

# FLEET AND FAMILY SUPPORT CENTER






## DECEMBER 2025



Hours of Operation - Monday - Friday 0730-1600

4th Floor NHCCC

(361) 961-2372

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Basic Resume Workshop <b>"VIRTUAL"</b> 0900 - 1030 Advanced Resume Workshop <b>"VIRTUAL"</b> 1300 - 1430	<b>2</b> Job Search/Support Workshop <b>"VIRTUAL"</b> 0900 - 1030	<b>3</b> Spouse Job/Resume Support Workshop <b>"VIRTUAL"</b> 0900 - 1030	<b>4</b> USA Jobs Application Workshop <b>"VIRTUAL"</b> 1030 - 1200	<b>5</b> AI Resume Building Workshop <b>"VIRTUAL"</b> 0800 - 0930 Christmas Sing-A-Long 1000 - 1200 Life Skills Anger Management <b>"VIRTUAL"</b> 1030 - 1130
<b>8</b> Basic Resume Workshop <b>"VIRTUAL"</b> 0900 - 1030 Advanced Resume Workshop <b>"VIRTUAL"</b> 1300 - 1430	<b>9</b> American Job Bank <b>"VIRTUAL"</b> 1000 - 1130	<b>10</b> DANTES <b>"VIRTUAL"</b> 0900 - 1130 Feeding Your Newborn 1000 - 1130 Baby Suite 1230 - 1400	<b>11</b> O*NET A to Z <b>"VIRTUAL"</b> 1300 - 1430 Benefits Delivery at Discharge (BDD) 1000 - 1100	<b>12</b> USA Jobs FY-2026 Workshop <b>"VIRTUAL"</b> 0800 - 0930 Life Skills Effective Communication <b>"VIRTUAL"</b> 1030 - 1130
<b>15</b>  <b>HAPPY HANUKKAH</b>	<b>16</b> Job Search/Support Workshop <b>"VIRTUAL"</b> 0900 - 1030 Consumer Awareness 1000 - 1100	<b>17</b> Spouse Job/Resume Support Workshop <b>"VIRTUAL"</b> 0900 - 1030 Ombudsman Assembly Meeting <b>"VIRTUAL"</b> 1700 - 1800	<b>18</b> USA Jobs FY2025 Application Workshop <b>"VIRTUAL"</b> 1030 - 1200	<b>19</b> Stoics and Stress Workshop <b>"VIRTUAL"</b> 0800 - 0930 Life Skills Stress Management <b>"VIRTUAL"</b> 1030 - 1130
<b>TAP WEEK</b>				
<b>"RETIREE CLASS"</b>				
<b>0800—1600</b>				
<b>22</b> Couples Communication 1300 - 1400	<b>23</b> EFMP POC Training 1300 - 1400 FAP 101 1300 - 1400	<b>24</b>	<b>25</b>  <b>MERRY CHRISTMAS</b>	<b>26</b>  <b>HAPPY KWANZAA</b>
<b>29</b> SAIL Training 1300 - 1400	<b>30</b>	<b>31</b>  <b>NEW YEARS EVE</b>	December 7, 2024  <b>PEARL HARBOR</b> <i>Remembrance Day</i> ★★★★★★★★★★	<b>STRESS MANAGEMENT MONTH</b>  <b>DECEMBER 13</b> <b>HAPPY BIRTHDAY NATIONAL GUARD</b> 



# FLEET & FAMILY SUPPORT CENTER DECEMBER 2025



To register for classes listed go to: <https://e.afit.edu/zznpVvJJ>

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.

**BABY SUITE** - Join NMCRS & the New Parent Support staff 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 RN, IBCLC,RLC \(361\) 537-8719](#) or [Tameka-Randolph-Gruber, New Parent Support \(361\) 961-1670](#) and come join us for support, information and some fun! Supporting Mothers and Babies. All welcome

**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.

**CHRISTMAS SING-A-LONG**— Join New Parent Support for a Sing-A-Long, play instruments, decorate cookies and make holiday cards. All are welcome to attend here at the Fleet and Family Support Center, 4th Floor of the Navy Health Clinic.

**CONSUMER AWARENESS**— Join us to learn how to deter, detect and defend against consumer fraud in the marketplace.

**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 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](#) for registration details.

**FEEDING YOUR NEWBORN** — Class is presented by [Cheryl Mills IBCLC,RLC \(361\) 537-8719](#) & [Tameka-Randolph-Gruber, \(361\) 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 ADSCM'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. 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** — 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](mailto: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