

July 2025

Mon	Tue	Wed	Thu	Fri
	1	2	3	
7 *Mind Body Mental Fitness– Flexibility (MBMF) Module 4 0900-1100	8 *Keeping Your Cool (Day 1) 0930-1130	9	10 *New Military Spouse Orientation 0800-0900 * Welcome Newcomer 0900-1000 *Parenting with Purpose-Tips for Blended Families 0900-1000 *First Move @ Corry Station 1130-1330	11 *Base Tour 1200-1400 * Consumer Awareness 1400-1530
14 *My Employment (Day 1) 0800-1530	15 *My Employment (Day 2) 0800-1530 *Keeping Your Cool (Day 2) 0930-1130	16 My Entrepreneurship (Day1) 0800-1530 *Parenting With Purpose- Partners in Parenting 1300-1600 *First Move @ NASP 1130-1330	17 *My Entrepreneurship (Day2) 0800-1530 *Pre-Deployment 0900-1000	18 *Love Talk– Couples Communication 0900-1200
21	22 *USAJOBS & Federal Resume Writing /Interviewing Skills 0800-1200 *Intro to SkillBridge 1300-1500	23	24	25 *Tricare 0800-1000 *Survivor Benefits Plan (SBP) 1000-1200 *Paying off Your Student Loans 1400-1530
28 *Making The Grade-Studying Strategies for Success 1300-1400	29	30	31 *Capstone 1330-1530	

August 2025

Mon	Tue	Wed	Thu	Fri
				1 *Under the Influence of Social Media 1000-1100 *VA Claims 101 1000-1100
4 *You Matter-Suicide Awareness and Prevention 1300-1400	5	6	7 *Command Sponsorship & Indoctrination Program Training 0900-1000 *LinkedIn: Networking 1300-1500	8 *Developing Your Spending Plan 1400-1530
11 *Mind-Body Mental Fitness- Problem Solving (MBMF) Module 5 0900-1100	12 *USA Jobs & Federal Resume Writing/Interviewing Skills 0800-1200 *Intro to SkillBridge 1300-1500	13 *EFMP POC Training 0900-1100 * Bored No More 1000-1100 *My Career Options- Mid -Career (Day 1) 0800-1530	14 . Mid-Deployment 0900-1000 *First Move @ Corry Station 1130-1330 . *My Career Options- Mid Career (Day 2) 0800-1530	15
18 * Cultivating Healthy Relationships 0900-1100	19	20 *First Move @ NASP 1130-1330	21	22 *Paying for College 1400-1530
25	26	27	28 *Capstone 1330-1530	29

September 2025

Mon	Tue	Wed	Thu	Fri
1 	2 *Under the Influence of Social Media 1000-1100 *Effective Communication 1100-1230	3	4 *Finding Calm in Chaos 1100-1200 *Smooth Move 1230-1330	5
8 *Mind-Body Mental Fitness- Living Core Values (MBMF) Module 6 0900-1100	9	10 *From Clash to Collaboration 0900-1000	11 *First Move @ Corry Station 1130-1330	12 * Financial Planning for Deployment 1400-1530
15 *My Employment (Day 1) 0800-1530	16 *My Employment (Day 2) 0800-1530	17 *My Education (Day 1) 0800-1530 *First Move @ NASP 1130-1330	18 *My Education (Day 2) 0800-1530 . Post-Deployment 0900-1000 *The Road Ahead (LMS) 1030-1200	19
22	23	24	25	26 *Money and the Move 1400-1530
29	30			