

FLEET AND FAMILY SUPPORT CENTER






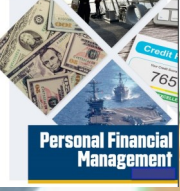

AUGUST 2025



Hours of Operation - Monday - Friday 0730-1600

4th Floor NMRTC Corpus Christi

(361) 961-2372

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div> August 4 HAPPY BIRTHDAY US COAST GUARD  </div> <div> August 7 Purple Heart Day  </div> <div> August 29 HAPPY BIRTHDAY MARINE CORPS RESERVE  </div> <div>    </div> </div>				
4 Basic Resume Workshop "VIRTUAL" 0900 - 1030 Advanced Resume Workshop "VIRTUAL" 1300 - 1430	5 Job Search/Support Workshop "VIRTUAL" 0900 - 1030	6 Spouse Job/Resume Support Workshop "VIRTUAL" 0900 - 1030	7 USA Jobs FY2025 Application Workshop "VIRTUAL" 0900 - 1000 AI Resume Building "TEAMS VIRTUAL" 1330 - 1500	8 USA Jobs FY2025 "VIRTUAL" 0800 - 0930 Life Skills Stress Management "HYBRID" 1000 - 1100
11 	12 American Job Bank "VIRTUAL" 1000 - 1130 Car Buying Strategies "VIRTUAL" 1300 - 1400	13 AI Resume Building "VIRTUAL" 0800 - 0930 DANTES "VIRTUAL" 1300 - 1430 Feeding Your Newborn 1000 - 1130 Baby Suite 1230 - 1400	14 O*NET A to Z "VIRTUAL" 0900 - 1030 Benefits Delivery at Discharge (BDD) 1000 - 1100 AI Transition Support "TEAMS VIRTUAL" 1330 - 1500	15 Leveraging AI for Your 2025 Job Search "VIRTUAL" 0800 - 0930 Life Skills Effective Communication "HYBRID" 1000 - 1100
18 Basic Resume Workshop "VIRTUAL" 0900 - 1030 Advanced Resume Workshop "VIRTUAL" 1300 - 1430	19 Job Search/Support Workshop "VIRTUAL" 0900 - 1030 Let's Talk Credit "VIRTUAL" 1000 - 1100	20 Spouse Job/Resume Support Workshop "VIRTUAL" 0900 - 1030 Ombudsman Assembly Meeting "VIRTUAL" 1700 - 1800	21 USA Jobs FY2025 Application Workshop "VIRTUAL" 0900 - 1000	22 Stoics & Stress "VIRTUAL" 0800 - 0930 Life Skills Conflict Resolution "HYBRID" 1000 - 1100
25 SAIL Training 1300 - 1400	26 FAP 101 1300 - 1400	27 Couples Communication 1300 - 1400	28 EFMP POC Training 1300 - 1400	29 Life Skills Anger Management "HYBRID" 1000 - 1100
<div> <div>2025 TAP WEEK</div> <div>"RETIREE CLASS"</div> <div>0800—1600</div> </div>				

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To register for classes listed go to: <https://forms.gle/wjoBrHsUSnxZyoXw7>

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 — An introduction on using AI platforms (ChatGPT, Gemini, Co-Pilot etc.) to build resumes. Includes an introduction on applying science to include the notion.

AI TRANSITION SUPPORT — A workshop on how to find and use AI to find employment/career transition support services.

BABY SUITE - Join New Parent Support and NMCRS for monthly sessions to start or add to your parenting experience. We are providing Guest Speakers, Baby/Parenting Information, Questions Answered and Resources. Contact [Cheryl Mills, Visiting Nurse NMCRS \(361\) 537-8719](#) and come join us for support, information and some fun!

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. Appointment only.

CAR BUYING STRATEGIES - Looking to buy a car? Don't get taken for a rider? Learn all the important do's and don'ts before you step onto the car lot or shop from the comfort of your home.

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 [Art Corona \(361\) 961-2875](#) 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. Contact [Michael Graham \(361\) 961-0688](#) for registration details.

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 [Art Corona \(361\) 961-2875](#) for registration details.

FEEDING YOUR NEWBORN — Class is presented by NMCRS lactation consultant [Cheryl Mills, Visiting Nurse NMCRS \(361\) 537-8719](#). 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 ADSM's, veterans & their families.

LET'S TALK CREDIT - Join us for an interactive workshop where we have a conversation about the ups, downs, ins, and outs of credit management and how it affects you personally.

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. LIFE SKILLS CLASSES ARE NOW BEING OFFERED "HYBRID", MEANING IN-PERSON AND TEAMS.

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 [Art Corona \(361\) 961-2875](#) 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.

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