



FFSC

NAS CORPUS CHRISTI

FLEET AND FAMILY SUPPORT CENTER

OCTOBER 2026



Hours of Operation • Monday-Friday 0730-1600

4th Floor NHCCC

(361) 961-2372

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
FFSC New Parent Support Program Courses are currently unavailable. For new parent support, please contact FFSC directly at 361-961-2372.						01 USAJOBS 2026 MS TEAMS 1030-1200		02 Life Skills Effective Communication MS TEAMS 0800-0900 Resume: The Science, the Grammar, the Content Zeiders LMS 0930-1100	
DOMESTIC VIOLENCE AWARENESS MONTH		C.N.I.C.'s 23rd ANNIVERSARY 1 October 2003		U.S. NAVY'S 251st BIRTHDAY 13 October 1775					
05 Basic Resume Workshop MS TEAMS 0900-1030 Advanced Resume Workshop MS TEAMS 1300-1430		06 Mommy, Daddy, & Me Painting USO Bldg. 3 1030-1130 Job Search Support MS TEAMS 1030-1200 Continuum of Harm/Power & Control Training 1300-1400		07 AI Resume Building - A Paradigm Shift MS TEAMS 0800-0930 Spouse Job/Resume Support MS TEAMS 1030-1200		08 USAJOBS 2026 MS TEAMS 0800-0930 Benefits Delivery at Discharge (BDD) 1000-1100		09 Life Skills Conflict Resolution MS TEAMS 0800-0900 Resume Lab: From Draft to Finished Product Zeiders LMS 0930-1100 Music Time NAS CC Library 1030-1130	
12 FFSC CLOSED IN OBSERVANCE OF COLUMBUS DAY		13		14 DANTES MS TEAMS 0800-0930		15 USAJOBS 2026 MS TEAMS 0800-0930		16 AI Prompt Engineering- From Idea to Output MS TEAMS 0800-0930 Life Skills Anger Management MS TEAMS 1030-1130	
19 Basic Resume Workshop MS TEAMS 0900-1030 SAIL TRAINING 1300-1400 Advanced Resume Workshop MS TEAMS 1300-1430		20 Job Search/Support MS TEAMS 0800-0930 In her Shoes Training 1230-1430 Holiday Spending Tips for your Wallet MS TEAMS 1000-1100		21 Spouse Job/Resume Support MS TEAMS 0800-0930 Ombudsman Assembly Meeting MS TEAMS 1700-1800		22 GO PURPLE DAY EFMP 101/POC Training 1300-1400		23 Stoics and Stress Management MS TEAMS 0800-0930 Life Skills Stress Management MS TEAMS 1030-1130	
26 Couples Communication 1300-1400		27 FAP 101 1300-1400		28		29		30 ANNUAL JOB FAIR Catalina Club 0900-1200 Life Skills- Effective Communications MS TEAMS 1030-1130	
26-27 • Million Dollar Sailor Virtual • 0800-1600				28-30 • Command Financial Specialist Training Virtual • 0800-1600					
26-30 • TAP Workshop - Retiree Class • 0800-1600									

FLEET AND FAMILY SUPPORT CENTER

OCTOBER 2026 | COURSE DESCRIPTIONS



FFSC

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REGISTRATION <https://forms.gle/ggWXjTHGEzGAsGyj9>
FACEBOOK "FFSC FACEBOOK" or search FFSCNASCC

ADVANCED RESUME WORKSHOP

This one-hour workshop includes organizing resume data and information, exploring the mechanics of structuring and building a resume, and understanding the different kinds of resumes and when to use them.

AI PROMPT ENGINEERING

Webinar to help you create effective AI prompts to aid career planning and job market research.

AI RESUME BUILDING

Introduction to AI platforms (ChatGPT, Gemini, etc.) to build resumes. Includes intro to applying science to include the notion.

AMERICAN JOB CENTER

Discover free personalized career counseling, resume building, job training programs, and direct connections to veteran-friendly employers.

ANNUAL JOB FAIR

Please join us on October 30, 2026 at the Catalina Club from 0900-1200.

BASIC RESUME WORKSHOP

This workshop is for a basic understanding of different types of resumes, how to build a basic resume, and choosing the best resume to market oneself for their career.

BENEFITS DELIVERY AT DISCHARGE

For service members filing a service-connected disability claim with the VA. Through BDD, your VA Disability Claim is "fast tracked," allowing for adjudication before separation from service. BDD claims can only be submitted between 90-180 days before separation. By appointment only.

CONTINUUM OF HARM/POWER & CONTROL TRAINING

This one-hour advanced victim advocate training will explore common behaviors exhibited in abusive relationships as well as the spectrum of harmful sexual behaviors.

COMMAND FINANCIAL SPECIALIST TRAINING

This CFS training provides eligible service members with skills, knowledge, and techniques to help guide fellow service members and families toward their financial goals through counseling, education, information, and referral. To register, contact PFM Kendra at Kendra.t.armstrongmilete.naf@us.navy.mil.

COUPLES COMMUNICATION

This clinician-led class helps you communicate openly and honestly with your partner. You'll learn to identify and address issues threatening your relationship. Contact Jen Nevins at (361) 961-1301 for registration details.

DANTES

Explore educational opportunities through DANTES and find information on applying for admissions, researching higher-learning institutions, and creating a plan to fulfill your education objectives and goals.

DOMESTIC VIOLENCE AWARENESS

Help raise awareness through a service-wide campaign, "What's Inside Matters," and Pause.

EFMP 101/POC TRAINING

The Command EFMP POC Training prepares the POCs for their new role. At the conclusion of training, the POC will be able to meet the needs of EFM families and provide resources.

FAP 101

Provides education on the FAP process. Attendees will learn about FAP reports and reporting options, and the progress of a case from start to finish. This training satisfies CMD Leadership FAP Training requirements per OPNAVINST 1752.2C. Contact Jen Nevins at (361) 961-1301 for registration details.

GO PURPLE DAY

SHOW YOUR TRUE COLORS! Purple Thursday is a National Day of Action each October during Domestic Violence Awareness Month. Everyone is encouraged to wear purple as a symbol of peace, courage, survival, honor, and personal dedication to Domestic Violence Awareness.

HOLIDAY SPENDING TIPS FOR YOUR WALLET

This workshop helps you plan for added holiday and special-event expenses and develop strategies to avoid overspending and accumulating excessive debt.

IN HER SHOES TRAINING

In Her Shoes/In Their Shoes is an experiential learning activity. Based on the experiences of real survivors, participants simulate walking in the shoes of characters experiencing abusive and controlling relationships.

JOB SEARCH/SUPPORT WORKSHOP

Information on job market trends and career support services. Designed for ADSMs, veterans, and their families.

LEVERAGING AI

Provides information on using AI platforms (ChatGPT, Gemini, etc.) to conduct job searches, develop career plans, and align resumes with job announcements.

LIFE SKILLS — STRESS MANAGEMENT, EFFECTIVE COMMUNICATION, CONFLICT RESOLUTION & ANGER MANAGEMENT

These classes help you and your family increase resilience and learn skills to confidently manage the Navy lifestyle.

MILLION DOLLAR SAILOR

MDS is a two-day training program that provides sound financial management skills you can use throughout your military career and beyond to achieve financial freedom. To register, contact PFM Kendra at Kendra.t.armstrongmilete.naf@us.navy.mil.

MOMMY, DADDY & ME PAINTING

Join NPSP Tameka Rudolph-Gruber for Mommy, Daddy, and Me Painting, creating masterpieces that strengthen family bonds.

MUSIC TIME

Engage babies and toddlers through interactive activities boosting motor skills, language, and social development.

OMBUDSMAN ASSEMBLY MEETING

The Ombudsman Virtual Assembly Meeting is held monthly.

RESUME: THE SCIENCE, THE GRAMMAR, THE CONTENT

Elevate your resume from ignored to interviewed! This 90-minute workshop teaches you to command recruiter attention using cognitive psychology, high-impact formatting, and flawless grammar. Learn to build real traction and land the interviews you deserve.

RESUME LAB: FROM DRAFT TO FINISHED PRODUCT

Stop sending generic resumes into the void. This hands-on workshop teaches you high-impact AI prompting to tailor your resume for any job. Watch live "before" and "after" transformations and master formulas that build ATS-friendly documents.

SAIL TRAINING

CAP will provide Sailor Assistance and Intercept for Life (SAIL) training for Sailors, including Suicide Prevention Coordinators (SPCs), Chaplains, and Commands. Contact Jen Nevins at (361) 961-1301 for registration details.

SPOUSE JOB/RESUME SUPPORT

Job and resume support workshop introducing major job/career websites, military-spouse employment services, and resume writing information and support.

STOICS AND STRESS

An introduction to Stoic principles and philosophy as they relate to stress management. Workshop includes exercises and modern-day applications of Stoicism.

TRANSITION ASSISTANCE PROGRAM (TAP)

If separating or retiring in the next 18-24 months, you MUST contact a Command Career Counselor (CCC)/Career Planner to schedule a TAP/TRS class. Contact nasccTAP@us.navy.mil for TAP/TRS questions. Contact your local CCC or transition officer POC to start the process.

USAJOBS 2026

This workshop covers USAJOBS and the importance of using the USAJOBS application template, taking advantage of all data blocks, understanding the OPM Merit Principles, and uploading attachments.

SUPPORT AND CRISIS CONTACTS

FFSC COUNSELING

FFSC counselors are available for crisis intervention 24/7. Contact Art Corona at 361-961-2875; emergency: 361-533-0156.

SAPR 24/7

DoD Safe Helpline: 877-995-5247 • VA duty phone: 361-438-7778 • Virtual training is also available; contact the SARC: 361-523-3580.

988 LIFELINE

Call 988 for free, confidential, compassionate crisis support. You can also call 1-800-273-8255.