



FLEET & FAMILY SUPPORT CENTER METRO SAN DIEGO

July - September 2022
Programs &
Workshops

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

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

Career Services

Finding Federal Employment

Get the latest information and resources to navigate the federal employment process. Learn tips from the experts on how to create the perfect federal employment resume.

Wednesday, July 6 | 1300-1500 | NBPL (IP)
Wednesday, July 13 | 0900-1100 | NBSD (IP)
Friday, July 15 | 0900-1030 | KMB (IP)
Wednesday, August 10 | 0900-1100 | NBSD (IP)
Thursday, August 11 | 0900-1100 | GVB (IP)
Friday, August 12 | 0900-1030 | KMB (IP)
Friday, September 9 | 0900-1030 | KMB (IP)
Wednesday, September 14 | 0900-1100 | NBSD (IP)
Wednesday, September 21 | 1300-1500 | NBPL (IP)

Capstone

Do you need assistance completing your TAP Capstone and are looking for a warm hand-off for resources and information? Come to receive a briefing on your Final Move process and Tricare benefits at our monthly Capstone events located at our Kearny Mesa Branch, 3950 Calle Fortunada, San Diego, CA 92123.

Thursday, July 7 | 0800-1130 | KMB (IP)
Thursday, August 11 | 0800-1130 | KMB (IP)
Tuesday, September 6 | 0800-1130 | KMB (IP)

...Career Services continued.

Job Search Strategies

Are you a military family member new to San Diego and looking to get back into the job market? Would you like to learn how to find, federal, state, county or local jobs?

Wednesday, July 13 | 1300-1430 | NBPL (IP)

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

Wednesday, August 10 | 1300-1430 | NBPL (IP)

Wednesday, August 24 | 0900-1030 | NBSD (IP)

Thursday, September 1 | 0900-1100 | GVB (IP)

Wednesday, September 21 | 1300-1430 | VSM (IP)

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

Resume Writing

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

Wednesday, July 6 | 0900-1030 | NBSD (IP)

Thursday, July 7 | 0900-1030 | GVB (IP)

Tuesday, July 12 | 1000-1130 | (V)

Monday, July 25 | 1000-1130 | (V)

Wednesday, August 3 | 0900-1030 | NBSD (IP)

Wednesday, August 3 | 1300-1430 | NBPL (IP)

Monday, August 22 | 1000-1130 | (V)

Thursday, August 25 | 1000-1130 | BVH (IP)

Wednesday, September 7 | 0900-1030 | NBSD (IP)

Wednesday, September 7 | 1300-1430 | NBPL (IP)

Monday, September 19 | 1000-1130 | (V)

Wednesday, September 21 | 1000-1130 | BVH (IP)

Insights to Starting a Home-Based Business

Get time-tested resources, information, advice, and proven techniques for starting your home-based business directly from organizations and agencies focused on your success!

Wednesday, July 20 | 1230-1600 | KMB (IP)

...Career Services continued.

FFSC Job Fair

A great opportunity for transitioning Sailors, retirees, and spouses to network with over 70 employers looking for your skills! Bring copies of your resume and come dressed to impress.

Wednesday, September 28 | 1000-1400 | (V)

Spouse Employment, Empowerment and Development

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

Friday, July 15 | 1030-1200 | KMB (IP)

Friday, August 12 | 1030-1200 | KMB (IP)

Thursday, August 25 | 0900-1030 | GVB (IP)

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

Friday, September 9 | 1030-1200 | KMB (IP)

Tuesday, September 20 | 1000-1130 | BVH (IP)

Boots-2-Business

Why start a Veteran-owned small business? Because Veterans are natural entrepreneurs disciplined and goal-oriented self-starters. This workshop covers important steps related to business ownership as a post-military career. You'll learn fundamental tools & strategies associated with executing plans for launching & growing a small business. Additionally, you'll learn how business ownership might align with personal strengths and life goals.

Thursday - Friday, July 14-15 | 0800-1600 | KMB (IP)

Thursday - Friday, July 21-22 | 0800-1600 | KMB (IP)

Thursday - Friday, July 28-29 | 0800-1600 | KMB (IP)

Thursday - Friday, August 4-5 | 0800-1600 | KMB (IP)

Thursday - Friday, August 18-19 | 0800-1600 | KMB (IP)

Thursday - Friday, August 25-26 | 0800-1600 | KMB (IP)

Thursday - Friday, September 1-2 | 0800-1600 | KMB (IP)

Thursday - Friday, September 15-16 | 0800-1600 | KMB (IP)

Thursday - Friday, September 22-23 | 0800-1600 | KMB (IP)

...*Career Services continued.*

Winning Interview Techniques

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

Thursday, July 14 | 0900-1030 | GVB (IP)

Tuesday, July 19 | 0900-1030 | NBSD (IP)

Tuesday, August 9 | 1300-1500 | NBC (IP)

Wednesday, August 17 | 0900-1030 | NBSD (IP)

Wednesday, August 17 | 1300-1430 | NBPL (IP)

Wednesday, September 14 | 1300-1430 | NBPL (IP)

Wednesday, September 21 | 0900-1030 | NBSD (IP)

Thursday, September 29 | 1000-1130 | BVH (IP)

Counseling Services

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

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

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

Deployment Support

Family Readiness Group (FRG) Basic Training

This training is customized to fit your FRG, whether the command is starting a group or re-energizing an existing group. Discuss the FRG instruction/policy, leadership structure, communication techniques, team-building ideas, fundraising guidelines, and ideas for fun activities.

Wednesday-Thursday, August 10-11 | 1700-2100 | NBSD (IP)
Wednesday, September 14 | 0900-1600 | NBSD (IP)

Parenting Support

Navigating Child Care Options in San Diego

Finding reliable and affordable childcare can be an adventurous task for parents. This workshop explores the many childcare options available to military families in San Diego.

Tuesday, July 12 | 1000-1130 | BVH (IP)
Thursday, July 28 | 0900-1030 | GVB (IP)
Tuesday, August 9 | 1300-1430 | BVH (IP)
Thursday, August 18 | 0900-1030 | GVB (IP)
Wednesday, August 31 | 1300-1430 | NBPL (IP)
Tuesday, September 13 | 1000-1130 | BVH (IP)
Thursday, September 15 | 0900-1030 | GVB (IP)

Active Duty Pregnancy Resources

Are you a pregnant active duty service member? Learn about policies and programs related to motherhood, developing your Family Care Plan, the Navy's Pregnancy Instruction, as well as childcare, financial resources and more!

Wednesday, July 13 | 0900-1200 | KMB (IP)
Friday, July 29 | 0800-1100 | NBSD (IP)
Thursday, August 11 | 0900-1200 | BVH (IP)
Wednesday, August 17 | 0900-1200 | KMB (IP)
Friday, August 26 | 0800-1100 | (V)
Wednesday, September 14 | 0900-1200 | KMB (IP)
Thursday, September 15 | 0900-1200 | BVH (IP)
Friday, September 16 | 0900-1200 | NBC (IP)
Friday, September 30 | 0800-1100 | NBSD (IP)

...Parenting Support Continued.

Effective Parenting Workshop

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

Tuesday - Wednesday, August 16-17 | 0900-1600 | NBSD (IP)

New Parent Support Home Visitation Program (NPSHV)

NPSHVs offer free and confidential individualized home visitations, consultation, and Nurturing Parent education for expectant and new parents. You are eligible for this program if single or married active duty, or an eligible family member. This program is for you if you can access services at a military medical treatment facility, you are expecting your first child, or your family includes a child under the age of four. NPSHVs also provide special support to active duty, expectant mothers to help prepare them for maternity leave and parenthood while active duty. Call 619-556-8809 for more information.

Happiest Toddler on the Block

Dr. Harvey Karp has developed a sure fire technique to deal with challenging behaviors of toddlers. This method reduces tantrums before they happen and helps calm your toddler when having a meltdown.

Thursday, July 7 | 1600-1700 | KMB (IP)

Infant Massage

There are many benefits of infant massage. Infant Massage helps ease discomfort, release tension, improves breathing function and is a wonderful nurturing routine for your baby and you. You will be provided step-by-step instructions on how to massage your baby.

Thursday, July 14 | 1600-1700 | KMB (IP)

Thursday, July 28 | 1600-1700 | KMB (IP)

...Parenting Support Continued.

Babyproofing your Home

Children, especially toddlers, love to explore. Touching, pulling, grabbing and eating are ways to explore their environment. Since toddlers are too young to know what is safe to play with and what is potentially dangerous, parents need to child proof their home to keep them safe. You will be provided with a baby proof checklist and suggestions on ways to child proof your home.

Thursday, August 4 | 1600-1700 | KMB (IP)

Getting to Know Your Baby

Welcome to Parenthood! Babies do not come with instructions. Heading home with your newborn can be an overwhelming event. You may wonder why babies cry so much, how to get baby on a schedule or how to know if your baby is eating enough. Bring your questions to discuss with the New Parent Support Team.

Thursday, August 11 | 1600-1700 | KMB (IP)

The Terrific 2s and 3s

Welcome to the Toddler years! In this session we will discuss emotional and social growth that occurs in the Toddler years. You may have questions about potty training, discipline or electronic use for young children and many more topics.

Thursday, August 18 | 1600-1700 | KMB (IP)

Parenting Your Preschooler

Your child is getting older and more independent now. You may be questioning if your child is ready for preschool. How do you prepare your child for preschool? What are the socialization needs of children who are preschool age? There are many strategies to prepare your preschooler for school that you can do at home. Come join the New Parent Support Team to discuss these strategies.

Thursday, August 25 | 1600-1700 | KMB (IP)

Safe Sleep

Each year thousands of babies die suddenly and expectantly due to Sudden Infant Death Syndrome. Let's work together to keep your baby safe. We will discuss proper positioning when sleeping, how to keep the crib and other sleeping surfaces safe for babies and co-sleeping.

Thursday, September 1 | 1600-1700 | KMB (IP)

Happiest Baby on the Block

Dr. Harvey Karp, pediatrician and child development expert, has developed a technique to help parents sooth their crying babies and increase sleep. The New Parent Support Team will demonstrate the 5 S's to switch on the calming reflex and calm your baby.

Thursday, September 8 | 1600-1700 | KMB (IP)

Breastfeeding Basics

We will have a Certified Lactation Consultant answer all your breastfeeding questions and provide you with information about breastfeeding.

Thursday, September 15 | 1600-1700 | KMB (IP)

Preparing Your Children for Deployment

Deployments can be hard for families. Children often express confusion and sadness during this time. We will explore ways to help your child during this difficult time and offer suggestions on how to help your child through this difficult time.

Thursday, September 22 | 1600-1700 | KMB (IP)

Postpartum Depression

One out of five women experience postpartum depression and anxiety. The rate is even higher, among military families. We will review risk factors, screening, treatment and support.

Thursday, September 29 | 1600-1700 | KMB (IP)

...Parenting Support Continued.

Toddler Tuesday

Navigating through the toddler years can be stressful and frustrating. Let Toddler Tuesday help! Join us for parent/toddler friendly courses where you will learn about your child's development, gain useful behavior management techniques and engage in fun activities with your toddler.

Tuesday, July 5 | 1000-1100 | KMB (IP)

Tuesday, July 26 | 1000-1100 | KMB (IP)

Tuesday, August 2 | 1000-1100 | KMB (IP)

Tuesday, August 9 | 1000-1100 | KMB (IP)

Tuesday, August 16 | 1000-1100 | KMB (IP)

Tuesday, August 23 | 1000-1100 | KMB (IP)

Tuesday, August 30 | 1000-1100 | KMB (IP)

Tuesday, September 6 | 1000-1100 | KMB (IP)

Tuesday, September 13 | 1000-1100 | KMB (IP)

Tuesday, September 20 | 1000-1100 | KMB (IP)

Tuesday, September 27 | 1000-1100 | KMB (IP)

Special Interests

Building Effective Anger Management Skills (BEAMS)

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

Thursday, July 28 | 1000-1200 | NBSD (IP)

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

Thursday, September 29 | 1000-1200 | NBSD (IP)

Effective Communication

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

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

Wednesday, September 7 | 1300-1500 | VSM (IP)

...Special Interests Continued.

Mind-Body Mental Fitness (MBMF)

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

Module 1 Stress Resilience

Wednesday, June 29 | 1000-1200 | NBSD (IP)

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

Thursday, September 22 | 1000-1200 | NBSD (IP)

Module 2 Mindfulness and Meditation

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

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

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

Module 3 Core Values

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

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

Module 4 Flexibility

Thursday, July 21 | 1000-1200 | NBSD (IP)

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

Module 5 Problem Solving

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

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

Module 6 Connection

Wednesday, August 3 | 1000-1200 | NBSD (IP)

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

Resiliency Skills Training

This class focuses on enhancing your resiliency by strengthening your current skills and introducing you to new ones. You will be taught to view and handle stressors differently to help achieve your optimal performance. This 2-hour class is held once a week for three consecutive weeks. Includes a Virtual or In-Person option.

...Special Interests Continued.

Navy Spouse 101 with Spouse Employment, Empowerment and Development

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

Thursday, August 4 | 0900 - 1230 | BVH (IP)

Organize Your Life!

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

Wednesday, July 6 | 1300-1430 | NBPL (IP)

Tuesday, August 23 | 1000-1130 | BVH (IP)

Tuesday, September 27 | 1000-1130 | BVH (IP)

Navy Spouse 101

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

Thursday, July 7 | 0900-1100 | BVH (IP)

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

Wednesday, August 31 | 1400-1600 | (V)

Thursday, September 8 | 0900-1100 | BVH (IP)

Thursday, September 29 | 0900-1100 | GVB (IP)

Holiday Stress

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

Tuesday, September 20 | 1000-1130 | NBC (IP)

Time Management

Are you as organized as you want to be? Are you strong at prioritizing? We want to help you get to where you want to be. Learn strategies for managing time effectively as well as understanding the value of prioritizing.

Wednesday, August 10 | 1000-1200 | NBC (IP)

...Special Interests Continued.

Stress Management

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

Thursday, August 4 | 0900-1030 | GVB (IP)

Volunteer Program Orientation

Volunteers are instrumental to the Fleet & Family Support Center (FFSC) staff's efforts to expand services, implement new programs and assist military families. Initial guidance and information provided, so that you get the most from your volunteer experience.

Thursday, July 7 | 1000-1100 | (V)

Thursday, August 4 | 1000-1100 | (V)

Thursday, September 1 | 1000-1100 | (V)

Responsible Anger Management (RAM)

Identify the root of your anger and learn skills to take control of your anger. Redirect your emotions in positive ways which, ultimately, can help you build more effective strategies for success at work and at home. This is an interactive 2-day workshop.

Thursday-Friday, July 7-8 | 0900-1600 | NBSD (IP)

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

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

Sexual Assault Prevention & Response (SAPR)

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

POCs:

NBSD SAPRSDClasses.ftc@navy.mil

NBC contact your command SARC

NBPL and NWS Seal Beach yolanda.m.bencomo.naf@us.navy.mil and

jeannette.casillas.naf@us.navy.mil

Ombudsman Training

Registration is required for all of the Ombudsman training listed below. Please contact trisha.k.pair.ctr@us.navy.mil to register.

Ombudsman Basic Training (OBT)

Ombudsman Basic Training (OBT) is the required training for all Navy Ombudsman. It is a standardized multi-day training consisting of nine modules outlined in the Ombudsman Program Manual and OPNAVINST 1750.1G CH-2. Command leadership should register their Ombudsman to attend training by contacting the Ombudsman Coordinator at trisha.k.pair.ctr@us.navy.mil. Command leadership and their spouses are also welcome to attend all or part of the training. Pre-registration is required.

Monday-Friday, August 8-12 | 1700-2130 | NBSD (IP)

Annual Ombudsman Resource Fair

Wednesday, August 31 | 1800-2000 | NBSD Anchors Catering and Conference Center, Bldg. 3210 (IP)

Relocation Support

Welcome to San Diego

This course is designed to inform service members and families about the wide range of resources and activities available in Metro San Diego. It is especially useful for individuals who consider themselves "new" to the area or want a "refresh" regarding what San Diego has to offer.

Wednesday, July 6 | 1000-1100 | BVH (IP)

Monday, July 11 | 1000-1130 | (V)

Tuesday, August 2 | 1300-1400 | BVH (IP)

Monday, August 8 | 1000-1130 | (V)

Tuesday, September 6 | 1000-1100 | BVH (IP)

Monday, September 12 | 1000-1130 | (V)

...Relocation Support Continued.

Sailors and Families on the Move

Ease the stress of relocation! Learn the processes, policies and resources available for planning a Permanent Change of Station (PCS) move. Whether you're moving within the Continental United States (CONUS) or Overseas (OCONUS), arm yourself with the latest information on your next duty station. Workshop highlights include financial entitlements and secrets to reducing moving stress.

Tuesday, July 26 | 0900-1100 | NBSD (IP)

Tuesday, August 16 | 1000-1200 | BVH (IP)

Thursday, September 8 | 0900-1100 | GVB (IP)

Thursday, September 22 | 1300-1430 | BVH (IP)

Tuesday, September 27 | 0900-1100 | (V)

PCSing (Permanent Change of Station) with Kids

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

Thursday, July 14 | 1000-1130 | BVH (IP)

Monday, July 25 | 1300-1430 | KMB (IP)

Tuesday, July 26 | 1200-1330 | NBSD (IP)

Monday, August 22 | 1300-1430 | KMB (IP)

Monday, September 19 | 1300-1430 | KMB (IP)

Wednesday, September 28 | 1300-1430 | VSM (IP)

Personal Financial Management

Car Buying and Leasing Strategies

If you're thinking of buying or leasing, this workshop can help make your dream car a reality! Develop the knowledge and skills to thoroughly research a purchase or lease. Learn to ask the right questions during the process, and practice negotiation techniques to get a great deal.

Wednesday, September 7 | 1000-1130 | NBSD (IP)

...Personal Financial Management Continued.

Consumer Awareness-Don't Get Ripped Off

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

Tuesday, August 23 | 1030-1200 | NBSD (IP)

Essential Financial Tools for Disability

Get essential strategies for Service Members in need of disability resources. This workshop provides useful strategies and tips to help Service Members address financial considerations for the touchpoint.

Thursday, August 25 | 0830-0930 | NBPL (IP)

Financial Planning for Your Retirement Plan

Whether you're a Seaman Recruit or an Admiral, this class is right for you! Estimate your retirement needs and evaluate retirement account options (TSP, IRAs, 401Ks, etc.).

Thursday, August 11 | 0900-1030 | NBC (IP)

Holiday Spending

Holidays and special occasions occur year-round. Learn how to plan for the added expenses of holidays and special events and develop strategies to avoid overspending and accumulating excessive debt.

Wednesday, July 27 | 0900-1000 | NBSD (IP)

Home Buying Workshop

Buying a house is the most significant purchase many people will ever make. This course is designed to increase the knowledge and comfort level of first-time home buyers and serve as a refresher for repeat home buyers.

Friday, July 1 | 1300-1500 | KMB (IP)

Friday, August 12 | 1300-1500 | KMB (IP)

Friday, September 2 | 1300-1500 | KMB (IP)

...Personal Financial Management Continued.

How to Survive the Holidays Financially

Don't just survive the holidays; thrive during this time with secrets to smart finances, strategies to maximize your budget, and tips for how to manage the stress associated with this busy time.

Friday, September 23 | 1400-1500 | VSM (IP)

Your Insurance Needs

Suitable for all audiences, designed to develop the knowledge and skills that will enable learners to make informed consumer decisions on the basic types of insurance, and to determine their personal need for life insurance.

Wednesday, September 28 | 1400-1500 | NBC (IP)

Master Your Credit and Defeat Your Debt

Credit card debt can drag you down and affect your credit score. Learn the true cost of your credit card and how to pay it off successfully.

Wednesday, August 24 | 0830-0930 | NBPL (IP)

Tuesday, September 20 | 1400-1500 | NBSD (IP)

Million Dollar Sailor/Spouse Workshop

Who wants to be a millionaire? Take aim with this two-day workshop designed to help Service members and their families save a million dollars over their lifetime. Proven strategies address topics such as banking and financial services, military pay, planning for your retirement, home buying, savvy consumerism, car buying, insurance and Thrift Savings Plan.

Wednesday - Thursday, August 17-18 | 0800-1600 | NBC (IP)

Wednesday - Thursday, September 21-22 | 0800-1600 | NBPL (IP)

...Personal Financial Management Continued.

More Money, More Options

Get control of your financial affairs, develop financial goals, and develop a budget that can put you on the path to wealth!

Thursday, July 7 | 0830-1000 | NBC (IP)

Wednesday, August 10 | 0830-1000 | NBPL (IP)

Thursday, September 29 | 0830-1000 | NBSD (IP)

Raising Financially Fit Kids

Whether your child is one, nineteen, or somewhere in between, this interactive course is for you! We will help you learn how to teach your children sound financial management skills and help you to determine how to best implement age-appropriate financial practices for your children.

Wednesday, August 17 | 0900-1000 | GVB (IP)

Saving and Investing 101

Develop knowledge and skills that will enable you to achieve your financial goals through saving and investing. You will learn the characteristics of the different saving and investment vehicles-such as Individual Retirement Accounts, Money Market Accounts, and stocks.

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

Survivor Benefit Plan (SBP)

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

Wednesday, July 6 | 1400-1500 | NBSD (IP)

...Personal Financial Management Continued.

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

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

Tuesday, August 9 | 0900-1030 | NBSD (IP)

Command Programs

Command Exceptional Family Member Program (EFMP) Point of Contact (POC) Training

This workshop helps command POCs run their program efficiently and ensure that the enrolled EFMP families are equipped with the correct information regarding paperwork, contacts, OPNAVINST 1754.2D requirements, and current resources available to EFMP participants in the San Diego area. To register call 619-759-1223

Wednesday, July 6 | 0900-1100 | NBC (IP)

Wednesday, August 3 | 0900-1100 | NBSD (IP)

Wednesday, September 7 | 0900-1100 | NBPL (IP)

Command Financial Specialist (CFS) Initial Training

All Navy commands must appoint and ensure training for an adequate number of Command Financial Specialists (CFSs) to meet OPNAVINST requirements. Invaluable training ensures CFSs have the latest tools to serve as effective financial specialists for their respective commands. Pre-registration is required. Call 866-923-6478 to register.

Tuesday-Thursday, July 12-14 | 0800-1200 | (V)

Tuesday-Friday, July 19-22 | 0800-1200 | (V)

Monday-Friday, August 1-5 | 0730-1600 | NBSD (IP)

Monday-Friday, September 12-16 | 0730-1600 | NBSD (IP)

...Command Programs Continued.

Command Financial Specialist (CFS) Refresher Training

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

Tuesday, August 16 | 0730 - 1600 | NBSD (IP)

Command Financial Specialist (CFS) Continuing Education

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

Tuesday, July 26 | 0800 - 1100 | NBSD (IP)

Thursday, July 28 | 1300 - 1600 | NBSD (IP)

Command Sponsor Coordinator Training

All commands must appoint a Sponsor Coordinator to oversee the support provided to incoming and outgoing Sailors. Per OPNAVINST 1740.3E, Sponsor Coordinators should receive initial training from FFSC to learn more about the program, policy requirements and resources for Sailors and families facing a Permanent Change of Station (PCS). Sponsor Coordinators are encouraged to contact FFSC for Welcome Aboard Packet information and to schedule Command Sponsor Training.

Tuesday, July 5 | 0900-1030 | NBSD (IP)

Monday, July 11 | 0900-1030 | (V)

Tuesday, July 12 | 0900-1030 | NBC (IP)

Monday, August 8 | 0900-1030 | NBSD (IP)

Thursday, August 11 | 0900-1030 | (V)

Tuesday, September 6 | 0900-1030 | NBSD (IP)

Thursday, September 8 | 0900-1030 | (V)

...Command Programs Continued.

Command Sponsor Training

This class is designed to help you be an effective Command Sponsor. We will review the roles and responsibilities of the Sponsor and discuss each stage of the program. We will also provide you with resources and area-specific information to assist you with your incoming personnel.

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

Monday, July 25 | 0900-1030 | (V)

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

Friday, August 26 | 0900-1030 | (V)

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

Thursday, September 22 | 0900-1030 | (V)

Leadership Resource Training (LRT)

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

Thursday, July 21 | 0800-1200 | (V)

Thursday, September 22 | 0800-1200 | (V)

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

Topics will include: an overview of the SAIL program, safety planning, compassion fatigue, and intro to FFSC's "Resiliency Skills Training".

Tuesday, September 13 | 1300-1600 | NBSD (IP)

Transition Assistance Program (TAP)

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



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www.facebook.com/FFSCSD

FFSC BRANCH LOCATIONS

Naval Base San Diego (NBSD)

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

Naval Base Coronado (NBC)

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

Naval Base Point Loma (NBPL)

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

Bayview Hills Branch (BVH)

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

Gateway Village Branch (GVB)

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

Kearny Mesa Branch (KMB)

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

Village at Serra Mesa Branch (VSM)

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