

FLEET AND FAMILY SUPPORT CENTER

FEBRUARY 2026



Hours of Operation - Monday - Friday 0730-1600

4th Floor NHCCC

(361) 961-2372

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Basic Resume Workshop “MS TEAMS” 0800 - 0930 Advanced Resume Workshop “MS TEAMS” 1300 - 1430	3 Gambling—Let's Talk About It “MS TEAMS” 1000 - 1100 Job Search/Support Workshop “MS TEAMS” 1030 — 1200	4 AI Resume Building A Paradigm Shift “LMS VIRTUAL” 0800—0930 Spouse Job/Resume Support Workshop “MS TEAMS” 1030—1200	5 USA Jobs FY2026 Application Workshop “MS TEAMS” 1030 - 1200	6 Leveraging AI for your Job Search “LMS VIRTUAL” 0800 - 0930 Life Skills Anger Management “MS TEAMS” 1100—1200

MILLION DOLLAR SAILOR (FEB 2-3) & COMMAND FINANCIAL SPECIALIST (FEB 4-6) (SAN ANTONIO)

9 Basic Resume Workshop “MS TEAMS” 0800 - 0930 Advanced Resume Workshop “MS TEAMS” 1300 - 1430	10 Tax Prep For You “MS TEAMS” 1000—1100 American Job Center “MS TEAMS” 1030—1200	11 AI Prompt Engineering “LMS VIRTUAL” 0800—0930 DANTE'S “MS TEAMS” 1030—1200 Feeding Your Newborn 1000 - 1130 Baby Suite 1230 - 1400 Ombudsman Assembly Meeting “MS TEAMS” 1700 - 1800	12 Benefits Delivery at Discharge (BDD) 1000 – 1100 O*NET A to Z “MS TEAMS” 1030—1200	13 USA Jobs 2026 “LMS VIRTUAL” 0800 - 0930 Life Skills Stress Management “MS TEAMS” 1100—1200
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BOOTS 2 BUSINESS 0800—1600

16  FFSC CLOSED	17 Job Search/Support Workshop “MS TEAMS” 1030—1200	18 Spouse Job/Resume Support Workshop “MS TEAMS” 1030—1200	19 USA Jobs FY2026 Application Workshop “MS TEAMS” 1030—1200	20 Stoics & Stress “LMS VIRTUAL” 0800 - 0930 Life Skills Effective Communication “MS TEAMS” 1100—1200
23 SAIL Training 1300 - 1400	24 FAP 101 1300 - 1400	25 Parenting 101 1300 - 1400 Couples Communication 1300 - 1400	26 EFMP POC Training 1300 - 1400	27 Life Skills Conflict Resolution “MS TEAMS” 1100—1200

FY25 TAP WEEK

“RETIREE CLASS”

0800—1600



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To register for classes listed go to: <https://forms.gle/a1CX4VGddvuQgcD16>

FOLLOW US ON FACEBOOK: "HTTPS://WWW.FACEBOOK.COM/FFSCNASCC" 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 RESUME BULDING— Introduction using AI platforms (ChatGPT, Gemini, Co-Pilot etc.) to build resumes. Includes introduction on applying science to include the notion.

BABY SUITE - Join NMCRS & the NPS staff for monthly sessions to start or add to your parenting experience. We provide Guest Speakers, Baby/Parenting Information, Questions Answered and Resources. Contact Cheryl Mills RN, IBCLC, RLC (361) 537-8719 or Tameka-Randolph-Gruber, MS, New Parent Support (361) 961-1670

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 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.

BOOTS TO BUSINESS - This 2 day workshop is an entrepreneurial education and training program offered by the SBA. This course provides an overview of entrepreneurship & applicable business ownership fundamentals. This class is a must if you are wanting to start a business. For registration information email us at: nascctap@us.navy.mil

COMMAND FINANCIAL SPECIALIST — (Class will be held in SAN ANTONIO) 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.armstrongmilet.naf@us.navy.mil

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.

EFMP 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 the EFM families as well as provide resources.

FAP 101 - Provides education on the FAP process. Attendees will gain knowledge on FAP reports & reporting options, & the progress of a case from start to finish. This training will satisfy their CMD Leadership FAP Training requirements per OPNAVINST 1752.2C. Please contact Jen Nevins(361) 961-1301 for registration details.

FEEDING YOUR NEWBORN — Class is presented by Cheryl Mills IBCLC, RLC (361) 537-8719 & Tameka-Randolph-Gruber, MS, (361) 961-1670. 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.

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

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

MILLION DOLLAR SAILOR — (Class will be held in SAN ANTONIO) This is a two-day training program that will provide you with sound financial management skills you can utilize throughout your military career and beyond to achieve financial freedom. To register contact PFM Kendra at: kendra.t.armstrongmilet.naf@us.navy.mil

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

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 - 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.

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 INITIAL VICTIM ADVOCATE TRAINING — This is the 40-hour mandatory training for new SAPR Victim Advocates. Active Duty interested in becoming Advocates should contact the SARC at (361) 523-3580 for more information and to register.

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.

STOICS AND STRESS — An introduction to Stoic principles and philosophy as they relate to Stress Management. Workshop includes a exercises and modern-day applications of Stoicism.

TEEN DATING VIOLENCE AWARENESS — The theme for 2025 is "Respect That", which highlights the importance of treating partners with dignity, listening to their viewpoints, and respecting their boundaries.

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. Contact your local CCC or transition officer POC to start the process.

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 – Tax Prep For You — Learn the basics of income tax includes how to fill out the Form 1040, what information you need to file, tax updates, and resources to file on time. Join this webinar to gain the tax knowledge you need to file your tax return with confidence.

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 and support for anyone experiencing mental health related distress. You can also call the current number - 1-800-273-8255