

Relocation Classes:

[Command Sponsor & Indoctrination Program Training](#)

May 1 from 0900-1000

Commands should ensure 100% Sponsor assignment. After completing the required training, Sponsors are prepared to provide reliable information to incoming personnel and their families.

[First Move](#)

May 8 from 1130-1330 at Corry Station or May 21 from 1130-1230 at NASP

Open to everyone who will be moving. Terminology explained and all questions answered. If you have orders you can use our computers and set up your move!

[Mid-Deployment](#)

May 15 from 0900-1000

Congratulations, you are halfway through a deployment. Check in with your rollercoaster ride of emotions and find some tools to help reach the best part-your service member comes home.

Life Skills Classes:

[Under the Influence of Social Media](#)

May 2 from 1000-1100

Find out what social media addiction is, why its harmful, and how to prevent it.

[You Matter-Suicide Awareness and Prevention](#)

May 5 from 1300-1400

Suicide is a preventable personnel loss that impacts unit readiness, morale, and mission effectiveness .

[Mind-Body Mental Fitness \(MBMF\) - Mindfulness & Meditation, Module 2](#)

May 12 from 0900-1100

Learn how being aware of the present moment with intention can improve mental fitness.

[Bored No More](#)

May 14 from 1000-1100

A deep-dive into the world of boredom, exploring its causes and effects, and equipping participants with simple and effective strategies.

[Cultivating Healthy Relationships](#)

May 19 from 0900-1100

This course will provide an overview of what healthy and unhealthy relationships look like, and how to avoid getting signals crossed, which can lead to domestic violence.

Exceptional Family Member Program:

[Command EFMP POC Training \(Offered Quarterly Or By Appointment\)](#)

May 14 from 0900-1100

This two hour training provides information that enables newly designated EFMP POCs to assist members in their commands. Per OPNAVINST 1754.2F, each command is responsible to appoint an EFMP POC.

Transition Assistance:

[Capstone Workshop](#)

May 1 or May 22 from 1330-1530

This workshop will ensure transitioning service members have met the TAP Career Readiness Standards (CRS) and are prepared to transition back to civilian life.

[VA Claims 101](#)

May 2 from 1000-1100

Are you separating or retiring from the service? Come learn from the local military service coordinator about the forms and claims process so you are prepared to file your disability claim.

[Intro to SkillBridge](#)

May 27 from 1300-1500

Interested in the DoD SkillBridge program, or unsure of what it is? Sign-up to attend this 1-hour class that will teach you what the program is, who is eligible, and how to apply.

Employment Assistance:

[LinkedIn: Networking](#)

May 8 from 1300-1500

This workshop gives you the basics of LinkedIn and how to use it for networking and job search purposes.

[USA JOBS & Resume Writing/Interviewing Skills](#)

May 27 from 0800-1200

Attendees will receive information on creating both federal and civilian resumes. Review different types of Federal Employment Hiring Preferences and Special Hiring Authorities as well as when to apply them respectively. Attendees will also learn tips and tricks on how to make their best first impression before, during and after their interview.

Personal Financial Management:

[Raising Financially Fit Kids](#)

May 2 from 1400-1530

This class is designed to help parents learn how to teach their children sound financial management skills. During this class, parents will examine their own financial skills and behaviors so that they can determine how to best implement age-appropriate financial practices for their children. Upon completion of this course, learners should be able to assess their own financial situation and establish financial practices that will help their children develop sound financial management skills.

[Military Pay Issues](#)

May 23 from 1400-1530

This class is designed to familiarize learners with military compensation so that they will be able to verify information on their Leave and Earnings Statement (LES) and correct common pay problems. Upon completion of this course, learners should be able to successfully verify and manage pay information across their career to maintain financial readiness.

Fleet and Family Support Center will be closed on May 26th, in observance of Memorial Day