

FLEET AND FAMILY SUPPORT CENTER

NOVEMBER 2025



Hours of Operation - Monday - Friday 0730-1600

4th Floor NHCCC

(361) 961-2372

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



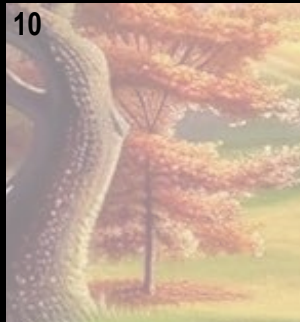
3
Basic Resume Workshop
"VIRTUAL"
0900 - 1030
Advanced Resume Workshop
"VIRTUAL"
1300 - 1430

4
Job Search/Support Workshop
"VIRTUAL"
0900 - 1030

5
Spouse Job/Resume Support Workshop
"VIRTUAL"
0900 - 1030

6
USA Jobs Application Workshop
"VIRTUAL"
1030 - 1200

7
Life Skills Effective Communication
"VIRTUAL"
1030 - 1130



12
DANTES
"VIRTUAL"
0900 - 1130
Survivor Benefits Plan
"VIRTUAL"
1000 - 1100

13
Benefits Delivery at Discharge (BDD)
1000 - 1100
O*NET A to Z
"VIRTUAL"
1300 - 1430

14
Stoics and Stress Workshop
"VIRTUAL"
0800 - 0930
Life Skills Stress Management
"VIRTUAL"
1030 - 1130

17
Basic Resume Workshop
"VIRTUAL"
0900 - 1030
Advanced Resume Workshop
"VIRTUAL"
1300 - 1430

18
Job Search/Support Workshop
"VIRTUAL"
0900 - 1030
Developing a Spending Plan
1000 - 1100

19
Spouse Job/Resume Support Workshop
"VIRTUAL"
0900 - 1030
Ombudsman Assembly Meeting
"VIRTUAL"
1700 - 1800

20
USA Jobs FY2025 Application Workshop
"VIRTUAL"
1030 - 1200
EFMP POC Training
1300 - 1400

21
Life Skills Conflict Resolution
"VIRTUAL"
1030 - 1130

FY25 TAP WEEK

"SEPARATEE CLASS"

0800—1600

24
SAIL Training
1300 - 1400

25
FAP 101
1300 - 1400

26
Couples Communication
1300 - 1400



28
FFSC CLOSED

FLEET & FAMILY SUPPORT CENTER NOVEMBER 2025



To register for classes listed go to: <https://forms.gle/7LoexYfXV1ekPQs66>

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.

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](mailto:Kim.Kelley@navy.mil) for registration details.

DEVELOPING A SPENDING PLAN— Learn about the importance of developing financial goals and having a plan to help you make those goals a reality.

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 [Jen Nevins \(361\) 961-1301](mailto:Jen.Nevins@navy.mil) for registration details.

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.

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.

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.

SURVIVOR BENEFITS PLAN— This brief will help Sailors and Navy family members make informed choices about enrolling in SBP. There will also be a Q&A session, join us to learn more!

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