

FFSC Training Request and Return and Reunion Request

Please return this form at least two weeks prior to brief request date

FFSCSDTRAININGREQUEST@US.NAVY.MIL



For Internal Use Only

Date Received: _____ Received by: _____ Speaker Assigned: _____

Tenant Command Location:

Naval Base San Diego

Naval Base Coronado

Naval Base Point Loma

Requesting Command's Information:

Requesting Command Name: _____

Point of Contact (POC): _____ POC Phone Number (*Deck or Cell*): _____

POC E-mail Address: _____ Alternate Phone Number (*Deck or Cell*): _____

Date of Training: _____ Time of Training Start: _____ Time of Training End: _____

Location of Training: _____ Building/Ship #: _____

Deck#/Floor#: _____ Room/Pier #: _____ Handicap Access: Yes No

Directions to Training Site: _____

Availability of Reserved Parking (*please indicate where*): _____

Training Requested:

Deployment Readiness Briefs

Pre-Deployment Homecoming(Post)
Return and Reunion

Mind-Body Mental Fitness Modules (120 min each)

Stress Resilience Flexibility Mindfulness & Meditation
Living Core Values Connection Problem Solving

3 Hour Overview MBMF

Life Skills General Military Training (GMT)

Anger Management (45-60 min)	Communication in the Workplace (45-60 min)	Active Duty Pregnancy (180 min)
Stress Management (45-60 min)	Family Care Plan (60-90 min)	Suicide Prevention Coordinator Training (60-90 min)
Time Management (45-60 min)	Family Care Plan Coordinator Training (60-90 min)	Suicide Prevention (45-60 min)
Conflict Resolution (45-60 min)	Family Advocacy Program Overview (45-60 min)	Family Advocacy Triad Desk Brief (45-60 min)
Healthy Relationships (60 min)	One Love Escalation Workshop (90 min)	

Relocation Briefs

Area Resource Training (180 min)	FFSC Overview (30-45 min)	Homeport Change
Sponsor Training (60-90 min)	Sponsor Coordinator Training (60-90 min)	Resource Table
Sailors on the Move (120-150 min)	Sailors and Families on the Move (120-150 min)	Welcome to San Diego (120 min)

Other briefs not listed: _____

Total Number of Attendees: _____ Active Duty Family Members Civilians

Other (*Please specify*) _____

Equipment Available at Requested Site:

Computer TV Projector DVD Player Microphone Table & Chairs

Instructor Notes: _____

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