

FLEET AND FAMILY SUPPORT CENTER

SEPTEMBER 2025



Hours of Operation - Monday - Friday 0730-1600

4th Floor NHCCC

(361) 961-2372

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Labor Day FFSC Closed	2 	3 	4 USA Jobs FY2025 Application Workshop "VIRTUAL" 1030 - 1200	5 AI Resume Building "VIRTUAL" 0800 - 0930 Life Skills Anger Management "VIRTUAL" 1000 - 1100
8 	9 American Job Bank "VIRTUAL" 1000 - 1130 Savings & Investing "VIRTUAL" 1000-1100	10 DANTES "VIRTUAL" 0900 - 1130 Feeding Your Newborn 1000 - 1130 Baby Suite 1230 - 1400 Ombudsman Assembly Meeting "VIRTUAL" 1700 - 1800	11 Benefits Delivery at Discharge (BDD) 1000 - 1100 O*NET A to Z "VIRTUAL" 1300 - 1430	12 Life Skills Stress Management "VIRTUAL" 1000 - 1100
15 Basic Resume Workshop "VIRTUAL" 0900 - 1030 Advanced Resume Workshop "VIRTUAL" 1300 - 1430	16 TSP Essentials "VIRTUAL" 1000-1100	17 Ombudsman Assembly Meeting 1700-1800	18 	19 Stoics & Stress "VIRTUAL" 0800 - 0930 Life Skills Effective Communication "VIRTUAL" 1000 - 1100
22 	23 FAP 101 1300 - 1400	24 Infant Massage 1000 - 1130 Couples Communication 1300 - 1400	25 EFMP POC Training 1300 - 1400	26 Life Skills Conflict Resolution "VIRTUAL" 0900 - 1000 Parenting 101 1000 - 1130
FY25 TAP WEEK				
"SEPARATEE CLASS"				
0800—1600				
29 SAIL Training 1300 - 1400	30 			

FLEET & FAMILY SUPPORT CENTER

MARCH 2025



To register for classes listed go to: <https://forms.gle/Wiy9JXWyCd9weSEE7>

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 BUILDING — An introduction on using AI platforms (ChatGPT, Gemini, Co-Pilot etc.) to build resumes. Includes an introduction on applying science to include the notion.

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. Contact [Jane Ramsey, New Parent Support \(361\) 961-2368](#) or [Cheryl Mills, Visiting Nurse NMCRS \(361\) 537-8719](#) and 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 resumes, how to build a basic resume and choosing the best resume to market oneself for their career.

BENEFITS DELIVERY AT DISCHARGE - This is 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 [Kim Kelley \(361\)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 - 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.

FEEDING YOUR NEWBORN — Class is presented by [New Parent Support, Jane Ramsey, \(361\) 961-2368](#) or NMCRS lactation consultant [Cheryl Mills, Visiting Nurse NMCRS \(361\) 537-8719](#). 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 - This 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. [Contact Jane Ramsey at \(361\) 961-2368 /3272](#) if you have any questions.

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.

MINDFUL MINUTES - Mindfulness is a mental state of present moment awareness, without judgement. Children will be able to recognize feelings and accept how they are feeling. The activities will help children regulate feelings and treat others with kindness and respect. [Contact Jane Ramsey, New Parent Support, at \(361\) 961-2368 or \(361\) 961-2372](#), if you have any questions.

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 101 - 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 us at [\(361\)961-2372](#) for registration details.

SURVIVOR BENEFITS PLAN - Is your money working for you? Making smart financial choices now provides long-term benefits for the future. Invest in yourself by gaining essential knowledge and practical skills needed to effectively save and invest. Learn the basics of different investment options to make smart choices for your family's long-term financial security.

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.

TSP ESSENTIALS - Are you ready to make the most of your Thrift Savings Plan (TSP) and build a secure financial future? Learning practical tips to grow your savings and gain confidence in managing your TSP. This webinar will provide you with strategies for maximizing your contributions, understanding investment options, and preparing for retirement. Whether new to TSP or looking to enhance your financial plan, this session will equip you with the essential knowledge to make informed decisions supporting your long-term goals.

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.

YOUR PCS MOVE — Webinar provides an overview of the phases of relocation, financial entitlements, creating a plan of action, packing tips, family concerns, and resources available.