

Relocation Assistance Classes:

[Pre-Deployment](#)

April 1 from 0900-1000

Preparing families before deployments.

[First Move](#)

April 9 at Corry Station Chapel from 1130-1330

Open to everyone who will be moving. Terminology explained and all questions answered.

[Welcome to NAS Pensacola: Your Guide to Military Life /Base Tour](#)

April 10 from 0800-1200

Whether you're a newly married couple navigating military life for the first or a seasoned family familiar with deployments and PSC moves, this class is designed for you! Service members and spouses will gain valuable insights into the nuances of military life, with a special focus on the spouse's role and support systems. We'll even provide a handy dictionary of military acronyms to help you decipher the lingo! Join us and make the most of your time at NAS Pensacola to include a Base Tour.

[Command Sponsor & Indoctrination Program Training](#)

April 22 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.

Family Advocacy Program:

[Healthy Relationships](#)

April 14 & 28 from 1300-1400

This class explores how personal and cultural influences shape our relationship "normal," helps identify red flags and patterns of power and control, and builds skills for recognizing establishing, and sustaining healthy, trusting, and respectful relationships. Open to junior enlisted and students.

Life Skills Classes:

[Mind-Body Mental Fitness \(MBMF\) - Stress Resiliency, Module 1](#)

April 6 from 0900-1100

Learn how your thoughts, emotions, and behaviors interact with each other, and how they can be changed.

[Keeping Your Cool](#)

April 7 & 14 (2 Sessions) from 0930-1130

Why is it important to know about anger? Learn how the body reacts to anger while learning coping tips to correct it.

[Parenting with Purpose-Partners in Parenting](#)

April 15 from 1300-1600

Learn about pregnant partners and new babies so you will be ready when the big day arrives.

[Love Talk-Couples Communication](#)

April 17 from 0930-1200

Build a happier relationship by developing better communication skills, managing your stress as a couple, and finding ways to compromise.

[Parenting with Purpose-Tips for Blended Families](#)

April 20 from 0900-1000

Learn some techniques for dealing with issues and get some suggestions for creating harmony with step-children, biological children, mom, dad, step-parents, exes, visitation, house rules, traditions, jealousy, parenting, and discipline.

[Making the Grade-Studying Strategies for Success](#)

April 27 from 1300-1400

Study smarter not harder starts with properly managing how much time, and how, you are studying. Learn about several new and innovative ways to study.

Transition Assistance/Employment:

[Capstone Workshop](#)

April 9 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.

[My Employment](#)

April 13 & 14 from 0800-1530

This workshop presents a comprehensive overview covering best practices in career employment, including learning interview skills, building effective resumes, and using emerging technology to network and search for employment.

[My Entrepreneurship](#)

April 15 & 16 from 0800-1530

This workshop is for those interested in exploring business ownership or other self-employment opportunities. Participants learn about evaluating business concepts, developing a business plan, the resources available to access technical assistance, start-up capital, contracting opportunities, and more.

[Ten Steps to a Federal Job/Interviewing Skills](#)

April 22 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. They will also learn tips and tricks on how to make their best first impression before, during and after their interview.

[Intro to SkillBridge](#)

April 22 from 1300-1500

Interested in the DoD SkillBridge program, or unsure of what it is? Sign-up to attend this 2-hour class that will teach you what the program is, who is eligible, and how to apply.

[TRICARE](#)

April 24 from 0800-1000

Learn about the healthcare benefits you are entitled to when you retire.

[Survivor Benefit Plan \(SBP\)](#)

April 24 from 1000-1200

Learn about the SBP plan, which allows a surviving spouse to continue receiving a substantial income source in the event of the death of a military retiree.

Personal Financial Readiness:

[Car Buying](#)

April 10 from 1400-1530

Most service members will purchase a new or used car while on active duty. Explore how you can save money on your next vehicle purchase.

[TSP—Thrift Savings Plan](#)

April 24 from 1400-1530

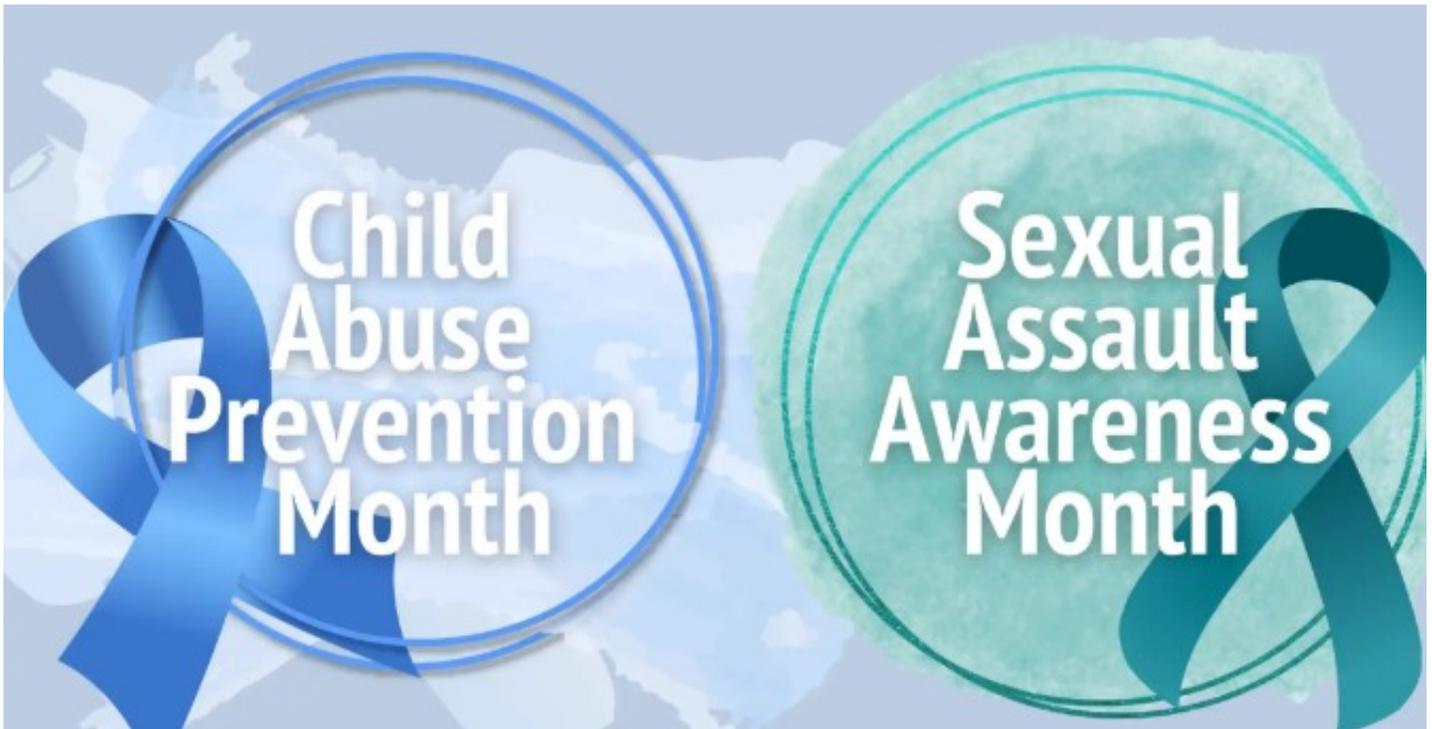
Get confused about TSP? Roth, traditional, lifecycle funds, taxes! We can help understand the in's and out's of your retirement plan.

Exceptional Family Member Program:

[Special Needs Guest Speaker](#)

April 16 from 1100-1200

Join us for a special guest speaker presentation offering insight into EFMP needs and available educational resources.



Sexual Assault Awareness & Prevention Month

Sexual Assault Awareness & Prevention Month is recognized in April by both civilian and military communities.

The Department of Defense theme for 2026 Sexual Assault Awareness & Prevention Month is

"Step Forward. Prevent. Report. Advocate".

This theme is a call to action for individuals at all levels of the Department to use their personal strength to advance positive change in preventing sexual violence. We ask that you join us in taking a "Step Forward" and highlight the power of acts that can bolster prevention, increase reporting, and promote advocacy for a safer community.

The Beacon

Wounded Warrior

The term “wounded warrior” is much broader than those wounded in combat. Service Members who have been seriously ill, injured, or wounded also are considered wounded warriors. The formal Navy definition of a “wounded warrior” is any sailor or Coast Guardsman who has a serious illness or injury requiring long-term care that may necessitate a Medical Evaluation Board/Physical Evaluation Board (MEB/PEB) to determine fitness for duty. Navy Wounded Warrior enrollment consideration is given to: Operation Iraqi Freedom (OIF)/Operation New Dawn (OND) casualties ; Shipboard, liberty and training accidents; Serious illnesses; Serious medical and psychological conditions like cancer, severe PTSD, military sexual assault trauma, and other conditions.

Participation in Navy Wounded Warrior is voluntary and services are only provided to enrollees. Its important to take action so that all sailors and Coast Guardsmen who need help have access to it

For additional information regarding Navy Wounded Warrior, you can contact the call center at: 855-NAVY WWP/855-628-9997 or email navywoundedwarrior.fct@navy.mil

The Retired Activities Office (RAO)



The RAO Program provides a link between local retirees and the military communities as well as other government agencies that provide assistance to retirees and their families. The services provided by RAO are varied and important to the retired community. All retirees and their families are encouraged to use these services to save time and money as well we provide peace of mind.

RAO is staffed by volunteer military retirees to assist military retirees, dependents, and survivors by advising and helping them to interface with the various government agencies on matters unique and important to retiree rights and benefits

For more information call [850-452-5622](tel:850-452-5622)



FLEET AND FAMILY SUPPORT CENTER NAS PENSACOLA
151 ELLYSON AVENUE, BUILDING 625
PENSACOLA, FL 32508

OFFICE HOURS:
MONDAY - FRIDAY
0730 - 1600

NAS Pensacola Fleet & Family Support Center offers the following services:

Clinical Counseling • New Parent Support Home Visitation Program • Information & Referral
Retired Activities Office • Disaster and Emergency Preparedness • Exceptional Family Member Program
Family Advocacy Program • Navy Gold Star Program • Sexual Assault Prevention & Response
Family Employment Readiness Program • Individual Augmentee & Deployment • Relocation Assistance
Ombudsman Support • Transition Assistance Program • Sailor Assistance & Intercept for Life (SAIL)

For more information, call (850) 452-5990.

Local FFSC locations to serve your needs:



RAO (Retired Activities)

 **(850) 452-5622**

Fleet and Family Support Center

NAS Pensacola

151 Ellyson Avenue, Building 625



Transition Assistance Office

 **(850) 452-7788**

Fleet and Family Support Center

NAS Pensacola

280 Farrar Road, Building 741



FFSC Corry Station Office

 **(850) 452-6131**

Fleet and Family Support Center

Corry Station

Kidder Hall BLDG 511, RM 201A

Hours of Operations:

Mon-Fri, 0730-1600. Closed weekends and Federal Holidays. The Loan Locker and the computer lab opens and closes week days at the same time as the FFSC.



FLEET AND FAMILY SUPPORT CENTER NAS PENSACOLA

 **(850) 452-5990**



FFSC-Pensacola@us.navy.mil



facebook.com/FFSCPensacola

NAS Pensacola

151 Ellyson Avenue, Building 625

MEETING YOUR NEEDS AT HOME AND AT SEA