

# December 2024

SCAN TO REGISTER FOR A CLASS



(V) – Virtual; (H) – Hybrid

NBSD – Naval Base San Diego  
 NBPL – Naval Base Point Loma  
 NBC – Naval Base Coronado  
 KMB – Kearny Mesa Branch  
 GVB – Gateway Village Branch  
 BVH – Bayview Hills Branch  
 VSM – Village at Serra Mesa



**MON**

2

**TUE**

3

**WED**

4

**THU**

5

**FRI**

6

**BOOT 2 BUSINESS (B2B)**  
 7:30 AM - 4:30 PM – KMB

**COMMAND FINANCIAL SPECIALIST (CFS) INITIAL TRAINING**  
 8:00 AM - 4:00 PM – NBSD

**EFFECTIVE PARENTING**  
 9:00 AM - 4:00 PM – NBSD

**COMMAND SPONSOR  
 COORDINATOR TRAINING**  
 9-10:30 AM – (V)

**JOB SEARCH STRATEGIES**  
 9-11 AM – KMB

**FINDING FEDERAL  
 EMPLOYMENT**  
 9-11 PM – NBSD

**NAVIGATION CHILD CARE  
 OPTIONS**  
 9 -11:00 AM - BVH

**MIND BODY MENTAL FITNESS  
 (LIVING CORE LAVUES)**  
 1-3 PM – NBSD

**BUILDING EFFECTIVE ANGER  
 MANAGEMENT SKILLS  
 (BEAMS)**  
 10 AM -12 PM – NBSD

**CREDIT MANAGEMENT**  
 9-11 AM - NBC

**MIND BODY MENTAL FITNESS  
 (MINDFULNESS &  
 MEDITATION)**  
 1-3 PM – NBSD

**HOW TO WORK A JOB FAIR**  
 10-12 PM - NBC

**MIND BODY MENTAL FITNESS  
 (STRESS RESILIENCE)**  
 1-3 PM – NBSD

**TODDLER TUESDAY**  
 10-11 AM – KMB

**FAMILY CARE PLAN  
 COORDINATOR TRAINING**  
 1-2 PM – NBC

**WINNING INTERVIEW  
 TECHNIQUES**  
 1:30-3 PM – GVB

**TODDLER THURSDAY**  
 10-11 AM – KMB

**ACTIVE-DUTY PREGNANCY  
 RESOURCES**  
 1 -3 PM – BVH

**SPOUSE EMPLOYEMENT (SEED)**  
 1-3 PM - KMB

**MIND BODY MENTAL FITNESS  
 (FLEXIBILITY)**  
 1-3 PM – VSM

ALL CLASSES IN PERSON UNLESS OTHERWISE NOTED

# December 2024

SCAN TO REGISTER  
FOR A CLASS



(V) – Virtual; (H) – Hybrid

NBSD – Naval Base San Diego  
NBPL – Naval Base Point Loma  
NBC – Naval Base Coronado  
KMB – Kearny Mesa Branch  
GVB – Gateway Village Branch  
BVH – Bayview Hills Branch  
VSM – Village at Serra Mesa



**MON**

**9**

**MIND BODY MENTAL FITNESS  
(FLEXIBILITY)**  
1-3 PM – NBSD

**TUE**

**10**

**ACTIVY-DUTY PREGNANCY  
RESOURCES**  
9 -11 PM – KMB

**COMMAND SPONSOR  
COORDINATOR TRAINING**  
9-10:30 AM – NBSD

**EFFECTIVE PARENTING SKILLS**  
9-10 AM - NBSD

**TODDLER TUESDAY**  
10-11 AM – KMB

**DEBT DESTROYER**  
12-2 PM – NBC

**NAVIGATING CHILD CARE  
OPTIONS**  
1-3 PM - KMB

**WED**

**11**

**FAMILY READINESS GROUP  
BASIC TRAINING**  
9 AM- 4PM - NBSD

**JOB SEARCH STRATEGIES**  
9-10:30 AM – NBSD

**PLANNING YOUR FINANCIAL  
FUTURE**  
10-11:30 AM – NBSD

**MIND BODY MENTAL FITNESS  
(PROBLEM SOLVING)**  
1-3 PM – NBSD

**DEPLOYMENT SUPPORT**  
1:30-3 PM – GVB

**THU**

**12**

**RESPONSIBLE ANGER MANAGEMENT (RAM)**  
9:00 AM - 4:00 PM – NBSD

**EFFECTIVE COMMUNICATION**  
9 -10:30 AM - BVH

**EFFECTIVE COMMUNICATION**  
9 -10 AM - NBC

**MIND BODY MENTAL FITNESS  
(PROBLEM SOLVING)**  
9-10 PM – NBC

**TODDLER THURSDAY**  
10-11 AM – KMB

**NAVY SPOUSE IN TRANSITION**  
10 AM -12 PM - NBC

**MIND BODY MENTAL FITNESS  
(PROBLEM SOLVING)**  
1-3 PM – VSM

**STRESS MANAGEMENT**  
1 -3 PM – BVH

**FRI**

**13**

**CAPSTONE**  
8 -11:30 AM – KMB

**MIND BODY MENTAL FITNESS  
(CONNECTION)**  
1-3 PM – NBSD

ALL CLASSES IN PERSON UNLESS OTHERWISE NOTED

# December 2024

SCAN TO REGISTER  
FOR A CLASS



(V) – Virtual; (H) – Hybrid

NBSD – Naval Base San Diego  
NBPL – Naval Base Point Loma  
NBC – Naval Base Coronado  
KMB – Kearny Mesa Branch  
GVB – Gateway Village Branch  
BVH – Bayview Hills Branch  
VSM – Village at Serra Mesa



**MON** 16

FAP TRIAD DESK BRIEF  
8:30-10:30 AM – NBSD

**COMMAND SPONSOR  
TRAINING**  
9-10:30 AM – (V)

FAMILY READINESS GROUP  
ADVANCED TRAINING  
9-11 AM – NBSD

**TUE** 17

COMMAND SPONSOR  
COORDINATOR TRAINING  
9-10:30 AM – (V)

**FAMILY CARE PLAN  
COORDINATOR TRAINING**  
9 -10:30 AM - NBSD

STRESS MANAGEMENT  
9-11 AM – KMB

**TODDLER TUESDAY**  
10-11 AM – KMB

EFFECTIVE COMMUNICATION  
SKILLS  
1-2:30 PM – KMB

**WED** 18

WINNING INTERVIEW  
TECHNIQUES  
9-10:30 PM – KMB

**STRESS MANAGEMENT**  
1:30-3 PM – GVB

**THU** 19

**BOOT 2 BUSINESS (B2B)**  
7:30 AM - 4:30 PM – KMB

WINNING INTERVIEW  
TECHNIQUES  
9 -10:30 AM - BVH

**TODDLER THURSDAY**  
10-11 AM – KMB

RESUME WRITING  
1 -3 PM – BVH

**MIND BODY MENTAL FITNESS  
(CONNECTION)**  
1-3 PM – VSM

**FRI** 20

**\*\* NO CLASSES SCHEDULED DURING THE LAST WEEK OF DECEMBER \*\***

ALL CLASSES IN PERSON UNLESS OTHERWISE NOTED

# WORKSHOP GLOSSARY

## CAREER SERVICES

- **FFSC Job Fair:** A great opportunity for transition Sailors, retirees, and spouses to network with over 70 employers looking for your skills! Bring copies of your resume and come dressed to impress.
- **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.
- **How to Work a Job Fair:** Make the most of your job fair experience and position yourself for success.
- **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!
- **Job Search Strategies** (also referred to as Navigating Your Job Search): 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?
- **Navy Spouse in Transition:** Are you a military spouse looking to support your active-duty service member through their transition from the military into the civilian world? Do you have questions or concerns about the transition process? In this 90-minute workshop, we will connect you with the Transition Assistance Program (TAP) information and resources you need from a spouse's perspective. You will learn how to plan for success by exploring a variety of TAP topics, including VA benefits, medical care, insurance, employment, education, relocation, finances, and governing laws, and instructions.
- **Resume Writing:** Make sure your resume stands out! Get the latest tips and techniques to wow employers with an organized, effective and winning resume.
- **Spouse Employment, Empowerment and Development (SEED):** 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.
- **TAP 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.
- **TAP 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.
- **Winning Interview Techniques:** Make your dream job a reality! Gain information and resources to develop expert interviewing skills.

## COMMAND PROGRAMS

- **Command Financial Specialist (CFS) Continuing Education:** As specified in OPNAVINST 1740.5, this quarterly training is provided to discuss personal financial issues and provide additional training to meet the four elements of the PFM program (education, counseling, consumer advocacy, and information & referrals). The CFS will be notified of specific topics to be covered. This training is open to all CFSs, senior enlisted advisors, and command career counselors. For registration please email: [ffsc\\_cfs\\_pfm@us.navy.mil](mailto:ffsc_cfs_pfm@us.navy.mil)
- **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 effective CFSs through: discussions on the financial planning worksheet, latest financial trends, schemes, potential pitfalls, and other relevant topics. Command triads and other leaders are also highly encouraged to attend. For registration please email: [ffsc\\_cfs\\_pfm@us.navy.mil](mailto:ffsc_cfs_pfm@us.navy.mil)
- **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.

## COMMAND PROGRAMS

- **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.
- **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.
- **Family Care Plan Coordinator:** Family Care Plans (FCPs) are a critical tool in ensuring personal and family readiness for any type of absence, crisis, or emergency. This workshop is designed to assist with the establishment of a collateral duty billet as Family Care Plan (FCP) Coordinator within the command. The FCP Coordinator manages the command's FCP Program, ensuring eligible Service Members maintain updated FCPs and providing resources as required in OPNAVINST 1740.4E, US Navy Family Care Policy. This course provides lessons learned, resources, program implementation tips, and networking opportunities to FCP Coordinators.
- **FAP Triad Desk Brief** (Also known as - FAP Leadership Orientation Training): This two-hour training fulfills the FAP training requirements (both OPNAV 1742.2C and SURFPAC CRAV) for new Commanding Officers to be oriented to the Family Advocacy Program in the local area within 90 days of taking command. This class also meets the annual training requirements for Senior Enlisted Leaders.

- **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.
- **Sailors Assisting Intercept for Life (SAIL) for Suicide Prevention Coordinators:** Sailors Assisting Intercept for Life (SAIL) equips Suicide Prevention Coordinators with vital tools and training to proactively engage and support at-risk individuals within the naval community, fostering a culture of empathy and intervention to safeguard mental well-being.

## DEPLOYMENT SUPPORT

- **Deployment Support:** Perhaps you are coming up to your first deployment, or maybe it has been a while since your family last experienced it, let's demystify the process, review the cycles of deployment, and approach this upcoming transition with a drive to leverage and develop your resilience, and explore helpful resources to meet your goals and thrive!
- **Family Readiness Group (FRG) Basic Training:** This training is customized to fit your FRG, whether the command is starting a group or re-energizing an existing group. Discuss the FRG instruction/policy, leadership structure, communication techniques, team-building ideas, fundraising guidelines, and ideas for fun activities. \*If you are unable to attend at this date/time, Fleet and Family also has FRG Basic Training On Demand. To access it, please visit <https://learning.zeiders.refineddata.com> Fleet and Family has an FRG Coordinator available to provide additional support and FRG guidance should you need it. To reach the FRG Coordinator, please contact Centralized Scheduling at 866-923-6478

## OMBUDSMAN TRAINING

- **Ombudsman Advanced Training:** This mandatory training for all appointed Ombudsmen, provides the latest resources and opportunity to network. Registration not required.
- **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 [sdffcumbudsman@us.navy.mil](mailto:sdffcumbudsman@us.navy.mil) Command leadership and their spouses are also welcome to attend all or part of the training. Pre-registration is required. Command leadership and their spouses are also welcome to attend all or part of the training. Pre-registration is required.

## PARENTING SUPPORT

- **Active-Duty Pregnancy Resources:** Are you a pregnant active-duty service member? Learn about policies and programs related to motherhood, developing your Family Care Plan, the Navy's Pregnancy Instruction, as well as childcare, financial resources and more!
- **Effective Parenting:** 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.
- **Kids Craft:** Come out and meet your neighbors while enjoying a small craft structured for kids 4 -12 years old.
- **Navigating Childcare Options:** Finding reliable and affordable childcare can be an adventurous task for parents. This workshop explores the many childcare options available to military families in San Diego.

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

## PERSONAL FINANCIAL MANAGEMENT

- **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.
- **Continuation Pay:** Continuation Pay eligibility for Sailors in the BRS Retirement Plan Option is an important milestone in one's Navy career. Understanding this benefit and considering the financial situation of each Sailor can assist them in making the best decisions to assess their career goals and make important personal financial decisions as they pertain to the Continuation Pay benefit.
- **Credit Management:** Building and maintaining credit can be an important tool for financial success. This course will provide you with the knowledge about establishing healthy credit, the impact and cost of credit, and tips for debt recovery.
- **Crypto:** Exploring digital (crypto) assets.
- **Debt Destroyer:** Welcome to the United States Navy Debt Destroyer® Workshop! This course is designed to empower you and your family to get out — and stay out — of debt. You will learn proven techniques to overcome your high interest rate consumer debt, make the most of the money you have coming in and get on track to a more secure financial future.

- **Emergency Financial Preparedness:** Emergencies come in many forms and will look different for each service member. Use these resources to educate service members about financial preparedness, how to build an emergency kit and the steps to financial recovery.
- **Homebuying 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.
- **Financial Planning for Your Retirement Plan:** (Also referred to as Retirement Planning): 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.).
- **Homebuying 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.
- **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.
- **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.

- **Planning Your Financial Future:** A service member's understanding of their spending personality is the first step in planning their financial future. Setting goals that are strategic, measurable, attainable, realistic and timely — or "SMART" — is key to achieving success. Use these resources to talk to service members about how to effectively set and reach their financial goals.
- **Renting:** Renting a house or apartment can be good solutions for single service members and military families, as it can offer the flexibility that home ownership does not provide. Learn how to weigh your options on locations, type, cost, and renting vs. buying. This empowering workshop will ensure you make a wise housing choice. It is designed to increase the knowledge and comfort level of first-time renters, and to serve as a refresher for repeat renters.
- **Saving and Investing 101:** Develop knowledge and skills that will enable you to achieve your financial goals through saving and investing. You will learn the characteristics of the different saving and investment vehicles—such as Retirement Accounts, Money Market Accounts, and stocks.
- **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.

- **Thrift Savings Plan (TSP)/Blended Retirement System (BRS):** Get the latest detailed information on the Thrift Savings Plan (TSP) and how TSP can contribute to financial retirement security. In 2018, the Uniformed Services Blended Retirement System (BRS) will be implemented, with extensive changes that will affect current and future Sailors. This official Department of Defense training will provide you with critical information to help you understand who is affected by BRS; what is changing from the current high-3 system; why it is called blended retirement; important dates and deadlines; and the role of the Thrift Savings Plan in BRS. Most importantly, learn what steps you need to take to make the best decision for your retirement.
- **Vesting in TSP:** Get the latest detailed information on everything the Thrift Savings Plan (TSP) has to offer, understand the differences between High 3 and Blended retirement system and the various streams of well curated investing options used to further contribute to financial retirement security. Ensure your Sailors are making smart financial choices early on in their career when it comes to sound retirement planning with minimal fees and better return on investments.

## RELOCATION SUPPORT

- **Moving Over Sea's:** Moving Overseas entails meticulous planning and coordination, ensuring a smooth transition for individuals and families relocating across international waters, navigating diverse cultures, and embracing new experiences.
- **Smooth 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.

- **Welcome Aboard:** The Welcome Aboard Class serves as a foundational platform, orienting sailors with essential knowledge and resources, fostering camaraderie, and instilling a sense of belonging within the organization's ranks from day one.
- **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.

## 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.
- **Conflict Resolution:** Unmanaged conflict has caused many hardships in the workplace and at home. It can cause people to suffer, missions to fail, and families to separate. Yet, conflict is inevitable. This workshop helps people manage conflict by examining their attitudes and behaviors when faced with conflicting situations. Practicing skills that prevent conflict from escalations and working with others to solve problems. This allows people to grow, missions to succeed, and families to strengthen.
- **Effective Communication:** Are you an effective communicator? Learn strategies for communicating better at home and at work.
- **Life After the Uniform:** The Resilient Spouse: Are you ready for the challenges of life after the military? Whether your spouse is retiring or separating, these tools and resources will help you effectively navigate the process and prepare the whole family for its next adventure.

- **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 pro-active 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.
- **Navy Spouse 101:** Learn the basics of Navy life and how to thrive as a military spouse.
- **One Love Escalation Workshop:** The Escalation Workshop is a 90-minute, film-based experience that leads students to recognize relationship abuse as an issue relating to their lives, creating a safe zone for discussing an all-too-common problem. The workshop conversation educates young people about the warning signs of an abusive relationship and how to step in to help a friend. The workshop is consistently cited as "relatable" and "eye-opening" by students.
- **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!
- **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.
- **Stress Management:** Stress management secrets that will change your outlook. Make time to invest in you!