

Port Hueneme
 Bldg. 1169, 805-982-5037
 Point Mugu
 Bldg. 225, 805-989-8146
 Office Hours
 Mon - Fri
 7:30 am - 4:00 pm

FFSC Spring Workshops

March 2025 -
 May 2025

To register for classes call:
 805-982-5037
 For clinical appointments call:
 619-536-3874



www.facebook.com/NBVC.FFSC

www.navylifesw.com/ventura.families/

All Classes at Hueneme FFSC unless stated otherwise

Life Skills

Military Spouse Orientation

Mar 3, 2 pm - 3:30 pm
 May 6, 2 pm - 3:30 pm (Mugu)

Anger Management 101

Mar 27, 2 pm - 3:30 pm
 Apr 24, 2 pm - 3:30 pm
 May 15, 2 pm - 3:30 pm (Mugu)

5 Love Languages

Mar 11, 2 pm - 3:30 pm
 Apr 7, 2 pm - 3:30 pm (Mugu)

Communication Skills

Mar 17, 2 pm - 3:30 pm
 Apr 14, 2 pm - 3:30 pm (Mugu)
 May 19, 2 pm - 3:30 pm

Deployment

Supporting Children Through Deployment

Mar 3, 2 pm - 3 pm (Mugu)

Mental Health Matters:

Couples & Deployment

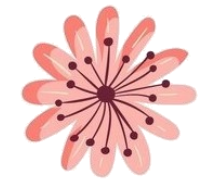
Mar 4, 1:30 pm - 2 pm
 May 15, 1 pm - 1:30 pm (Mugu)

Couples Communication & Connection

May 5, 2 pm - 3 pm (Mugu)

Preparing for Deployment

Apr 3, 1 pm - 2 pm



Career Services

Resume 1 Stop (Walk-in)

Mar 13, 1 pm - 3 pm
 Apr 10, 1 pm - 3 pm
 May 8, 1 pm - 3 pm

***Bring current resume/laptop**

Excel Basics

Mar 18, 1 pm - 3 pm
 Apr 24, 1 pm - 3 pm (Mugu)

***Must bring computer with Excel**

Excel Intermediate

May 15, 1 pm - 3 pm
***Must bring computer with Excel**

Effective Resume Writing

Mar 6, 9:30 am - 11 am (Mugu)
 May 1, 9:30 am - 11 am (Mugu)

Winning Interview Techniques

Mar 27, 1:30 pm - 3 pm
 May 29, 1:30 pm - 3 pm (Mugu)

Keys to Career Fair Success

Apr 1, 1 pm - 2 pm
 Apr 3, 10 am - 11 am (Mugu)

Career Fair

Apr 9, 10 am - 1:30 pm
 (Mugu Fitness Center)

***Bring polished resume**

Exceptional Family Member Program

Introduction to EFMP

Mar 7, 1 pm - 2 pm (Mugu)
 May 2, 1 pm - 2 pm

EFMP Craft & Gather

Apr 4, 2 pm - 3 pm

EFMP Point of Contact Training

Mar 7, 2 pm - 3 pm (Mugu)
 May 2, 2 pm - 3 pm



Parenting Support

Parenting Together

Every Tue, 10:30 am - noon
 @ Stingers Park

It Takes a Village

Every Fri, 11 am - 12:30 pm
 @Synthetic Field (Mugu)

Infant & Toddler Safety

Apr 3, 2 pm - 3:30pm

Positive Parenting

Apr 22, 1 pm - 3 pm

Raising Confident Children

May 6, 1 pm - 3 pm

Raising Resilient Children

May 20, 1 pm - 3 pm



Financial Education

Planning for Your Financial Future

Apr 7, 10 am - 11:30 am

Vesting in TSP

Mar 13, 1 pm - 2:30 pm

CFS Training

Apr 28 - May 2, 8 am - 4 pm

***Contact the front desk to enroll**

Credit Management

May 12, 1 pm - 2:30 pm (Mugu)

Relocation

Sponsor Training

Mar 5, 9 am - 10 am (Mugu)
 Apr 2, 9 am - 10 am

May 7, 9 am - 10 am (Mugu)

Welcome Aboard NBVC

Apr 1, 2 pm - 3 pm (Mugu)

Smooth Move

Mar 4, 2 pm - 3 pm

May 6, 2 pm - 3 pm



Family Transitions Triple P, Co-Parenting Workshop starts

March 4 from 1 pm - 3 pm

* Registration is open on a first come, first served basis

* Participants must attend all 6 workshops to be issued a certificate of completion

***Contact the front desk to enroll**

Ombudsman Basic Training

Contact the Ombudsman Coordinator at 805-982-5037 for upcoming dates

Mind-Body Mental Fitness

Module 1: Stress Resilience

Mar 12, 11 am - 1 pm

Module 2: Mindfulness & Meditation

May 14, 11 am - 1 pm

Call 805-982-5037

To request FFSC marketing tables at your event.



Call 805-982-5037

To request workshops in your command space or for your FRG!

For Counseling Appointments

Call 619-876-3096

Workshop Descriptions

5 Love Languages: Identify your own primary love language, what it means, and how you can use it to connect to others, and strengthen your personal and professional relationships.

Anger Management 101: Have you been told "you have an anger problem" or are you fed up with your angry outbursts? Anger is a normal and protective emotion we all experience. How we manage ourselves is a learned behavior; therefore, anger is controllable. Come learn the skills and techniques to cope with your anger more effectively!

Career Fair: This is a biannual in-person career fair for transitioning service members, veterans, military spouses, dependents, and DoD civilians to meet and network with military friendly employers that have current job openings. The event is not open to the public, which gives the military community exclusive access to employers without having to travel far from their home. It is highly encouraged to have multiple copies of your resume ready to provide directly to employers. The event will have 50-60 employers in attendance that are looking to fill multiple roles of varying experience levels. FFSC's Family Employment team will have several workshops leading up to the event to assist with resume writing, interview skills, and how to make the most of your career fair experience. To register for workshops, go to NavylifeSW.com.

Command Financial Specialist (CFS) Training: This training is needed to become a Financial Specialist. E6 and above, must attend all sessions. Call (805) 982-5037 to register.

Communication Skills: Learn to use the power of effective communication as a vehicle for enhancing relationships at work and at home.

Couples Communication & Connection: Wondering how to best keep connected while apart? Come discuss creative ways to keep the lines of communication open for all members of the family.

Credit Management: Credit Management is an interactive lesson that provides learners with the knowledge to build and protect their credit health and reduce the cost of credit.

Effective Resume Writing: Are you unsure of where to start with creating your resume or do you have a resume that needs to be updated for your job search? Join us for this class that will explore the 3 types of resumes, how to tailor them for various job applications, and the use of STAR statements.

Excel Basics: Learn how to use basic formatting, shortcuts, and basic formulas using Microsoft Office Excel 2016 or newer software, for both professional and personal use. **Attendees must provide their own laptop with Excel.*

Excel Intermediate: Learn advanced shortcuts, formulas, charts, referencing and more using Microsoft Excel 2016 or newer.

**Attendees must provide their own laptop with Excel.*

Exceptional Family Member Program (EFMP) - Craft & Gather: This is an opportunity for EFMP families to come together and craft memories! EFMP Liaisons will be supplying crafting materials for families to be creative, network with other families, and ask their EFMP Liaison any questions they may have!

Exceptional Family Member Program (EFMP) - Introduction: EFMP serves military families with special needs including: medical, dental, mental health, developmental or educational requirements. The program ensures families are assigned to areas where they can access necessary resources.

Exceptional Family Member Program (EFMP) - Point of Contact Training: Assists all Commands and Command Point of Contacts in developing and establishing an EFMP Point of Contact program.

Infant & Toddler Safety: The goals of this workshop are to educate parents on essential practices to prevent injuries and ensure a safe environment for young children. Topics will include proper supervision, hazard identification in the home, safe sleeping practices, choking prevention, first aid basics, and appropriate use of child safety equipment.

Keys to Career Fair Success: Planning to attend job fairs, but not sure how to prepare? Job fairs are an important part of your job search. This workshop will show you some tips and strategies to make the most of attending job fairs. It is more than just showing up on the day of.

Mental Health Matters: Couples & Deployment: Does your service member's upcoming deployment weigh heavy on your mind and heart? Join this 30-minute workshop to ensure you have the tools to take care of your mental health.

Military Spouse Orientation: Calling all new military spouses! If you are new to military life as a spouse, then this workshop is for you. Join us as we provide the basics of Navy life, a wide variety of resources, and other helpful tools to help you thrive as a military spouse.

Mind-Body Mental Fitness (MBMF): The primary goal of MBMF is to enhance the mind, body, spirit, and social domains in one's life. Participants will learn proactive pathways to build resiliency, gain practical skills, and find balance within these domains that can be utilized daily, through 6 independent modules.

Ombudsman Basic Training: Please sign up 2 weeks in advance through the Ombudsman Coordinator. Call (805) 982-5037 to register.

Parenting Together and It Takes a Village: These weekly groups provide parents with a supportive environment, with peers who will learn and grow together. We will discuss the challenges and joys of being parents, while promoting a healthy lifestyle for the entire family. For parents with children 4 years old and below.

Planning for Your Financial Future: This workshop will provide learners with the knowledge and skills necessary to develop personal financial goals and make adjustments to personal spending to attain those goals.

Positive Parenting: Are you concerned about your child's behavior? This workshop will provide tips/ideas to have a more positive approach in behavior management.

Preparing for Deployment: Want to be equipped with the right tools to get the next deployment off to a good start? Let's start the discussion on how to not just survive but thrive during deployment.

Raising Confident Children: Does parenting leave you stressed out or worried that your child won't have the tools or skills to be independent during their next developmental stage? Discover 6 important life skills your child needs and learn how to encourage, and promote these skills in your child.

Raising Resilient Children: As children get older we worry about their emotional development. This class will give you key skills needed to help promote emotional growth in your child.

Resume 1 Stop: Get hands on assistance to fine tune your current resume; personal laptops are encouraged.

Smooth Move: Whether it's your first or final move, let us help you make it smooth and simple.

Sponsor Training: Ensure that designated personnel have the necessary training to fulfill their role as command sponsors.

Supporting Children Through Deployment: Deployments come with a lot of adjustments and changes. This class will help you support children as they navigate their feelings and changing family dynamics. Connect with others who have gone through and are going through deployments.

Vesting in TSP: This workshop will explain the components of the military retirement system, the importance of preparing for retirement, and show participants how to manage a TSP account.

Welcome Aboard NBVC: Newly stationed aboard NBVC? Join FFSC staff as we answer questions, provide information, and help you settle into your new community.

Winning Interview Techniques: Learn how to overcome your nerves during the interview process. Come find out what to expect, and how to best prepare for an interview.