

# FLEET AND FAMILY SUPPORT CENTER

## JUNE 2026



Hours of Operation - Monday - Friday 0730-1600

4th Floor NHCCC

(361) 961-2372

Monday	Tuesday	Wednesday	Thursday	Friday
01 <b>Basic Resume Workshop</b> MS TEAMS 0900-1030  <b>Advanced Resume Workshop</b> MS TEAMS 1300-1430	02 <b>Job Search/Support</b> MS TEAMS 1030-1200	03 <b>AI Resume Building – A Paradigm Shift</b> MS TEAMS 0800-0930  <b>Spouse Job/Resume Support</b> MS TEAMS 1030-1200  <b>Boots to Business</b> Room 4080 0800-1600	04 <b>USAJOBS 2026</b> MS TEAMS 0800-0930  <b>American Job Centers</b> MS TEAMS 1030-1200  <b>Boots to Business</b> Room 4080 0800-1600	05 <b>Leveraging AI for Your Job Search</b> MS TEAMS 0800-0930  <b>Life Skills Conflict Resolution</b> MS TEAMS 1030-1130
08	09 <b>Car Buying Strategies</b> Virtual 1000-1100  <b>Mommy, Daddy, &amp; Me Painting</b> Room 4090 1030-1130	10 <b>AI Prompt Engineering-</b> MS TEAMS 0800-0930  <b>EFMP Support</b> NAS Library 0900-1100	11 <b>Benefits Delivery at Discharge (BDD)</b> Room 4090 1000-1100  <b>Music Time</b> NAS Library 1030-1130	12 <b>Life Skills Anger Management</b> MS TEAMS 1030-1130
15 <b>Basic Resume Workshop</b> MS TEAMS 0900-1030  <b>Advanced Resume Workshop</b> MS TEAMS 1300-1430	16 <b>Job Search/Support</b> MS TEAMS 0800-0930	17 <b>Spouse Job/Resume Support</b> MS TEAMS 0800-0930  <b>DANTES</b> MS TEAMS 1030-1200  <b>Baby Suite</b> In-Person 1230-1400  <b>Ombudsmen Assembly Meeting</b> MS TEAMS 1700-1800	18 <b>USAJOBS 2026</b> MS TEAMS 0800-0930  <b>Life Skills Stress Management</b> MS TEAMS 1030 -1130	19 <b>JUNETEENTH NATIONAL INDEPENDENCE DAY</b>  <b>FFSC IS CLOSED</b>
22  <b>No wrong Door and Prohibited Activities Training</b> Room 4090 1400-1500	23 <b>Mommy &amp; Baby Workout</b> Fitness Express Bldg 103 1030-1130	24 <b>Couples Communication</b> In-Person 1300-1400	25	26 <b>Stoics and Stress Management</b> MS TEAMS 0800-0930  <b>Life Skills -Effective Communications</b> MS TEAMS 1030-1200
<b>TAP Workshop – Retiree Class 0800-1600</b>				
29 <b>SAIL Training</b> In-Person 1300-1400	30 <b>FAP 101</b> In-Person 1300-1400		<b>PTSD AWARENESS MONTH</b>	<b>NATIONAL SAFETY AWARENESS MONTH</b>

## FLEET & FAMILY SUPPORT CENTER

MONTH 2026

To register for classes listed go to:

<https://forms.gle/4XqXkbiqLQmvxLdN7>



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 PROMPT ENGINEERING** – Webinar to help you create effective AI prompts to aid career planning and job market research.

**AI RESUME BUILDING** — Intro to AI tools (ChatGPT, Gemini) for resume creation, plus basics of applying the concept.

**AMERICAN JOB CENTERS** – Provides information on the nationwide job center network and on the job/career related services offered including job placement, skills assessments, and training.

**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 Tameka Gruber, MS, New Parent Support (361) 961-1670.

**BASIC RESUME WORKSHOP** - Learn resume types, build a basic resume, and choose the best format for your 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.

**BOOTS TO BUSINESS** – A two-day “Introduction to Entrepreneurship” course introduces participants to key elements of small business ownership to assist in determining if entrepreneurship is a feasible & practical transition strategy.

**CAR BUYING STRATEGIES** - Looking to buy a car? Don't get taken for a ride! Learn all 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 Jen Nevins (361) 961-1301 for registration details.

**DANTES** - Webinar to help accelerate your degree and save money on tuition-learn how with Dantes.

**EFMP SUPPORT** - Families are informed about the benefits & eligibility for EFMP. All questions are encouraged/welcomed.

**FAP 101** - Covers FAP process, reports, and case progression; fulfills CMD Leadership FAP training per OPNAVINST 1752.2C Contact Jen Nevins (361) 961-1301 to register.

**JOB SEARCH/SUPPORT WORKSHOP** — Covers job market trends and career resources for ADSM, veterans, and families.

**LEVERAGING AI** - Provides information on using AI platforms (ChatGPT, Gemini, etc.) to conduct job searches, develop career plans, and on how to align resumes with job announcements.

**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.

**MOMMY, DADDY & ME PAINTING** - Come join Tameka for Mommy, Daddy & baby painting, creating masterpieces.

**MOMMY & BABY WORKOUT** - Let's work out Mommy & Baby for a morning of fitness and socialization.

**MUSIC TIME** - Come join NPS Tameka Rudolph-Gruber & Laura Garza/ NASCC Librarian for a morning of creativity and socialization for both babies and toddlers.

**NO WRONG DOOR AND PROHIBITED ACTIVITIES TRAINING** - Guest Speaker, HMC Jerome Warren, will cover the topics of bullying, ostracism, sexual harassment, sexual assault, hazing or retaliation and other activities.

**OMBUDSMAN ASSEMBLY MEETING** — Ombudsman Virtual Assembly Meeting will be held monthly.

**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** – Workshop on job sites, military-spouse employment resources, and resume writing.

**STOICS AND STRESS** – Intro to Stoic philosophy for stress management, with exercises and modern applications.

**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.

**USA JOBS APPLICATION PROCESS** — Workshop on using USAJOBS templates, completing data fields, understanding OPM Merit Principles, and 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 & support for anyone experiencing mental health related distress. You can also call - 1-800-273-8255