

MARCH

FLEET AND FAMILY SUPPORT CENTER EVENTS AND WORKSHOP CALENDAR

RESERVATIONS REQUIRED FOR ALL WORKSHOPS 1 WEEK IN ADVANCE. FOR RESERVATIONS OR QUESTIONS, PLEASE CONTACT THE FLEET AND FAMILY SUPPORT CENTER 760-939-4545 OR EMAIL US AT NAWSCL_FFSC@US.NAVY.MIL.



Mind Body Mental Fitness (MBMF)

Learn to enhance the mind, body, spirit, and social domains in one's life. MBMF teaches proactive pathways to achieve mental fitness and gives you the tools to manage stress.

Module 1: Stress Resilience

Mar 4 • 2 pm

Module 2: Mindfulness and Meditation

Mar 11 • 2 pm

Module 3: Living Core Values

Mar 18 • 2 pm

Module 4: Flexibility

Mar 25 • 2 pm

Module 5: Problem Solving

Apr 1 • 2 pm

Module 6: Connection

Apr 8 • 2 pm

TAP Class

Mar 3-5 - 2 pm

This class is every service member's compass for a smooth journey into civilian life. Gain insights, resources, and essential skills to make your transition a success. Registration required through your Command Career Counselor.

Toddler Take Over

Mar 5 - 9 am

Meet other parents and learn tips and strategies to use during the toddler years. This workshop will provide strategies to use in areas parents struggle with during the toddler years. We welcome you to bring your toddlers to play while you learn.

EFMP Coffee & Chaos

Mar 5 - 4 pm

Bring your little ones to play while you enjoy coffee and learn about advocacy tips for parents in the Exceptional Family Member Program (EFMP).

TAP TRACK - Education

Mar 6-7 - 8 am

From the basics to choosing a field of study, selecting the right institution, gaining admission, and securing funding we've got your academic journey.

TAP TRACK - Employment

Mar 6-7 - 8 am

Chart Your Career Course! Join Tap Track workshop for a comprehensive introduction to the tools and resources essential for evaluating career options.

What About the Kids, Co-parenting

Mar 6 - 3 pm

Co-parenting is not just about dividing time and responsibilities, but also creating a supportive and nurturing environment. Participants will learn how to put the child(ren)'s needs first by providing stability, consistency, and kindness.

Ombudsman Training (OBT) - Hybrid

Mar 10 - 8:30 am - 1 pm (In-Person)

Mar 11 - 8:30 am - 12:30 pm (Online)

Mar 12 - 8:30 am - 1 pm (Online)

Mar 13 - 8:30 am - 1 pm (In-Person)

This mandatory 17.5-hour workshop provides appointed Ombudsmen with the knowledge, skills, and resources they need to succeed. Must attend all workshops for Ombudsman certification. To register, call Deborah Edwards 760-939-4553. Registration ends March 1.

SCAN TO
RECEIVE FFSC
TEXT ALERTS.



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Family Advocacy Program 101

Mar 12 - 2 pm

An overview of the Family Advocacy Program (FAP) prevention and intervention process.

Parenting Practices & Styles

Mar 12 - 4 pm

Learn different parenting styles parenting styles and practices that can be used for a balanced parenting approach.

New Spouse Welcome Aboard

Mar 13 - 10 am

Connect with fellow military spouses, explore local gems, and dive into valuable insights on military programs. Special focus on resources for our foreign-born spouses!

Vacation Planning

Mar 18 - 1 pm

Master the art of smart vacation planning! Learn the secrets to plan for travel and vacation costs wisely. Make your dream getaway a reality without breaking the bank!

Job Search Strategies

Mar 19 - 2 pm

Job hunting made easy! Discover the secrets to finding federal, state, county, local, or remote jobs. Your next career opportunity awaits—let's find it together!

Banking and Financial Services

Mar 20 - 10 am

Empower yourself with financial knowledge for a brighter, more secure future. Discover the art of selecting the right financial institution, choosing the perfect type of accounts, and mastering the skills to track and reconcile your banking transactions.

Planning For Your Retirement

Mar 20 - 3 pm

Learn how to estimate your retirement needs, unravel the intricacies of military retirement plans, and evaluate your retirement account options. Arm yourself with the knowledge to make informed decisions for a prosperous retirement.

Anger Management

Mar 21 - 2 pm

Learn to address signs and symptoms of anger mismanagement, identify effective ways to express anger, and identify resources available to assist in changing destructive anger related behaviors.

Effective Communication

Mar 25 - 10 am

Learn how to utilize the power of effective communication as a vehicle for enhancing relationships at work and at home.

Acing the Interview

Mar 26 - 10 am

Elevate your confidence and make a lasting impression. Our skilled FFSC staff will help unlock the secrets to acing your interviews! Your next career move starts here!

FAP Leadership Orientation Training

Mar 26 - 3 pm

This 1.5-hour training fulfills the Family Advocacy Program (FAP) training requirements for OPNAVINST 1752.2C for new Commanding Officers to be orientated within 90 days of taking command. This class also meets the annual training requirements for Senior Enlisted Advisors.



Deployment Workshops By Appointment

Get the skills and resources needed to prepare for and manage the realities of separation and reintegration.

Volunteer Orientation By Appointment

Discover Fleet and Family Support Center volunteer opportunities with flexible schedules and various learning experiences.

Relocation Workshops By Appointment

Whether you are settling in or departing from a duty station, the relocation program can make the transition easier for you and your family.

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The
Fleet & Family Support
Center