

FLEET AND FAMILY SUPPORT CENTER



Hours of Operation - Monday - Friday 0730-1600

4th Floor NHCCC

(361) 961-2372

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 13 HAPPY BIRTHDAY US NAVY! 250 YEARS!!!		1 AI Resume Building Workshop "VIRTUAL" 0800-0930 Spouse Job/Resume Support Workshop "VIRTUAL" 1030-1200	2 USA Jobs Application Workshop "VIRTUAL" 1030 - 1200	3 Life Skills Anger Management "VIRTUAL" 1030 - 1130
6 Basic Resume Workshop "VIRTUAL" 0900 - 1030 Advanced Resume Workshop "VIRTUAL" 1300 - 1430	7 American Job Bank "VIRTUAL" 1000 - 1130	8 DANTES "VIRTUAL" 0900 - 1130 CO Signing Proclamation 1000—1015 Command Sponsorship Program Training 1000—1130	9 Benefits Delivery at Discharge (BDD) 1000— 1100 O*NET A to Z "VIRTUAL" 1300 - 1430	10 USA Jobs FY2025 Workshop "VIRTUAL" 0800 - 0930 Life Skills Effective Communication "VIRTUAL" 1030 - 1130 Family Connection Fair Wings Auditorium 1500-1800
13 FFSC CLOSED 	14	15 Spouse Job/Resume Support Workshop "VIRTUAL" 0900 - 1030 "In Her Shoes" 1030-1330 Ombudsman Assembly Meeting "VIRTUAL" 1700 - 1800	16 USA Jobs FY2025 Application Workshop "VIRTUAL" 1030 - 1200	17  Stoics and Stress "VIRTUAL" 0800 - 0930 FFSC JOB FAIR CATILINA CLUB 1000—1300
20 Basic Resume Workshop "VIRTUAL" 0900 - 1030 Advanced Resume Workshop "VIRTUAL" 1300 - 1430	21 FAP 101 1300 - 1400	22 Couples Communication 1300 - 1400	23 EFMP POC Training 1300—1400 Movie "Ends With Us" Catilina Club 1800—2300	24 Life Skills Conflict Resolution "VIRTUAL" 1030 - 1130
27 SAIL Training 1300 - 1400	28	29	30 	31
Million Dollar Sailor 0800-1600		Command Financial Specialist 0800-1600		
2024 TAP WEEK	"RETIRED CLASS"	0800—1600		

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OCTOBER 2025



To register for classes listed go to: <https://forms.gle/rZUWkp9r64oKVY3i8>

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 WORKSHOP — Using AI tools to build effective resumes.

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.

COMMAND FINANCIAL SPECIALIST (CFS) - 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.armstrongmilete.naf@us.navy.mil

COMMAND SPONSORSHIP PROGRAM TRAINING - This training is for Active Duty Navy personnel who are command sponsors. Training is designed to assist sponsors in assisting Service Members and their families.

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 JennNevins (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 JenNevins (361) 961-1301 for registration details.

GO PURPLE DAY — SHOW YOUR TRUE COLORS! Purple Thursday is a national day of action, each October during Domestic Violence Awareness Month. Everyone is encouraged to wear all things purple as a symbol of peace, courage, survival, honor, and personal dedication to domestic violence awareness.

IN HER SHOES — In Her Shoes/In Their Shoes is an experiential learning activity. Based on the experiences of real survivors, participants engage in a simulation in which they walk in the shoes of the various characters experiencing abusive and controlling relationships.

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 (MDS) — MDS 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.armstrongmilete.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.

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 JenNevins (361) 961-1301 for registration details.

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 — Using Stoic principles to deal with stress.

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.

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