



# *Fleet & Family Support Centers San Diego Metro*



**MAY 2024**

**PROGRAMS & WORKSHOPS**



**ADVOCATING FOR YOUR  
NEEDS AT HOME & SEA**

# LET'S CONNECT!

JOIN OUR SOCIAL MEDIA COMMUNITY



@FFSC\_SAN\_DIEGO

**STAY UP TO DATE WITH WHAT PROGRAMS,  
EVENTS & WORKSHOPS FLEET AND FAMILY  
HAS TO OFFER!**





(V)-Virtual; (H)-Hybrid

# May 2024

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

CALL 866-923-6478 TO REGISTER TODAY!

\*\*ALL CLASSES IN PERSON UNLESS OTHERWISE NOTED\*\*

*Detailed workshop glossary with all workshop descriptions available in back of packet!*

WED

1

FINDING FEDERAL EMPLOYMENT  
0900-1100, NBSD  
COMMAND EFMP POC TRAINING  
0900-1100, (V)  
GAMBLING  
1000-1100, NBSD  
WELCOME TO SAN DIEGO  
1000-1200, KMB  
MBMF MODULE 5: PROBLEM SOLVING  
1000-1200, NBSD  
RESUME WRITING  
1300-1500, NBPL  
KIDS CRAFT  
1300-1400, BVH

THUR

2

BOOTS-2-BUSINESS, MAY 2-3,  
0730-1630, KMB  
NAVIGATING CHILDCARE OPTIONS  
0900-1030, BVH  
MBMF MODULE 5: PROBLEM SOLVING  
0900-1100, VSM  
BUILDING EFFECTIVE ANGER MANAGEMENT SKILLS  
1000-1200, NBSD  
TODDLER THURSDAY  
1000-1100, KMB  
NAVIGATING CHILDCARE OPTIONS  
1000-1200, GVB  
MONEY & THE MOVE  
1300-1400, GVB

FRI

3

ACTIVE DUTY PREGNANCY RESOURCES  
0900-1200, NBSD  
SAILORS & FAMILIES ON THE MOVE  
1000-1130, NBPL

MON

6

COMMAND FINANCIAL SPECIALIST (CFS) INITIAL TRAINING, MAY 6-10,  
0800-1600, NBSD  
COMMAND SPONSOR COORDINATOR TRAINING  
0900-1030, (V)  
SPOUSE EMPLOYMENT, EMPOWERMENT, & DEVELOPMENT  
1300-1500, KMB

TUES

7

COMMAND SPONSOR COORDINATOR TRAINING  
0900-1000, NBC  
ORGANIZE YOUR LIFE  
0900-1030, BVH  
CONFLICT RESOLUTION  
0900-1100, VSM  
TODDLER TUESDAY  
1000-1100, KMB  
MBMF MODULE 1: STRESS RESILIENCE  
1000-1200, GVB  
SAIL WORKSHOP FOR SUICIDE PREVENTION COORDINATORS  
1300-1500, NBC

WED

8

JOB SEARCH STRATEGIES  
0900-1030, NBSD  
KIDS CRAFT  
1300-1400, BVH  
SAILORS & FAMILIES ON THE MOVE  
1300-1500, KMB  
CONFLICT RESOLUTION  
1300-1500, NBPL  
EFFECTIVE PARENTING WORKSHOP, MAY 8-10,  
0900-1600, NBSD  
MBMF MODULE 6: CONNECTION  
1000-1200, NBSD

THUR

9

BOOTS-2-BUSINESS, MAY 9-10,  
0730-1630, KMB  
NAVY SPOUSE 101  
0900-1100, BVH  
MBMF MODULE 6: CONNECTION  
0900-1100, VSM  
TODDLER THURSDAY  
1000-1100, KMB  
DEPLOYMENT SUPPORT  
1330-1530, GVB

FRI

10

ORGANIZE YOUR LIFE!  
1000-1130, NBPL



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**MON**

**13**

PCSING WITH KIDS  
1400-1500, KMB

**TUES**

**14**

RENTING  
0900-1000, NBC  
COMMAND SPONSOR  
COORDINATOR TRAINING  
0900-1030, NBSD  
WELCOME TO  
SAN DIEGO  
0900-1030, BVH  
LIFE AFTER THE UNIFORM:  
THE RESILIENT SPOUSE  
0900-1100, VSM  
MBMF MODULE 2:  
MINDFULNESS &  
MEDITATION  
1000-1200, GVB  
TODDLER TUESDAY  
1000-1100, KMB

**WED**

**15**

FAP LEADERSHIP  
ORIENTATION TRAINING  
0830-1030, NBSD  
MBMF MODULE 2:  
MINDFULNESS &  
MEDITATION  
0900-1100, NBC  
RESUME WRITING  
0900-1030, NBSD  
MBMF MODULE 1:  
STRESS RESILIENCE  
1000-1200, NBSD  
ACTIVE DUTY  
PREGNANCY RESOURCES  
1300-1500, KMB  
KIDS CRAFT  
1300-1400, BVH  
FINDING FEDERAL  
EMPLOYMENT  
1300-1500, NBPL  
KIDS CRAFT  
1330-1430, VSM

**THUR**

**16**

BOOTS-2-BUSINESS,  
MAY 16-17,  
0730-1630, KMB  
LEADERSHIP RESOURCE  
TRAINING  
0800-1200, NBSD  
JOB SEARCH STRATEGIES  
0900-1100, NBC  
RESPONSIBLE ANGER  
MANAGEMENT,  
MAY 16-17,  
0900-1600, NBSD  
PCSING WITH KIDS  
0900-1100, BVH  
CAR BUYING & LEASING  
STRATEGIES  
1000-1130, NBPL  
TODDLER THURSDAY  
1000-1100, KMB  
KIDS CRAFT  
1330-1430, GVB

**FRI**

**17**

ACTIVE DUTY  
PREGNANCY RESOURCES  
0900-1200, NBC  
EFFECTIVE  
COMMUNICATION  
1000-1130, NBPL

**MON**

**20**

COMMAND SPONSOR  
TRAINING  
0900-1030, (V)  
NAVIGATING  
CHILDCARE OPTIONS  
1300-1500, KMB

**TUES**

**21**

COMMAND FINANCIAL  
SPECIALIST REFRESHER  
TRAINING  
0800-1600, NBSD  
SAILORS & FAMILIES  
ON THE MOVE  
0900-1100, VSM  
CONFLICT RESOLUTION  
0900-1000, NBSD  
NAVY SPOUSE IN  
TRANSITION  
0900-1030, NBSD  
TODDLER TUESDAY  
1000-1100, KMB  
MBMF MODULE 3:  
LIVING CORE VALUES  
1000-1200, GVB

**WED**

**22**

MBMF MODULE 4:  
FLEXIBILITY  
0900-1100, NBC  
WINNING INTERVIEW  
TECHNIQUES  
0900-1030, NBSD  
NAVY SPOUSE 101  
0900-1030, KMB  
MBMF MODULE 2:  
MINDFULNESS &  
MEDITATION  
1000-1200, NBSD  
KIDS CRAFT  
1300-1400, BVH  
STRESS MANAGEMENT  
1300-1500, NBPL

**THUR**

**23**

BOOTS-2-BUSINESS,  
MAY 23-24,  
0730-1630, KMB  
ACTIVE DUTY  
PREGNANCY RESOURCES  
0900-1100, BVH  
PCSING WITH KIDS  
0900-1100, NBSD  
TODDLER THURSDAY  
1000-1100, KMB  
HOME BUYING  
WORKSHOP  
1200-1400, NBC

**FRI**

**24**

NAVY SPOUSE IN  
TRANSITION  
1000-1130, NBPL



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MON 27

**SORRY  
WE'RE  
CLOSED**



TUES 28

EFFECTIVE COMMUNICATION  
0900-1030, BVH  
TIME MANAGEMNET  
0900-1030, NBSD  
COMMAND SPONSOR TRAINING  
0900-1030, NBSD  
ORGANIZE YOUR LIFE!  
0900-1100, VSM  
TODDLER TUESDAY  
1000-1100, KMB  
MBMF MODULE 4: FLEXIBILITY  
1000-1200, GVB  
SAVING AND INVESTING 101  
1400-1500, VSM

WED 29

MBMF MODULE 5: PROBLEM SOLVING  
0900-1100, NBC  
RESUME WRITING  
0900-1100, KMB  
MBMF MODULE 3: LIVING CORE VALUES  
1000-1200, NBSD  
WINNING INTERVIEW TECHNIQUES  
1300-1500, NBPL  
KIDS CRAFT  
1300-1400, BVH

THUR 30

EFFECTIVE COMMUNICATION  
0900-1100, VSM  
STRESS MANAGEMENT  
0900-1030, BVH  
FAMILY CARE PLAN COORDINATOR  
0900-1030, NBSD  
THRIFT SAVINGS PLAN (TSP)/BLENDED RETIREMENT SYSTEM(BRS)  
1000-1100, (V)  
RESUME WRITING  
1000-1200, NBC  
TODDLER THURSDAY  
1000-1100, KMB  
RESUME WRITING  
1330-1530, GVB

FRI 31

CAPSTONE  
0800-1130, KMB  
COMMAND SPONSOR TRAINING  
1000-1130, NBPL  
DEBT DESTROYER  
1200-1400, NBC

May is Military Spouse Appreciation!



NOT ALL WHO SERVE WEAR A UNIFORM.



MILITARYONESOURCE.MIL



# **ADDITIONAL FFSC SERVICES & PROGRAMS**

## **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 INCLUDING DIVORCE • BLENDED FAMILIES • INFIDELITY • DEPLOYMENT REINTEGRATION • NEW MARRIAGE & FAMILY • GRIEF & LOSS • COMMUNICATION & CONFLICT RESOLUTION • COUPLES COMMUNICATION • PARENTING SKILLS • ANGER MANAGEMENT • AND 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.*

## **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 CREDENTIALLED ALREADY. REGISTRATION FOR THESE COURSES IS REQUIRED.**

**PLEASE CONTACT YOUR COMMAND SARC OR THE FOLLOWING INSTALLATION POCS:**

**NAVAL BASE SAN DIEGO: [NBSD\\_SAPR@US.NAVY.MIL](mailto:NBSD_SAPR@US.NAVY.MIL)  
NAVAL BASE CORONADO: CONTACT YOUR COMMAND SARC  
NAVAL BASE POINT LOMA AND NWS SEAL BEACH:  
[YOLANDA.M.BENCOMO.NAF@US.NAVY.MIL](mailto:YOLANDA.M.BENCOMO.NAF@US.NAVY.MIL) AND  
[JEANNETTE.CASILLAS.NAF@US.NAVY.MIL](mailto:JEANNETTE.CASILLAS.NAF@US.NAVY.MIL)**



# Branch Locations

NAVAL BASE SAN DIEGO  
BLDGS 259, 263 & 271  
3005 CORBINA ALLEY,  
SUITE 1  
SAN DIEGO, CA 92136  
619-556-7404

NAVAL BASE CORONADO  
BLDG 318, SAUFLEY RD  
SAN DIEGO, CA 92135  
619-545-6071

NAVAL BASE PT. LOMA  
BLDGS 211 & 212  
140 SYLVESTER RD  
SAN DIEGO, CA 92106  
619-553-7505

GATEWAY VILLAGE BRANCH  
3207 ROSECRANS PLACE  
SAN DIEGO, CA 92110  
619-222-5548

BAYVIEW HILLS BRANCH  
1967 SKY HARBOR RD  
SAN DIEGO, CA 92139  
619-267-1720

KEARNY MESA BRANCH  
3950 CALLE FORTUNADA  
SAN DIEGO, CA 92123  
619-987-9449

VILLAGE AT SERRA MESA  
BRANCH  
3141 AFTON RD  
SAN DIEGO, CA 92123  
858-505-1369

*Centralized Scheduling:*

*(866) 923-6478*

**FLEET & FAMILY SUPPORT CENTERS:**

**\*CLOSED WEEKENDS &  
ALL FEDERAL HOLIDAYS\***



# Workshop Glossary

DID YOU SEE SOMETHING  
THAT INTERESTED YOU?

## Learn More Below!

CALL CENTRALIZED SCHEDULING @ 866-923-6478 TO REGISTER TODAY!

## CAREER SERVICES

### **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.

### **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.

### **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.

### **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.

### **How to Work a Job Fair**

Make the most of a 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**

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**

Resume writing offers a broad overview of the purpose and value in resumes and cover letters. Schedule a 1:1 for additional support or development for your resume and cover letter. Individual consultations available.

### **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.

### **Winning Interview Techniques**

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

## 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 1754.2F requirements, and current resources available to EFMP participants in the San Diego area.

To register call (619) 759-1223.

### **Command Financial Specialist (CFS) Initial Training**

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

For registration email:  
ffsc\_cfs\_pfm@us.navy.mil

### **Command Financial Specialist (CFS) Refresher Training**

Appointed CFS's must attend refresher training every three (3) years after initial training to maintain designation. The refresher training helps to ensure all CFS's have the knowledge base and skill set to continue to function as an effective CFS's 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 email:  
ffsc\_cfs\_pfm@us.navy.mil

### **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 CFS's, Senior Enlisted Advisors, and Command Career Counselors.

For registration email:  
ffsc\_cfs\_pfm@us.navy.mil

### **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.



# Workshop Glossary

DID YOU SEE SOMETHING  
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## Learn More Below!

CALL CENTRALIZED SCHEDULING @ 866-923-6478 TO REGISTER TODAY!

### COMMAND PROGRAMS CONT'D

#### **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.

#### **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 requirement for Senior Enlisted Leaders.

#### **Family Care Plan Coordinator**

Family Care Plan Policy (FCP's) 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, U.S. Navy Family Care Policy. This course provides lessons learned, resources, program implementation tips, and networking opportunities to FCP Coordinators.

#### **Leadership Resource Training (LRT)**

Are you interested in learning more about the resources available to promote sailor and family resiliency? Learn more about the resources available in San Diego to military members and their families. It is open to all service members, ombudsmen, spouses, etc.

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

Topics will include: an overview of the SAIL program, safety planning, and compassion fatigue.

#### **Transition Assistance Program (TAP)**

This class is mandated 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](mailto:laurie.a.lyford.ctr@us.navy.mil), to get their Service members registered for classes.

### DEPLOYMENT SUPPORT

#### **Deployment Support**

Perhaps you are coming up to your first deployment, or maybe it has been awhile 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)**

##### **Advanced Training**

Explore the topics discussed in FRG Basic in more depth, hear from guest speakers, learn about additional community resources and network with your fellow FRG's.

#### **Family Readiness Group (FRG) Basic Training**

This training is customized to fit your FRG, whether the command is starting a group or reenergizing 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 FRG Basic Training On Demand, 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 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 1750.1H.

Command leadership and their spouses are also welcome to attend all or part of the training. Pre-registration is required.

Command Leadership should register their Ombudsman to attend training by contacting the Ombudsman Coordinator: April Vasquez at [sdffscombudsman@us.navy.mil](mailto:sdffscombudsman@us.navy.mil) or call 619-556-7230 to register.

#### **Ombudsman Advanced Training**

This mandatory training for all appointed Ombudsmen, provides the latest resources and opportunity to network. Registration not 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.

### **Kid's 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

### **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.

### **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.

### **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.

### **Gambling**

Gambling Awareness discusses gambling statistics, the prevalence of gambling problems, military directives and the warning signs of compulsive/pathological gambling. This course is suitable for all audiences. Participants will complete a self-assessment of their gambling habits and learn about the warning signs of problem behavior.

### **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.

### **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.

### **Paying for College**

This workshop provides information on sources of funding for higher education, focusing on financial aid resources, college savings plans and tax incentives.

### **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.

### **Tax Preparation for Service Members (Tax Tips)**

Filing taxes can be confusing - but understanding basic tax filing terminology makes filing easier. Use these resources to talk to service members about the information needed to fill out specific forms and the no-cost tax resources available to them.

### **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.

CALL CENTRALIZED SCHEDULING @ 866-923-6478 TO REGISTER TODAY!



## RELOCATION SUPPORT

### **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.

### **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.

### **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 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

\*Module 2: Mindfulness and Meditation

\*Module 3: Living Core Values

\*Module 4: Flexibility

\*Module 5: Problem Solving

\*Module 6: Connection

### **Navy Spouse 101**

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

### **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.

### **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.



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