

FLEET AND FAMILY SUPPORT CENTER

★ AUGUST 2026 ★



MORE INFO



Hours of Operation

Monday – Friday | 0730–1600



4th Floor NHCCC



(361) 961-2372

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03 Basic Resume Workshop MS TEAMS 0800–0930 Advanced Resume Workshop MS TEAMS 1300–1430	04 Job Search/Support MS TEAMS 0800–0930 Mommy, Daddy, & Me Painting 1030–1130	05 AI Resume Building – A Paradigm Shift MS TEAMS 0830–1030 Community Blood Drive Commissary Parking Lot 1500–1700	06 Managing Vicarious Trauma 0800–0900 USAJOBS 2026 MS TEAMS 0830–1030	07 Leveraging AI for Your Job Search MS TEAMS 0800–1000 Life Skills Anger Management MS TEAMS 1030 – 1200
10	11 American Job Centers MS TEAMS 0800–0930	12 AI Prompt Engineering- From Idea to Output MS TEAMS 0800–1000 Eclairs with EFMP NASCC Library 0900–1100 Spouse Job/Resume Support MS TEAMS 1030–1200	13 ONET A-Z MS TEAMS 0800–0930 Benefits Delivery at Discharge (BDD) 1000 – 1100	14 USAJOBS 2026 MS TEAMS 0800–1030 Life Skills Stress Management MS TEAMS 1030 – 1130
17 Basic Resume Workshop MS TEAMS 0800–0930 Advanced Resume Workshop MS TEAMS 1300–1430	18 Job Search/Support MS TEAMS 0800–0930 Debt Destroyer Workshop 1000–1130	19 Spouse Job/Resume Support MS TEAMS 0800–0930 Ombudsman Assembly Meeting MS TEAMS 1700–1800	20 DANTES MS TEAMS 0800–0930 CFS Refresher Course MS TEAMS 1000–1600	21 Stoics and Stress Management MS TEAMS 0800–1000 Life Skills Effective Communication MS TEAMS 1030 – 1130
24 Paws, Parfaits, and Babies USO 0900–1100	25 TSP Essentials MS TEAMS 1000–1100 FAP 101 1300–1400	26 Couples Communication 1300 – 1400	27 EFMP 101/POC Training 1300 – 1400	28 Life Skills Conflict Resolution MS TEAMS 1030 – 1130
TAP Workshop – Retiree Class 0800–1600				
31 SAIL Training 1300 – 1400	COAST GUARD BIRTHDAY ★ AUGUST 4, 1790 236TH ANNIVERSARY PURPLE HEART DAY ★ AUGUST 7, 1782 244TH ANNIVERSARY MARINE CORPS RESERVE BIRTHDAY ★ AUGUST 29, 1916 110TH ANNIVERSARY			

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SCAN FOR
MORE INFO

To register for classes listed go to:

<https://forms.gle/AZVTqRXRmMC5wTda8>

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 designed to help you create effective AI prompts to aid career planning and job market

AI RESUME BUILDING – Intro to AI tools (ChatGPT, Gemini) for resume creation, plus basics of applying the concept.

AMERICAN JOB CENTERS – Provides information on the nationwide job center network and on the job/career related services offered, including job placement, skills assessments, and training.

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.

CFS REFRESHER COURSE – Are you due... CFSs should attend CFSR every 3 years at a minimum. This One-day CFS Refresher is to renew existing CFSs' credentials and provides updates and processes while maintaining their CFS certification.

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.

COMMUNITY BLOOD DRIVE – Save a life and get rewarded. Join our community blood drive on Aug 5th at the Commissary Parking lot.

DANTES – Webinar to help accelerate your degree and save money on tuition. Learn how with DANTES.

DEBT DESTROYER WORKSHOP – Learn proven techniques to overcome your high-interest-rate debt, make the most of your money, and set course for a more secure financial future.

ECLAIRS WITH EFMP – Learn how the EFMP connects families with special medical or educational resources.

EFMP 101/POC TRAINING – Prepares POCs to support EFM families and provides resources.

FAP 101 – Covers FAP process, reports, and case progression; fulfills CMD Leadership FAP training per OPNAVINST 1752.2C. Contact Jen Nevins (361)961-1301 to register.

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

LEVERAGING AI FOR YOUR 2026 JOB SEARCH – Provides practical training on using AI to help you find jobs and to develop career plans.

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

MOMMY, DADDY, AND 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.

PAWS, PARFAITS, AND BABIES – NPS and USO South Texas are teaming up to bring our two-legged babies to our four-legged babies.

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.

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.

TSP ESSENTIALS – This webinar will provide you w/ 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 w/ the essential knowledge to make informed decisions supporting your long-term goals.

USAJOBS 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 361-533-0165.

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 @ 361-623-3580.

"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



FFSC
MAIN OFFICE
361-961-2372



LOCATION
4th Floor, NHCC
NAS CORPUS CHRISTI, TX



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0730–1600