

FLEET AND FAMILY SUPPORT CENTER

MARCH 2026



Hours of Operation - Monday - Friday 0730-1600

4th Floor NHCCC

(361) 961-2372

Monday	Tuesday	Wednesday	Thursday	Friday
<p>02</p> <p>Basic Resume Workshop MS TEAMS 0800-0930</p> <p>Advanced Resume Workshop MS TEAMS 1300-1430</p>	<p>03</p> <p>Job Search/Support MS TEAMS 1030-1200</p> <p>Baby Bootcamp In Person 1030</p>	<p>04</p> <p>AI Resume Building – A Paradigm Shift Zeiders LMS 0800-0930</p> <p>Spouse Job/Resume Support MS TEAMS 1030-1200</p>	<p>05</p> <p>USAJOBS 2026 MS TEAMS 1030-1200</p>	<p>06</p> <p>Leveraging AI for Your Job Search Zeiders LMS 0800-0930</p> <p>Life Skills Anger Management MS TEAMS 1030 - 1130</p>
<p>09</p>	<p>10</p> <p>American Job Centers MS TEAMS 1030-1200</p>	<p>11</p> <p>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>12</p> <p>Benefits Delivery at Discharge (BDD) Room 4090 1000 - 1100</p> <p>ONET A-Z MS TEAMS 1030-1200</p>	<p>13</p> <p>USAJOBS 2026 Zeiders LMS 0800-0930</p> <p>Life Skills Stress Management MS TEAMS 1030 - 1130</p>
<p>16</p> <p>Basic Resume Workshop MS TEAMS 0800-0930</p> <p>Advanced Resume Workshop MS TEAMS 1300-1430</p>	<p>17</p> <p>The Purple Ally Program Room 4080 0830 – 1230</p> <p>Your PCS Move Room 4090 1000-1100</p> <p>Job Search/Support MS TEAMS 1030-1200</p>	<p>18</p> <p>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>	<p>19</p> <p>USAJOBS 2026 MS TEAMS 1030-1200</p>	<p>20</p> <p>Stoics and Stress Management Zeiders LMS 0800-0930</p> <p>Life Skills Effective Communication MS TEAMS 1030 - 1130</p>
<p>23</p>	<p>24</p> <p>Survivor Benefits Plan (SBP) MS TEAMS 1000-1100</p>	<p>25</p> <p>Building Resiliency for Survivors of Sexual Assault and Domestic Violence Room 4080 0800 – 0900</p> <p>Couples Communication In-Person 1300 – 1400</p>	<p>26</p> <p>EFMP 101/POC Training Room 4090 1300 - 1400</p>	<p>27</p> <p>Life Skills Conflict Resolution MS TEAMS 1030 - 1130</p>
TAP Workshop – Separatee Class				
<p>30</p> <p>SAIL Training In-Person 1300 - 1400</p>	<p>31</p> <p>FAP 101 In-person 1300 - 1400</p>			

FLEET & FAMILY SUPPORT CENTER

March 2026



To register for classes listed go to: <https://forms.gle/qCE8cKTqm4fNzEDd7>

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 RESUME BUILDING** — Introduction to AI platforms (ChatGPT, Gemini, etc.) to build resumes. Includes intro to applying science to include the notion.
- 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 Cheryl Mills RN, IBCLC,RLC (361) 537-8719 or 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** - 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.
- Building Resiliency for Survivors of Sexual Assault and Domestic Violence:** Presented by Dr. Momen from NMRTC CC’s Behavioral Health Clinic, is open to survivors of sexual assault or domestic abuse, advocates, helping professionals, and anyone interested in understanding trauma and learning coping strategies. Advocates can earn 1 hour of continuing education credit toward their NACP or D-SAAPC credential.
- 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 101/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 ADASM’s, veterans & their 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.
- 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.
- Purple Ally Program** –. Hosted by The Purple Door, the Coastal Bend’s local rape crisis center & domestic violence shelter, this training covers sexual assault, sexual harassment, & domestic violence. Participants will receive updates on local forensic medical exams and learn about available resources. Victim advocates & helping professionals are strongly encouraged to attend. Anyone interested in becoming an informed bystander or volunteer is welcome. To earn a Purple Ally Certificate, full attendance is required. POC: Trishelle Trevino, (904) 889-2973 or patricia.trevino6.civ@us.navy.mil
- 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** – 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.
- Survivor Benefits Program (SBP)**
This brief will help Sailors and Navy family members make informed choices about enrolling in SBP as an option to estate planning. There will also be a Q&A session. Join us to learn more!
- 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.
- Your PCS Move (In-Person)** Brief provides overview of the phases of relocation, financial entitlements, creating a plan of action, packing tips, family concerns, & resources available.

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