

FLEET AND FAMILY SUPPORT CENTER

APRIL 2026



Hours of Operation - Monday - Friday 0730-1600

4th Floor NHCCC

(361) 961-2372

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PURPLE UP FOR MILITARY KIDS</p>		<p>01 AI Resume Building A Paradigm Shift Zeiders LMS 0800-0930</p> <p>Spouse Job/Resume Support MS TEAMS 1030-1200</p>	<p>02 Command Sponsorship Training MS TEAMS 1000-1100</p> <p>USAJOBS 2026 MS TEAMS 1030-1200</p>	<p>03 Leveraging AI for Your Job Search Zeiders LMS 0800-0930</p> <p>Life Skills Anger Management MS TEAMS 1030 - 1130</p>
06	<p>07 Home Buying – Virtual 1000-1100</p> <p>Mommy, Daddy & me Painting Class In-person 10:30 am</p> <p>American Job Centers MS TEAMS 1030-1200</p>	<p>08 AI Prompt Engineering- From Idea to Output Zeiders LMS 0800-0930</p> <p>DANTES MS TEAMS 1030-1200</p> <p>Ombudsman Assembly Meeting MS TEAMS 1700 - 1800</p>	<p>09 Benefits Delivery at Discharge (BDD) In-person Room 4090 1000 – 1100</p> <p>ONET A-Z MS TEAMS 1030-1200</p>	10 <p>USAJOBS 2026 Zeiders LMS 0800 - 0930</p> <p>Life Skills Stress Management MS TEAMS 1030 - 1130</p>
<p>13 Basic Resume Workshop MS TEAMS 0800-0930</p> <p>Advanced Resume Workshop MS TEAMS 1300-1430</p>	<p>14 The Purple Ally Program In-person Room 4080 0830 – 1230</p> <p>7 Healthy Money Habits – Virtual 1000-1100</p> <p>Job Search/Support MS TEAMS 1030-1200</p>	<p>15 Feeding Your Newborn In-person 1000-1130</p> <p>Spouse Job/Resume Support MS TEAMS 1030-1200</p> <p>Baby Suite In-person 1230-1400</p>	16 <p>USAJOBS 2026 MS TEAMS 1030-1200</p>	17 <p>Stoics and Stress Management Zeiders LMS 0800-0930</p> <p>Life Skills Effective Communication MS TEAMS 1030 - 1130</p>
20	<p>21 Mommy & Baby Work Out E St Gym In-person 1030 - 1130</p>	<p>22 Building Resiliency for Survivors of Sexual Assault and DV In-person 0800 – 0900</p> <p>Couple's Communication In-Person 1300 – 1400</p>	<p>23 Prevention, Health & Wellness Fair Medical Homeport In-person 1000-1300</p> <p>EFMP 101/POC Training In-person Room 4090 1300 - 1400</p>	24 <p>Life Skills Conflict Resolution MS TEAMS 1030 - 1130</p>
27 <p>SAIL Training In-Person 1300 – 1400</p>	28 <p>FAP 101 In-person 1300 – 1400</p>	29	30	
TAP Workshop – Retiree Class		0800-1600		
Million Dollar Sailor - Virtual 0800-1600		CFS Virtual Training 0800-1600		

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To register for classes listed go to:

<https://forms.gle/aTqNr7cmY5KfVaNz8>

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 search.
- [AI RESUME BUILDING](#)** — Intro to AI tools (ChatGPT, Gemini) for resume creation, plus basics of applying the concept.
- [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
- [BABY Bootcamp](#)** – Includes bringing Baby Home, Infant CPR, Baby & Toddler proofing home, and much more.
- [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.
- [Building Resiliency for Survivors of Sexual Assault and Domestic Violence](#)**: Covers trauma and coping strategies for survivors, advocates, and helpers; includes 1 CE credit for NACP/D-SAACP
- [COMMAND SPONSORSHIP PROGRAM](#)** - This training is for Active-Duty navy personnel who are command sponsors. Training is designed to assist sponsors in assisting SM and their families.
- [CFS TRAINING-VIRTUAL](#)** - Provides eligible SM with the skills, knowledge & techniques needed to guide their fellow SM & their families to improve their financial skills and decision making to accomplish their goals through counseling. To register contact PFM Kendra at: kendra.t.armstrongmilete.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
- [DANTES](#)**- Webinar to help accelerate your degree and save money on tuition-learn 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.
- [FEEDING YOUR NEWBORN](#)** — Led by Cheryl Mills and Tameka Gruber; covers breastfeeding, bottle feeding, and answers all parent questions.
- [HOME BUYING – Virtual](#)** - Gain a deeper understanding of the home loan process from the application to choosing a mortgage that works best for you. Learn the differences between different mortgage options to include the VA Home Loan, FHA, and conventional loans.
- [7 HEALTHY MONEY HABITS](#)** – VIRTUAL - We all need it, but do we use it effectively. Come learn the seven healthy money habits to help reach financial freedom.
- [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.
- [MILLION DOLLAR SAILOR](#)** – Virtual - 2-day training program that will provide you with sound financial management skills you can utilize throughout your military career to achieve financial freedom. To register contact PFM Kendra at: kendra.t.armstrongmilete.naf@us.navy.mil
- [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.
- [PARENTING](#)** - Classes for parents/expecting parents offering practical tips to boost skills, confidence, and parent-child interactions.
- [Purple Ally Program](#)** – Covers sexual assault, harassment, and domestic violence, local resources, and forensic updates. Open to advocates, helpers, and volunteers. Full attendance earns Purple Ally Certificate. Contact Trishelle Trevino.
- [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.
- [TEEN DATING VIOLENCE AWARENESS](#)** – The 2026 theme "Real Love Respects" promotes healthy relationships, respect, and recognizing red flags...
- [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.
- [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 & support for anyone experiencing mental health related distress. You can also call - 1-800-273-8255