<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>1 Basic Resume Workshop 0900 - 1030&lt;br&gt;Advanced Resume Workshop 1230 - 1400</td>
<td>2 Job Search/Support Workshop 0900 - 1030</td>
<td>3 Spouse Job/Resume Support Workshop 0900 - 1030&lt;br&gt;Baby Boot Camp 1000 - 1130</td>
<td>4 USA Jobs Application Workshop 0900 - 1030</td>
<td>5 Life Skills Effective Communication 0900 - 1000</td>
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<td>8 American Job Bank 0900 - 1030</td>
<td>9 DANTES — Navigating through the Education Maze 0900 - 1030&lt;br&gt;Feed Your Newborn/Baby Suite 1000 - 1300</td>
<td>10 O*NET A to Z 0900 - 1030&lt;br&gt;Tricare Separation Brief 0930 - 1015&lt;br&gt;Tricare Retiree Brief 1030 - 1200</td>
<td>11 Life Skills — Stress Management 0900 - 1000</td>
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<tr>
<td>15 Basic Resume Workshop 0900 - 1030&lt;br&gt;Advanced Resume Workshop 1230 - 1400</td>
<td>16 Job Search/Support Workshop 0900 - 1030</td>
<td>17 Spouse Job/Resume Support Workshop 0900 - 1030&lt;br&gt;Raising Financially Fit Kids 1000 - 1100</td>
<td>18 USA Jobs Application Workshop 0900 - 1030</td>
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<tr>
<td>22 Employment Brief “TDB” 1000 - 1200 “VIRTUAL”</td>
<td>23 Better Business Bureau 1000 - 1100 “VIRTUAL”</td>
<td>24 Infant Massage 1000 - 1130</td>
<td>25 Parenting Class 1000 - 1130</td>
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<tr>
<td>29 FAP 101 1300 - 1400&lt;br&gt;Happy Birthday Marine Corps Reserve</td>
<td>30</td>
<td>31 Couples Communication 1300 - 1400</td>
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**COMMAND FINANCIAL SPECIALIST TRAINING** “IN-PERSON” 0800 - 1600

- **8** American Job Bank 0900 - 1030
- **9** Job Search/Support Workshop 0900 - 1030
- **10** Spouse Job/Resume Support Workshop 0900 - 1030
- **11** USA Jobs Application Workshop 0900 - 1030

**BOOTS TO BUSINESS** 0830 - 1630

- **22** Employment Brief “TDB” 1000 - 1200 “VIRTUAL”
- **23** Better Business Bureau 1000 - 1100 “VIRTUAL”
- **24** Infant Massage 1000 - 1130
- **25** Parenting Class 1000 - 1130

**NASCC TAP WEEK “IN-PERSON”** 0800 - 1600

- **29** FAP 101 1300 - 1400
- **31** Couples Communication 1300 - 1400

**August 7 Purple Heart Day**

**Baby Sleep Safety**
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 resumés and when to use them.

ADVANCED SAPR VA TRAINING SESSION 1 & 2 - CEU training for D-SAACP-certified Victim Advocates. Topics vary on current SAPR Updates. Contact the SARC @ (361) 523-3580 for registration/training access. You only have to attend one session.

AMERICA’S JOB BANK - An in-depth review of the America Job Bank national network that provides employment job search and training and how to access and use those employment related resources.

BABY SUITE - Join New Parent Support and NMCRS for monthly sessions to start or add to your parenting experience. We are providing Guest Speakers, Baby/Parenting Information, Questions Answered and Resources. Come join us for support, information and some fun!

BASIC RESUME WORKSHOP - This workshop is for anyone who’d like to have a basic understanding of different types of resumés, how to build a basic resume and choosing the best resume to market oneself for their career.

BETTER BUSINESS BUREAU (BBB) - The BBB complaint service is a free dispute resolution service. BBBs work for a trustworthy marketplace by maintaining standards for truthful advertising, investigating and exposing fraud against consumers and businesses, and providing information to consumers before they purchase products and services. Join us to learn more!

BOOTS TO BUSINESS (SBA) - This two day workshop is an entrepreneurial education and training program offered by the Small Business Administration. This course provides an overview of entrepreneurship and applicable business ownership fundamentals. This two day class is a must if you are wanting to start a business. For registration information email us at: nasctap@us.navy.mil

CAREER ONE STOP - EMPLOYMENT SUPPORT & MORE - This workshop provides key information on resources available to you throughout the country that will support your job search, placement and training needs.

COMMAND FINANCIAL SPECIALIST (CFS) TRAINING - This CFS training provides eligible service members with the skills, knowledge and techniques needed to help guide their fellow service members and their families to improve their financial skills and decision making to accomplish their financial goals through financial counseling, education, and information & referral. To register contact PFM Kendra at: kendra.t.armstrongmilete.ctr@us.navy.mil

COMMAND SPONSORSHIP PROGRAM TRAINING (NASCC) – This training is for Active Duty Navy personnel who are command sponsors. Training is designed to assist sponsors in assisting Service Members and their families.

COUPLES COMMUNICATION - This clinician led class helps you communicate openly & honestly with your partner. You'll learn to identify & address issues threatening your relationship. Contact Kim Kelley (361)961-1301 for registration details.

DANTES - NAVIGATING THROUGH THE EDUCATION MAZE - Whether you are thinking of starting or continuing your education, this workshop will explore topics such as preparation, testing, and financial and scholarship aid to help you accomplish your academic goals.

EMPLOYMENT BRIEF - Possible employers Army Corp of Engineering or LH3 Harris will be speaking.

FAP 101 - This training will provide education on the Family Advocacy Program (FAP) process. Attendees will gain knowledge on FAP reports and reporting options, and the progress of a case from start to finish. This training will satisfy their Command Leadership FAP Training requirements per OPNAVINST 1752.2C. Please contact Kim Kelley (361) 961-1301 for registration details.

FEED YOUR NEWBORN - Class is presented by New Parent Support & NMCRS lactation consultant Cheryl Mills. We discuss all aspects of feeding your baby, breastfeeding & bottle feeding. We want our parents to feel free to ask any questions & feel confident in feeding their newborn.

INFANT MASSAGE CLASS - Learn the art of Infant Massage. With the power of touch, Infant Massage helps with crying, colic, relieving tension, and baby & parent bonding process. Babies from newborn to 12 months old are welcome to join.

JOB SEARCH/SUPPORT WORKSHOP — Information on job market trends & career support services. Designed for ADSM’s, veterans & their families.

LAW ENFORCEMENT JOB FAIR - Central Intelligence Agency, Customs & Border Patrol, Nueces County Sheriff Office, and Texas Department of Criminal Justice employment opportunities. Join us to learn lots more and possibly be introduced to your new career!

LIFE SKILLS—STRESS MANAGEMENT, EFFECTIVE COMMUNICATION, CONFLICT RESOLUTION — These education programs are designed to help you and your family increase your resilience and learn competency to confidently manage the Navy lifestyle.

O’NET a to z - This workshop provides information on one of the most useful and informative job and career support online sites; particular emphasis is given to services available specifically for transitioning active duty service members.

PARENTING CLASS - Parents or expecting parents come join New Parent Support for information and practical solutions to parenting issues. Our parenting classes may improve parent competency and empowerment, improve positive parenting practices, improve child behavior and parent child interactions.

PERSONAL PROPERTY/ HOUSEHOLD GOODS (HHG) - Brief will explain the HHG process & entitlements for both the separatee and retiree. Presenter will discuss weight limits, storage rules, extensions, and distance the military will allow you to move your HHG.

RAISING FINANCIALLY FIT KIDS - This brief will help parents learn how to teach their children sound financial management skills.

SPOUSE JOB/RESUME SUPPORT – Job and Resume support workshop that introduces and discusses major job/career websites, military-spouse employment support services and resume writing information and support.

TRANSITION ASSISTANCE PROGRAM (TAP) - If separating or retiring in next 18-24 months you MUST contact a Command Career Counselor (CCC) to schedule a TAP class. Contact us at: nasctap@us.navy.mil, with any TAP related questions. Contact your local CCC or transition POC to start the TAP process.

TRICARE BRIEFS - This brief will discuss the different TRICARE plans available and what happens to your health plan when you retire or separate from the military. Presenter will also discuss the difference between copays, deductibles, and point of service options.

USA JOBS APPLICATION PROCESS - This workshop covering USAJOBS and the importance of using the USAJOBS application template, taking advantage of all the data blocks, as well as understanding the OPM Merit Principles, uploading attachments.

VIRTUAL SURVIVOR BENEFITS PLAN - Brief will provide an overview of SBP for retirees. There will also be a Q&A session. Join us to learn more!

****FSC Counselors are available for Crisis Intervention 24/7. For more information on our counseling services or to make an appointment, please contact Art Corona at 361-961-2875 or in an emergency 361-533-0156.

SAPR 24/7 Services are available through DoD Safe Helpline @ 877-995-5247 and through the VA duty phone (361)438-7778. Virtual training is also available—contact the SARC @ (361)523-3580.

“988” SUICIDE & CRISIS LIFELINE - 988 is a 3-digit dialing code, with direct connection to free, confidential, compassionate, accessible care and support for anyone experiencing mental health related distress. You can also call the current number - 1-800-273-8255

https://e.afit.edu/M0bbCYQQ

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