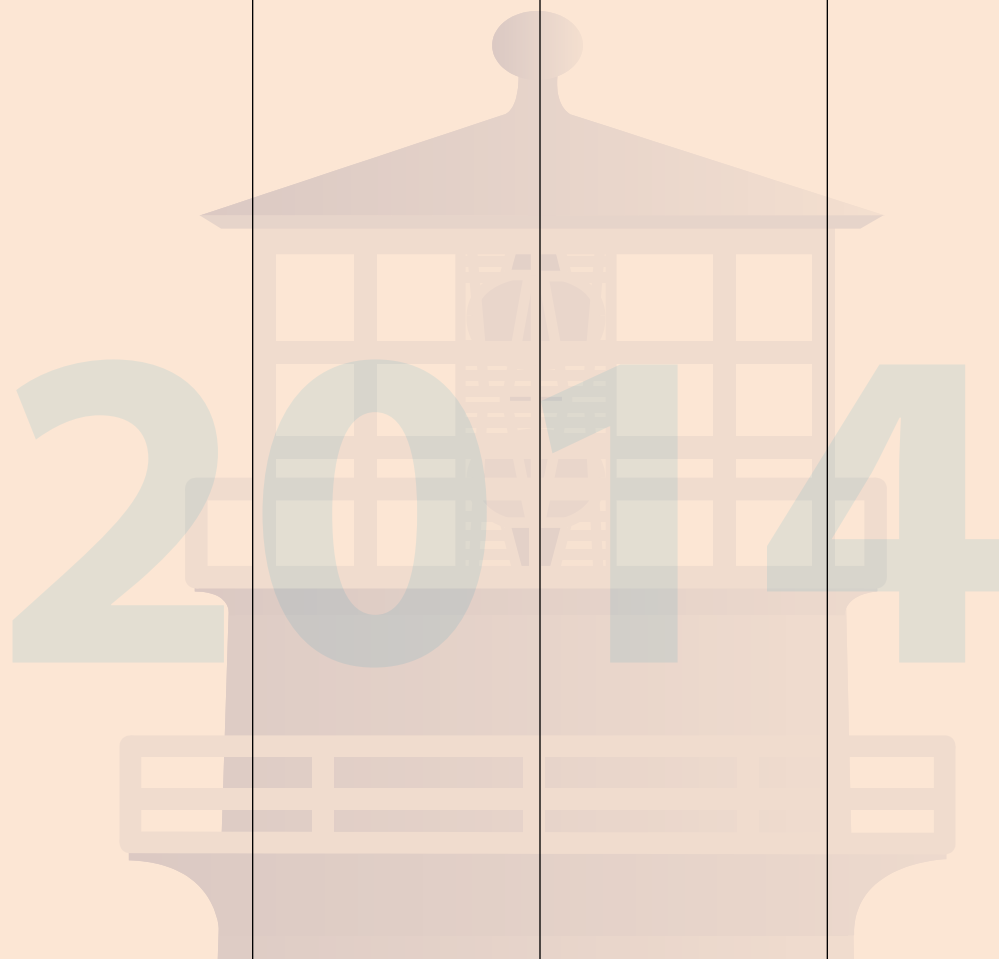
Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770



Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Deckplate Resource Awareness Training

Ombudsman Basic Training

IA Family Discussion Group

Smooth Move Workshop

VA Disability Benefits Review

CONSEP

Family Readiness Group Leadership

Prospective Chief Petty Officer Training

IA Homecoming Brief

Sponsor Training

Foreign Born Spouses Support Group

CPO Selectee Resources Training

Ombudsman Advanced Training

IA Deployment Readiness Brief

Overseas Transfer Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JAN 3
8:30 am - 5:00 pm
APR 8
8:30 am - 5:00 pm
JUL 23
8:30 am - 5:00 pm
OCT 2
8:30 am - 5:00 pm

DEC 5 2013
7:30 am - 4:00 pm
JAN 2
7:30 am - 4:00 pm
FEB 6
7:30 am - 4:00 pm
APR 3
7:30 am - 4:00 pm
MAY 1
7:30 am - 4:00 pm
JUN 5
7:30 am - 4:00 pm
JUL 17
7:30 am - 4:00 pm
AUG 7
7:30 am - 4:00 pm
SEP 4
7:30 am - 4:00 pm
OCT 2
7:30 am - 4:00 pm
NOV 6
7:30 am - 4:00 pm
DEC 4
7:30 am - 4:00 pm

DEC 5 2013
7:30 am - 4:00 pm
JAN 9
7:30 am - 4:00 pm
JAN 23
7:30 am - 4:00 pm
FEB 13
7:30 am - 4:00 pm
FEB 27
7:30 am - 4:00 pm
MAR 13
7:30 am - 4:00 pm
MAR 27
7:30 am - 4:00 pm
APR 10
7:30 am - 4:00 pm
APR 24
7:30 am - 4:00 pm
MAY 8
7:30 am - 4:00 pm
MAY 22
7:30 am - 4:00 pm
JUN 12
7:30 am - 4:00 pm
JUN 26
7:30 am - 4:00 pm
JUL 10
7:30 am - 4:00 pm
JUL 24
7:30 am - 4:00 pm
AUG 7
7:30 am - 4:00 pm
AUG 21
7:30 am - 4:00 pm
SEP 11
7:30 am - 4:00 pm
SEP 25
7:30 am - 4:00 pm
OCT 9
7:30 am - 4:00 pm
OCT 23
7:30 am - 4:00 pm
NOV 13
7:30 am - 4:00 pm
DEC 11
7:30 am - 4:00 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Deckplate Resource Awareness Training

Ombudsman Basic Training

IA Family Discussion Group

Smooth Move Workshop

VA Disability Benefits Review

CONSEP

Family Readiness Group Leadership

Prospective Chief Petty Officer Training

IA Homecoming Brief

Sponsor Training

Foreign Born Spouses Support Group

CPO Selectee Resources Training

Ombudsman Advanced Training

IA Deployment Readiness Brief

Overseas Transfer Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

NOV 22 2013
10:00 am - noon

DEC 6 2013
6:00 - 8:30 pm

JAN 24
10:00 am - noon

FEB 28
10:00 am - noon

MAR 28
10:00 am - noon

APR 25
10:00 am - noon

MAY 23
10:00 am - noon

JUN 27
10:00 am - noon

JUL 25
10:00 am - noon

AUG 22
10:00 am - noon

SEP 26
10:00 am - noon

OCT 24
10:00 am - noon

NOV 14
10:00 am - noon

DEC 12
10:00 am - noon

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

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

IA Family Discussion Group

IA Homecoming Brief

Overseas Transfer Workshop

Smooth Move Workshop

Sponsor Training

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Deckplate Resource Awareness Training

Ombudsman Basic Training

IA Family Discussion Group

Smooth Move Workshop

VA Disability Benefits Review

CONSEP

Family Readiness Group Leadership

Prospective Chief Petty Officer Training

IA Homecoming Brief

Sponsor Training

Foreign Born Spouses Support Group

CPO Selectee Resources Training

Ombudsman Advanced Training

IA Deployment Readiness Brief

Overseas Transfer Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JUN 2-5 (M-TH)
8:00 am - 4:30 pm
(First Term)

JAN 21-24 (T-F)
8:00 am - 4:30 pm
(First Term)

FEB 3-7 (M-F)
8:00 am - 4:30 pm
(First Term)

MAY 19-22 (M-TH)
8:00 am - 4:30 pm
(First Term)

JAN 13-16 (M-TH)
8:00 am - 4:30 pm
(First Term)

FEB 25-28 (T-F)
8:00 am - 4:30 pm
(Mid Career)

OCT 20-23 (M-TH)
8:00 am - 4:30 pm
(Mid Career)

SEP 15-18 (M-TH)
8:00 am - 4:30 pm
(Mid Career)

MAR 25-28 (T-F)
8:00 am - 4:30 pm
(First Term)

APR 21-24 (M-TH)
8:00 am - 4:30 pm
(Mid Career)

JUN 23-26 (M-TH)
8:00 am - 4:30 pm
(Mid Career)

SEP 23-26 (T-F)
8:00 am - 4:30 pm
(First Term)

OCT 21-24 (T-F)
8:00 am - 4:30 pm
(Mid Career)

DEC 15-18 (M-TH)
8:00 am - 4:30 pm
(First Term)

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Deckplate Resource Awareness Training

Ombudsman Basic Training

IA Family Discussion Group

Smooth Move Workshop

VA Disability Benefits Review

CONSEP

Family Readiness Group Leadership

Prospective Chief Petty Officer Training

IA Homecoming Brief

Sponsor Training

Foreign Born Spouses Support Group

CPO Selectee Resources Training

Ombudsman Advanced Training

IA Deployment Readiness Brief

Overseas Transfer Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

AUG 21
8:00 am - noon

AUG 15
8:00 am - noon

AUG 18
8:00 am - noon

AUG 19
8:00 am - noon

AUG 25
8:00 am - noon

AUG 26
8:00 am - noon

AUG 29
8:00 am - noon

SEP 2
8:00 am - noon

SEP 9
8:00 am - noon

AUG 19
8:00 am - noon

AUG 20
8:00 am - noon

AUG 21
8:00 am - noon

AUG 22
8:00 am - noon

AUG 19
8:00 am - noon



Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)

To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Deckplate Resource Awareness Training

Ombudsman Basic Training

IA Family Discussion Group

Smooth Move Workshop

VA Disability Benefits Review

CONSEP

Family Readiness Group Leadership

Prospective Chief Petty Officer Training

IA Homecoming Brief

Sponsor Training

Foreign Born Spouses Support Group

CPO Selectee Resources Training

Ombudsman Advanced Training

IA Deployment Readiness Brief

Overseas Transfer Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

DEC 9 & 10 (M & T) 2013
8:00 am - 4:00 pm

JAN 29 & 30 (W & TH)
8:00 am - 4:00 pm

FEB 24 & 25 (M & T)
8:00 am - 4:00 pm

MAR 10 & 11 (M & T)
8:00 am - 4:00 pm

APR 22 & 23 (T & W)
8:00 am - 4:00 pm

MAY 12 & 13 (M & T)
8:00 am - 4:00 pm

JUN 5 & 6 (TH & F)
8:00 am - 4:00 pm

JUL 21 & 22 (M & T)
8:00 am - 4:00 pm

AUG 11 & 12 (M & T)
8:00 am - 4:00 pm

SEP 4 & 5 (Th & F)
8:00 am - 4:00 pm

OCT 30 & 31 (TH & F)
8:00 am - 4:00 pm

NOV 12 & 13 (W & TH)
8:00 am - 4:00 pm

DEC 22 & 23 (M & T)
8:00 am - 4:00 pm

JAN 8 & 9 (W & TH)
8:00 am - 4:00 pm

FEB 4 & 5 (T & W)
8:00 am - 4:00 pm

MAR 5 & 6 (W & TH)
8:00 am - 4:00 pm

APR 16 & 17 (W & TH)
8:00 am - 4:00 pm

MAY 7 & 8 (W & TH)
8:00 am - 4:00 pm

JUN 11 & 12 (W & TH)
8:00 am - 4:00 pm

JUL 1 & 2 (T & W)
8:00 am - 4:00 pm

AUG 13 & 14 (W & TH)
8:00 am - 4:00 pm

SEP 3 & 4 (W & TH)
8:00 am - 4:00 pm

OCT 15 & 16 (W & TH)
8:00 am - 4:00 pm

NOV 24 & 25 (M & T)
8:00 am - 4:00 pm

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

JAN 15 & 16 (W & TH)
8:00 am - 4:00 pm

MAR 26 & 27 (W & TH)
8:00 am - 4:00 pm

APR 23 & 24 (W & TH)
8:00 am - 4:00 pm

MAY 6 & 7 (T & W)
8:00 am - 4:00 pm

JUN 12 & 13 (TH & F)
8:00 am - 4:00 pm

AUG 27 & 28 (W & TH)
8:00 am - 4:00 pm

SEP 10 & 11 (W & TH)
8:00 am - 4:00 pm

OCT 28 & 29 (T & W)
8:00 am - 4:00 pm

FEB 12 & 13 (W & TH)
8:00 am - 4:00 pm

APR 30 & MAY 1 (W & TH)
8:00 am - 4:00 pm

JUL 29 & 30 (T & W)
8:00 am - 4:00 pm

NOV 12 & 13 (W & TH)
8:00 am - 4:00 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Deckplate Resource Awareness Training

Ombudsman Basic Training

IA Family Discussion Group

Smooth Move Workshop

VA Disability Benefits Review

CONSEP

Family Readiness Group Leadership

Prospective Chief Petty Officer Training

IA Homecoming Brief

Sponsor Training

Foreign Born Spouses Support Group

CPO Selectee Resources Training

Ombudsman Advanced Training

IA Deployment Readiness Brief

Overseas Transfer Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

DEC 3 2013
2:30 - 5:00 pm

APR 1
6:30 - 9:00 pm
(Advanced Training)

JUL 9
6:00 - 8:30 PM
(Advanced Training)

DEC 3
2:30 - 5:00 pm
(Advanced Training)

JAN 7
6:00 pm - 9:00 pm
(Homecoming Training)

FEB 26 & 27 (W & TH)
9:00 am - 2:00 pm
(FRG Basic Training)

MAR 11
6:00 - 9:00 pm
(Homecoming Training)

MAY 3
8:00 - 5:00 pm
(FRG Basic Training)

MAY 13
6:00 - 9:00 pm
(Homecoming Training)

JUL 8
6:00 - 8:30 pm
(Advanced Training)

JUL 8
9:00 - 11:30 am
(Advanced Training)

SEP 6
8:00 am - 5:00 pm
(FRG Basic Training)

SEP 9
6:00 - 9:00 pm
(Homecoming Training)

NOV 4
6:00 - 9:00 pm
(Homecoming Training)

JAN 25
8:00 am - 5:00 pm
(FRG Basic Training)

APR 10
9:00 - 11:30 am
(Advanced Training)

APR 10
6:00 - 8:30 pm
(Advanced Training)

APR 22 - 24 (T - TH)
5:30 - 8:30 pm
(FRG Basic Training)

JUL 22 & 23 (T & W)
9:00 am - 1:30 pm
(FRG Basic Training)

AUG 12
9:00 - 11:30 am
(Advanced Training)

AUG 12
6:00 - 8:30 pm
(Advanced Training)

OCT 7
9:00 - 11:30
(Advanced Training)

OCT 7
6:00 - 8:30 pm
(Advanced Training)

NOV 13 & 14 (TH & F)
9:00 am - 1:30 pm
(FRG Basic Training)

DEC 10 2013
9:00 - 11:30 am
& 6:00 - 8:30 pm

FEB 11
9:00 - 11:30 am
(Advanced Training)

FEB 11
6:00 - 8:30 pm
(Advanced Training)

MAR 22
8:00 am - 5:00 pm
(FRG Basic Training)

MAR 27
6:00 - 9:00 pm
(Homecoming Training)

JUN 10
9:00 - 11:30 am
(Advanced Training)

JUN 10
6:00 - 8:30 pm
(Advanced Training)

JUN 11 & 12 (W & TH)
9:00 am - 1:30 pm
(FRG Basic Training)

OCT 4
8:00 am - 5:00 pm
(FRG Basic Training)

OCT 23
6:00 - 9:00 pm
(Advanced Training)

DEC 9
9:00 - 11:30 am
(Advanced Training)

DEC 9
6:00 - 8:30 pm
(Advanced Training)

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

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

IA Family Discussion Group

IA Homecoming Brief

Overseas Transfer Workshop

Smooth Move Workshop

Sponsor Training

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JUN 12
6:30 - 8:30 pm

FEB 20
6:30 - 8:30 pm

APR 9
9:00 - 11:00 am
& 6:30 - 8:30 pm

AUG 12
9:00 - 11:00 am
& 6:30 - 8:30 pm

OCT 23
6:30 - 8:30 pm

FEB 20
9:00 - 11:00 am

JUN 19
9:00 - 11:00 am
& 6:30 - 8:30 pm

OCT 9
9:00 - 11:00 am
& 6:30 - 8:30 pm

DEC 18
6:30 - 8:30 pm

DEC 18
9:00 - 11:00 am

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Deckplate Resource Awareness Training

Ombudsman Basic Training

IA Family Discussion Group

Smooth Move Workshop

VA Disability Benefits Review

CONSEP

Family Readiness Group Leadership

Prospective Chief Petty Officer Training

IA Homecoming Brief

Sponsor Training

Foreign Born Spouses Support Group

CPO Selectee Resources Training

Ombudsman Advanced Training

IA Deployment Readiness Brief

Overseas Transfer Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

MAR 24 - 26 (M - W)
8:30 am - 4:00 pm

SEP 15 - 17 (M - W)
8:30 am - 4:00 pm

JAN 8 - 11 (W - Sa)
5:00 - 9:30 pm;
Sat 8:00 am - 5:00 pm

APR 2 - 4 (W - F)
8:30 am - 4:00 pm

AUG 22 - 24 (F - Su)
8:30 am - 4:00 pm

OCT 30 - NOV 1 (Th - Sa)
8:30 am - 4:00 pm

DEC 11 - 13 (W - F) 2013
8:30 am - 4:00 pm

MAR 7 - 9 (F - Sun)
8:30 am - 4:00 pm

JUN 4 - 6 (W - F)
8:30 am - 4:00 pm

OCT 17 - 19 (F - Sun)
8:30 am - 4:00 pm

DEC 5 - 7 (F - Sun)
8:30 am - 4:00 pm

FEB 21 - 23 (F - Sun)
8:30 am - 4:00 pm

MAY 2 - 4 (F - Sun)
8:30 am - 4:00 pm

JUN 18 - 21 (W - F)
5:00 - 9:30 pm,
Sat 8:00 am - 5:00 pm

JUL 25 - 27 (F - Sun)
8:30 am - 4:00 pm

SEP 5 - 7 (F - Sun)
8:30 am - 4:00 pm

MAY 19 - 21 (M - W)
8:30 am - 4:00 pm

NOV 17 - 19 (M - W)
8:30 am - 4:00 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Deckplate Resource Awareness Training

Ombudsman Basic Training

IA Family Discussion Group

Smooth Move Workshop

VA Disability Benefits Review

CONSEP

Family Readiness Group Leadership

Prospective Chief Petty Officer Training

IA Homecoming Brief

Sponsor Training

Foreign Born Spouses Support Group

CPO Selectee Resources Training

Ombudsman Advanced Training

IA Deployment Readiness Brief

Overseas Transfer Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

JAN 6
8:00 am - 12:30 pm

JAN 10
8:00 am - 12:30 pm

FEB 24
8:00 am - 12:30 pm

MAR 21
8:00 am - 12:30 pm

APR 14
8:00 am - 12:30 pm

JUL 16
8:00 am - 12:30 pm

OCT 6
8:00 am - 12:30 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Deckplate Resource Awareness Training

Ombudsman Basic Training

IA Family Discussion Group

Smooth Move Workshop

VA Disability Benefits Review

CONSEP

Family Readiness Group Leadership

Prospective Chief Petty Officer Training

IA Homecoming Brief

Sponsor Training

Foreign Born Spouses Support Group

CPO Selectee Resources Training

Ombudsman Advanced Training

IA Deployment Readiness Brief

Overseas Transfer Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

DEC 16 2013
9:00 - 11:00 am

NOV 21 2013
5:00 - 7:00 pm

DEC 5 2013
9:00 - 11:00 am

DEC 17 2013
1:00 - 3:00 pm

MAR 13
6:00 - 8:00 pm

JUL 8
9:00 - 11:00 am

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

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

IA Family Discussion Group

IA Homecoming Brief

Overseas Transfer Workshop

Smooth Move Workshop

Sponsor Training

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

DEC 6 2013
9:00 - 11:00 am



Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Deckplate Resource Awareness Training

Ombudsman Basic Training

IA Family Discussion Group

Smooth Move Workshop

VA Disability Benefits Review

CONSEP

Family Readiness Group Leadership

Prospective Chief Petty Officer Training

IA Homecoming Brief

Sponsor Training

Foreign Born Spouses Support Group

CPO Selectee Resources Training

Ombudsman Advanced Training

IA Deployment Readiness Brief

Overseas Transfer Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

NOV 26 2013
1:00 - 3:00 pm

DEC 12 2013
5:30 - 7:30 pm

2014

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Deckplate Resource Awareness Training

Ombudsman Basic Training

IA Family Discussion Group

Smooth Move Workshop

VA Disability Benefits Review

CONSEP

Family Readiness Group Leadership

Prospective Chief Petty Officer Training

IA Homecoming Brief

Sponsor Training

Foreign Born Spouses Support Group

CPO Selectee Resources Training

Ombudsman Advanced Training

IA Deployment Readiness Brief

Overseas Transfer Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

MAR 6
9:00 am - 4:00 pm

SEP 18
9:00 am - 4:00 pm

DEC 17 2013
9:00 am - 4:00 pm

JAN 6
9:00 am - 4:00 pm

FEB 21
9:00 am - 4:00 pm

MAR 18
9:00 am - 4:00 pm

APR 17
9:00 am - 4:00 pm

MAY 20
9:00 am - 4:00 pm

JUN 3
9:00 am - 4:00 pm

JUL 3
9:00 am - 4:00 pm

AUG 11
9:00 am - 4:00 pm

SEP 4
9:00 am - 4:00 pm

OCT 27
9:00 am - 4:00 pm

NOV 25
9:00 am - 4:00 pm

DEC 16
9:00 am - 4:00 pm

NOV 21 2013
9:00 am - 4:00 pm

DEC 18 2013
9:00 am - 4:00 pm

JAN 15
9:00 am - 4:00 pm

FEB 19
9:00 am - 4:00 pm

MAR 19
9:00 am - 4:00 pm

APR 16
9:00 am - 4:00 pm

MAY 21
9:00 am - 4:00 pm

JUN 18
9:00 am - 4:00 pm

JUL 16
9:00 am - 4:00 pm

AUG 20
9:00 am - 4:00 pm

SEP 17
9:00 am - 4:00 pm

OCT 15
9:00 am - 4:00 pm

NOV 19
9:00 am - 4:00 pm

DEC 17
9:00 am - 4:00 pm

JAN 14
9:00 am - 4:00 pm

FEB 14
9:00 am - 4:00 pm

MAR 28
9:00 am - 4:00 pm

MAY 5
9:00 am - 4:00 pm

JUL 14
9:00 am - 4:00 pm

AUG 25
8:30 am - 3:30 pm

OCT 16
9:00 am - 4:00 pm

NOV 21
9:00 am - 4:00 pm

JAN 9
9:00 am - 4:00 pm

JUL 11
9:00 am - 4:00 pm

JAN 14
9:00 am - 4:00 pm

APR 2
9:00 am - 4:00 pm

MAY 28
9:00 am - 4:00 pm

JUN 25
9:00 am - 4:00 pm

AUG 6
9:00 am - 4:00 pm

SEP 3
9:00 am - 4:00 pm

OCT 14
9:00 am - 4:00 pm

NOV 18
9:00 am - 4:00 pm

DEC 17 9
:00 am - 4:00 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Deckplate Resource Awareness Training

Ombudsman Basic Training

IA Family Discussion Group

Smooth Move Workshop

VA Disability Benefits Review

CONSEP

Family Readiness Group Leadership

Prospective Chief Petty Officer Training

IA Homecoming Brief

Sponsor Training

Foreign Born Spouses Support Group

CPO Selectee Resources Training

Ombudsman Advanced Training

IA Deployment Readiness Brief

Overseas Transfer Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

FEB 6
1:00 - 4:00 pm

AUG 21
9:00 am - noon

OCT 2
9:00 am - noon

DEC 4
9:00 am - noon

DEC 13 2013
9:00 am - noon

JAN 21
9:00 am - noon

FEB 18
9:00 am - noon

MAR 24
9:00 am - noon

APR 29
9:00 am - noon

MAY 30
9:00 am - noon

JUN 24
9:00 am - noon

JUL 29
9:00 am - noon

AUG 28
9:00 am - noon

SEP 15
12:00 - 3:00 pm

OCT 20
9:00 am - noon

NOV 14
9:00 am - noon

DEC 18
9:00 am - noon

DEC 17 2013
9:00 am - noon

JAN 14
9:00 am - noon

FEB 11
1:00 - 4:00 pm

MAR 18
4:00 - 7:00 pm

APR 15
9:00 am - noon

MAY 20
9:00 am - noon

JUN 17
1:00 - 4:00 pm

JUL 15
4:00 - 7:00 pm

AUG 19
9:00 am - noon

SEP 16
9:00 am - noon

OCT 21
1:00 - 4:00 pm

NOV 18
4:00 - 7:00 pm

DEC 16
9:00 am - noon

DEC 2 2013
1:00 - 4:00 pm

JAN 24
9:00 am - noon

FEB 27
1:00 - 4:00 pm

MAR 20
1:00 - 4:00 pm

APR 1
9:00 am - noon

MAY 27
8:30 - 11:30 am

JUN 16
1:00 - 4:00 pm

JUL 29
9:00 am - noon

SEP 29
9:00 am - noon

OCT 31
9:00 am - noon

DEC 17
1:00 - 4:00 pm

DEC 6 2013
9:00 am - noon

JAN 24
9:00 am - noon

FEB 25
9:00 am - noon

MAR 19
9:00 am - noon

APR 22
9:00 am - noon

MAY 22
9:00 am - noon

JUN 26
9:00 am - noon

JUL 25
9:00 am - noon

SEP 25
9:00 am - noon

OCT 31
9:00 am - noon

DEC 11 2013
9:00 am - noon

FEB 5
9:00 am - noon

APR 16
9:00 am - noon

JUN 5
9:00 am - noon

AUG 12
9:00 am - noon

SEP 17
9:00 am - noon

OCT 21
9:00 am - noon

NOV 4
1:00 - 4:00 pm

DEC 10
9:00 am - noon

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or

Click here for
Fleet and Family Support Center
Families Schedule

Click here for
Fleet and Family Support Center
Counseling Schedule

Click here for
Fleet and Family Support Center
Military Schedule

Deckplate Resource Awareness Training

Ombudsman Basic Training

IA Family Discussion Group

Smooth Move Workshop

VA Disability Benefits Review

CONSEP

Family Readiness Group Leadership

Prospective Chief Petty Officer Training

IA Homecoming Brief

Sponsor Training

Foreign Born Spouses Support Group

CPO Selectee Resources Training

Ombudsman Advanced Training

IA Deployment Readiness Brief

Overseas Transfer Workshop

Yorktown
887-4606

Norfolk
444-2102

Oceana/Dam Neck
433-2912

JEB Little Creek/ Fort Story
462-7563

Newport News
688-6289

Northwest
421-8770

FEB 20
9:00 - 11:00 am

MAR 20
9:00 - 11:00 am

AUG 7
8:30 - 10:30 am

FEB 14
9:00 - 11:00 am

MAY 16
9:00 - 11:00 am

JUL 25
9:00 - 11:00 am

OCT 17
9:00 - 11:00 am

JAN 23
9:00 - 11:00 am

FEB 13
9:00 - 11:00 am

MAR 13
9:00 - 11:00 am

APR 10
1:00 - 3:00 pm

MAY 14
9:00 - 11:00 am

JUN 12
9:00 - 11:00 am

JUL 10
1:00 - 3:00 pm

AUG 21
9:00 - 11:00 am

SEP 11
9:00 - 11:00 am

OCT 9
1:00 - 3:00 pm

NOV 13
9:00 - 11:00 am

DEC 11
9:00 - 11:00 am

DEC 16
4:00 - 6:00 pm

NOV 26 2013
9:00 - 11:00 am

DEC 4 2013
1:00 - 3:00 pm

JAN 27
2:00 - 4:00 pm

FEB 13
2:00 - 4:00 pm

MAR 19
1:00 - 3:00 pm

APR 30
2:00 - 4:00 pm

MAY 29
9:00 - 11:00 am

JUN 11
1:00 - 3:00 pm

JUL 17
2:00 - 4:00 pm

AUG 22
1:00 - 3:00 pm

SEP 12
9:00 - 11:00 am

OCT 8
2:00 - 4:00 pm

NOV 25
9:00 - 11:00 am

DEC 10
1:00 - 3:00 pm

APR 28
8:00 - 10:00 am

JUL 22
9:00 - 11:00 am

SEP 12
8:00 - 10:30 am

MAR 6
9:00 - 11:00 am

JUN 3
9:00 - 11:00 am

DEC 3
2:00 - 4:00 pm

Schedule a Counseling Appointment at any Mid-Atlantic FFSC • 1-800-FSC-LINE (372-5463)



To register for any of these programs, call any FFSC or