

FLEET AND FAMILY SUPPORT CENTER

MAY 2026



Hours of Operation - Monday - Friday 0730-1600

4th Floor NHCCC

(361) 961-2372

Monday

Tuesday

Wednesday

Thursday

Friday

MOTHER'S DAY
MAY 10, 2026

ARMED FORCES DAY
MAY 16, 2026

01
Leveraging AI For Your Job Search
Zeiders LMS
0800-0930

Life Skills Anger Management
MS TEAMS
1030-1130

04
Basic Resume Workshop
MS TEAMS
0800-0930

Advanced Resume Workshop
MS TEAMS
1300-1430

Self-Defense Training
Catalina Club
0900-1100 / 1330-1530

Babies & Board Books
NASCC Library
1400

05
American Job Centers
MS TEAMS
1030-1200

Job Search/Support
MS TEAMS
1030-1200

Mommy, Daddy & Me Painting
In Person/Classroom #2
1030

SAPR Tacos with Takeaways
Outside Commissary

06
AI Prompt Engineering- From Idea to Output
Zeiders LMS
0800-0930

DANTES
MS TEAMS
1030-1200

Ombudsman Assembly Meeting
MS TEAMS
1700 -1800

07

ONET A-Z
MS TEAMS
1030-1200

08

USAJOBS 2026
Zeiders LMS
0800-0930

Life Skills Stress Management
MS TEAMS
1030 -1130

MILITARY SPOUSE APPRECIATION DAY

11
Basic Resume Workshop
MS TEAMS
0800-0930

Advanced Resume Workshop
MS TEAMS
1300-1430

12
Your PCS Move
Room 4090
1000-1100

Job Search/Support
MS TEAMS
1030-1200

13
Spouse Job/Resume Support
MS TEAMS
1030-1200

Little Bites & Big Bonds
Cabana Pantry/Island
1030-1130

14
Benefits Delivery at Discharge (BDD)
Room 4090
1000 - 1100

USAJOBS 2026
MS TEAMS
1030-1200

15
Stoics and Stress Management
Zeiders LMS
0800-0930

Life Skills Effective Communication
MS TEAMS
1030 -1130

18
Sail Training
In person
1300-1400

19

Baby Suite
Classroom #2
1230-1400 pm

Couples Communication
In-Person
1300-1400

21
Mini Job Fair
Room 4090
0900-1200

EFMP 101/POC Training
Room 4090
1300-1400

22
Life Skills Conflict Resolution
MS TEAMS
1030 -1130

TAP Workshop – Separatee Class

0800-1600

25
FFSC IS CLOSED

MEMORIAL DAY

26
Mommy & Baby Workout
Bldg 103
1030-1130 am

FAP 101
In-person
1300-1400

27

28

29

FLEET & FAMILY SUPPORT CENTER

MONTH 2026

To register for classes listed go to:

<https://forms.gle/DLxhmkRF7FaaXhtA6>



FOLLOW US ON 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.

BABIES AND BOARD BOOKS -Join us for a special story time as we introduce board books to parents and children ages 2 and under.

BABY SUITE - Join NMCRS & NPS for monthly sessions to start or add to your parenting skills. We provide Guest Speakers, Baby/Parenting Info, questions Answered & Resources. Contact Tameka Gruber, MS, New Parent Support (361) 961-1670

BASIC RESUME WORKSHOP - Learn resume types, build a basic resume, and choose the best format for your career.

BENEFITS DELIVERY AT DISCHARGE - For service members who will be 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.

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 Jen Nevins (361)961-1301 for registration details.

DANTES- Webinar to help you accelerate your degree and save money on tuition- learned how with DANTES

EFMP 101/POC TRAINING - Prepares POCs to support EFM families and provide resources.

FAP 101 - Covers FAP process, reports, and case progression; fulfills CMD Leadership FAP training per OPNAVINST 1752.2C. Contact Jen Nevins to register.

JOB SEARCH/SUPPORT WORKSHOP — Covers job market trends and career resources for ADSM, veterans, and families.

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

LITTLE BITES AND BIG BONDS- Lets cook! Come join NPS, Ms. Tameka and Ms. Lyons of Cabana Pantry for morning creativity and socialization. RSVP: 904-465-8200

MINI JOB FAIR-Join us for a mini job fair where you can connect with several employers, explore current openings, ask questions, and participate in brief interviews. Room 4090.

MOMMY & BABY WORKOUT- Come join Ms. Tameka for a morning of fitness and socialization.

MOMMY, DADDY & ME PAINTING -Creating masterpieces that strengthen family bonds.

OMBUDSMAN ASSEMBLY MEETING — Ombudsman Virtual Assembly Meeting will be held monthly.

O*NET A to Z - Workshop on using ONET for career support, with focus on resources for transitioning active-duty service members.

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

SAPR TACOS WITH TAKEAWAYS- Join us outside the Commissary for free tacos wrapped in SAPR related microlearning and bottled water.

SELF DEFENSE TRAINING- Two Sessions, both at the Catalina Club Session #1: 0900- 1100 classroom learning on non-lethal; Session #2 1330-1530 hands on instruction using SIRT(dummy gun) pistol training.

SPOUSE JOB/RESUME SUPPORT – Workshop on job sites, military-spouse employment resources, and resume writing.

STOICS AND STRESS – Intro to Stoic philosophy for stress management, with exercises and modern applications.

TRANSITION ASSISTANCE PROGRAM (TAP) - If separating or retiring in next 18-24 months you MUST contact a Command Career Counselor (CCC)/Career Planner to schedule a TAP/TRS class. Contact us at nasccTAP@us.navy.mil for any TAP/TRS related questions.

USA JOBS APPLICATION PROCESS — Workshop on using USAJOBS templates, completing data fields, understanding OPM Merit Principles, and uploading attachments.

FFSC 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 & support for anyone experiencing mental health related distress. You can also call - 1-800-273-8255