

# March 2025

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**

**3**

**TUE**

**4**

**WED**

**5**

**THU**

**6**

**FRI**

**7**

**COMMAND FINANCIAL SPECIALIST (CFS) INITIAL TRAINING**

8:00 AM - 4:00 PM – NBSD

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

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

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

COMMUNICATION IN THE WORKPLACE  
 9-10 AM – NBSD

**NAVIGATING YOUR NEW NORMAL**  
 9-10 AM – KMB

PCS'ING (PERMANENT CHANGE OF STATION) W/ KIDS  
 9-11 AM – VSM

**TODDLER TUESDAY**  
 10-11 AM – KMB

FAMILY CARE PLAN COORDINATOR TRAINING  
 1-2 PM – NBC

**NAVIGATING CHILDCARE OPTIONS**  
 1-2:30 PM – KMB

NAVY SPOUSE IN TRANSITION  
 1:30-3:30 PM – GVB

FINDING FEDERAL EMPLOYMENT  
 9-11 AM – NBSD

**COMMAND EFMP POINT OF CONTACT (POC) TRAINING**  
 9-11 AM – NBPL

SENSORY PLAYGROUP  
 10-11 AM – KMB

**MIND BODY MENTAL FITNESS (LIVING CORE VALUES)**  
 10 AM-12 PM – NBSD

**JOB SEARCH STRATEGIES**  
 1-3 PM – NBPL

CONFLICT RESOLUTION  
 2-3 PM – NBSD

EFFECTIVE PARENTING  
 9:00 AM - 4:00 PM – BVH

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

STRESS MANAGEMENT  
 10-11:30 AM – NBPL

**MIND BODY MENTAL FITNESS (FLEXIBILITY)**  
 10 AM-12 PM – GVB

HEALTHY RELATIONSHIPS  
 11 AM-12 PM – NBSD

**NAVIGATING CHILDCARE OPTIONS**  
 1:30-3:30 PM – VSM

FINAL MOVE  
 2-3 PM – NBSD

COMMAND SPONSOR COORDINATOR TRAINING  
 10-11:30 AM – NBSD

**MIND BODY MENTAL FITNESS (CONNECTION)**  
 10-11:30 AM – NBPL

KIDS CRAFT  
 2:30-3:30 PM – GVB

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**MON 10**

SUICIDE PREVENTION  
 9-10 AM – NBSD

**TUE 11**

EFFECTIVE COMMUNICATION SKILLS  
 9-10 AM – NBSD

**REINTERGRATING WITH YOUR PARTNER**  
 9-10:30 AM – KMB

NAVY SPOUSE 101  
 9-11 AM – VSM

**TODDLER TUESDAY**  
 10-11 AM – KMB

INTO TO EFMP  
 1-2 PM – KMB

**SAVING & INVESTING**  
 1-2 PM – NBSD

SAVING & INVESTING  
 1-2 PM – NBC

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

**WED 12**

**OMBUDSMAN BASIC TRAINING (OBT)**  
 8:00 AM - 4:00 PM – NBSD

JOB SEARCH STRATEGIES  
 9-10:30 AM – NBSD

**SENSORY PLAYGROUP**  
 10-11 AM – KMB

CONSUMER AWARENESS  
 10-11:30 AM – VSM

**MIND BODY MENTAL FITNESS (FLEXIBILITY)**  
 10 AM-12 PM – NBSD

RESUME WRITING  
 1-3 PM – NBPL

**TIME MANAGEMENT**  
 2-3 PM – NBSD

**THU 13**

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

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

EFFECTIVE PARENTING  
 9:00 AM - 4:00 PM – BVH

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

TIME MANAGEMENT  
 10-11:30 AM – NBC

**MIND BODY MENTAL FITNESS (PROBLEM SOLVING)**  
 10 AM-12 PM – GVB

NAVY SPOUSE IN TRANSITION  
 1:30-3:30 PM – VSM

**FRI 14**

DEVELOPING YOUR FAMILY CARE PLAN  
 9-10:30 AM – NBSD

**DEPLOYMENT SUPPORT**  
 10-11:30 AM – NBPL

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**MON 17**

ACTIVE DUTY PREGNANCY RESOURCE  
 9 AM-12 PM – NBSD

**TUE 18**

RESOURCES EXIST, ASKING CAN HELP (REACH)  
 9-10:30 AM – NBSD

**MIND BODY MENTAL FITNESS (FLEXIBILITY)**  
 9-11 AM – KMB

SAILORS & FAMILIES ON THE MOVE  
 9-11 AM – VSM

**TODDLER TUESDAY**  
 10-11 AM – KMB

CAR BUYING & LEASING STRATEGIES  
 1-2 PM – NBC

**SPOUSE EMPLOYMENT, EMPOWERMENT & DEVELOPMENT (SEED)**  
 1:30-3:30 PM – GVB

**WED 19**

RESUME WRITING  
 9-10:30 AM – NBSD

**PAYING FOR COLLEGE**  
 10-11 AM – GVB

SENSORY PLAYGROUP  
 10-11 AM – KMB

**MIND BODY MENTAL FITNESS (PROBLEM SOLVING)**  
 10 AM-12 PM – NBSD

VESTING IN TSP  
 1-2 PM – NBSD

**FINDING FEDERAL EMPLOYMENT**  
 1-3 PM – NBPL

HOMEBUYING WORKSHOP  
 1-3 PM – KMB

**KIDS CRAFT**  
 1:30-2:30 PM – VSM

FFSC OVERVIEW  
 2-3 PM – NBSD

**THU 20**

**MILLION DOLLAR SAILOR/SPOUSE WORKSHOP**  
 8:00 AM - 4:30 PM – NBSD

EFFECTIVE PARENTING  
 9:00 AM - 4:00 PM – BVH

**WELCOME TO SAN DIEGO AREA ORIENTATION**  
 9-10 AM – NBSD

MIND BODY MENTAL FITNESS (CONNECTION)  
 9-11 AM – NBC

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

MIND BODY MENTAL FITNESS (CONNECTION)  
 10 AM-12 PM – GVB

**EFFECTIVE COMMUNICATION SKILLS**  
 1:30-3:30 PM – VSM

**FRI 21**

CAPSTONE  
 8-11:30 AM – KMB

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

CONFLICT RESOLUTION  
 10-11:30 AM – NBPL

**KIDS CRAFT**  
 2:30-3:30 PM – GVB

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**MON 24**

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

**TUE 25**

HEALTHY RELATIONSHIPS  
9-10 AM – NBSD

**WELCOME TO SAN DIEGO  
AREA ORIENTATION  
9-10 AM – KMB**

WELCOME TO SAN DIEGO  
AREA ORIENTATION  
9-11 AM – VSM

**TODDLER TUESDAY  
10-11 AM – KMB**

SURVIVOR BENEFIT PLAN  
1-2 PM – NBSD

**WELCOME TO SAN DIEGO  
AREA ORIENTATION  
1-2 PM – NBC**

**WED 26**

WINNING INTERVIEW  
TECHNIQUES  
9-10:30 AM – NBSD

**SENSORY PLAYGROUP  
10-11 AM – KMB**

MIND BODY MENTAL FITNESS  
(CONNECTION)  
10 AM-12 PM – NBSD

**WINNING INTERVIEW  
TECHNIQUES  
1-3 PM – NBPL**

**THU 27**

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

**RESOURCES EXIST, ASKING  
CAN HELP (REACH) - SPOUSE  
9-10:30 AM – BVH**

TODDLER THURSDAY  
10-11 AM – KMB

**NAVY SPOUSE IN TRANSITION  
10 AM-12 PM – GVB**

SUPPORTING CHILDREN  
DURING DEPLOYMENT  
1-2 PM – BVH

**DEBT DESTROYER  
1-3 PM – NBPL**

CONFLICT RESOLUTION  
1:30-3:30 PM – VSM

**FRI 28**

EFFECTIVE COMMUNICATION  
SKILLS  
10-11:30 AM – NBPL

**SURVIVOR BENEFIT PLAN  
11 AM-11 PM – NBC**

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MON

31

No Classes Scheduled

TUE

1

WED

2

THU

3

FRI

4

2<sup>nd</sup> Qtr. 2025 - Class Schedule is TBD

ALL CLASSES IN PERSON UNLESS OTHERWISE NOTED

# WORKSHOP GLOSSARY

## CAREER SERVICES

- **Career Exploration & Portability:** This workshop discusses the use of career assessments that match your interests, skills, and abilities to careers and occupations. It also reviews career exploration tools to help you learn about the occupational outlook and portability of different careers and industries.
- **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.
- **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 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, OPNAVINST1754.2F requirements, and current resources available to EFMP participants in the San Diego area. To register call 619-759-1223

- **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 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. For registration email: [ffsc\\_cfs\\_pfm@us.navy.mil](mailto:ffsc_cfs_pfm@us.navy.mil)

## 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.

- **FFSC Overview:** FFSC Overview offers a foundational understanding of programs offered by the Fleet and Family Support Center.

## DEPLOYMENT SUPPORT

- **Couples and Deployment:** This workshop is designed to provide couples with tools to manage emotions and reactions associated with separation.
- **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!
- **Deployment Started: What Now?:** This workshop is designed to help families identify and connect with resources so they can manage deployment successfully.
- **Developing Your Family Care Plan:** This workshop provides an overview of a Family Care Plan, how to create a plan, and available resources for service members and caregivers.
- **Navigating Your New Normal:** Deployment brings about many changes. Although most families are able to progress through the emotional cycle of deployment, some families may get stuck in the "Emotional Disorganization" stage. This workshop is designed to help family members adjust to changing circumstances, realize their potential, and create a new normal.
- **Reintegrating With Your Partner:** This workshop helps spouses and partners prepare for reintegration with their service member by focusing on four areas: reestablishing connections, celebrating growth, recognizing operational stress and restoring intimacy.

- **Supporting Children During Deployment:** This workshop aims to help nondeployed parents or caregivers by providing ideas for support as they experience deployment together. Parents or caregivers can help their family survive – and even thrive – during deployment with the proper tools and resources.

## 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 [sdffsombudsman@us.navy.mil](mailto:sdffsombudsman@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.
- **Sensory Playgroup:** The Navy New Parent Support Program offers a new sensory playgroup, which is designed for children 2-4 years old that will benefit for a small playgroup. Focused on sensory exploration and movement that promotes your children's motor and emotional development.
- **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 & 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:** 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.
- **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.
- **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.
- **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.
- **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.
- **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

- **Final Move:** This workshop provides information and resources available to retiring or separating service members in preparation of their final move.
- **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.
- **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 Area Orientation:** This workshop provides a high-level overview of general information of the San Diego area, including installation specific services, and Fleet and Family Support Center programs. Service members and families are highly encouraged to attend if you are new to the area or need a refresher of 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.
  - **Communication in the Workplace:** This workshop helps people use the power of communication to strengthen relationships at work and at home by practicing skills that build effective two-way communication.
  - **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.
  - **Healthy Relationships:** Provides tools to enhance healthy relationships and educate Sailors and family members on how to successfully nurture intimate relationships. Topics include emotional record keeping, expectations, communication and developing healthy habits.
  - **Into to EFMP:** This workshop provides an overview on the Exceptional Family Member program including information and resources.
  - **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!
  - **Resources Exist, Asking Can Help (REACH):** This workshop is to cultivate a new mindset around mental health and help-seeking in the military by encouraging Service Members to reach out for help and not suffer in silence. The workshop focuses on empowering service members to use resources without worrying about perceived or real barriers that may stand in the way and to not give up until they find the help that they need.
  - **Resources Exist, Asking Can Help (REACH) - Spouse:** This workshop is to help spouses, significant others, and family members of active duty, reserve, and National Guard service members develop a proactive mindset around mental health and help-seeking behaviors. REACH-Spouse cultivates a mindset by empowering military spouses to overcome perceived barriers to care and to use resources to find mental health help.
  - **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.