



**** Call 757-444-2102 or click on program titles to register! ****

COMMAND SUPPORT

FFSC Command Indoc Briefs

Call 757-444-2102 to schedule

Deployment Readiness Briefs

Call 757-444-2102 to schedule

Ombudsman Basic Training

August 7-9, 8:30 a.m. – 4:30 p.m.

Maintaining Respect in the Workplace

August 24, 1:00 – 3:00 p.m.

TAP (Transition Assistance Program) - Call 757-444-6089

U93 - 1327 West C Street Norfolk VA/C9 - 9475 Bacon Avenue Norfolk, VA

Pre-Separation, 8-11:30 a.m.

August 6, 7, 13, 20, 21, 27 - Bldg. U93

Retiree TAP & Separatee TAP Bldg. U-93, 7:30 a.m.- 4 p.m.

August 3-5

August 10-12

August 17-19 (Executive TAP)

August 24-26

August 31- Sept.2

Specialized TAP Tracks

Entrepreneurship - 8:00 a.m. – 4:00 p.m.

August 13-14, Bldg. U93

Employment - 8:00 a.m. – 4:00 p.m.

August 6-7, Bldg. C9

August 13-14, Bldg. C9

August 20-21, Bldg. C9

August 27-28, Bldg. C9

Vocational - 8:00 a.m. – 4:00 p.m.

August 20-21 at, Bldg. C9

Education - 8:00 a.m. – 4:00 p.m.

August 20-21, Bldg. U93



MY (Managing Your) Navy Career Options
Aug. 27 - 28, 8:00 a.m. – 4:00 p.m.
Bldg. SDA - 344

FAMILY EMPLOYMENT READINESS

Career Development

August 18, 8:30 – 11:30 a.m.

Job Search Strategies

August 18, 1:00 – 4:00 p.m.

Effective Resume Writing

August 19, 8:30 – 11:30 a.m.

Job Network

August 19, Noon – 1:30 p.m.

Navigating Federal Employment

August 20, 8:30-11:30 a.m.

Interview Techniques

August 21, 8:30 – 11:30 a.m.

MILITARY LIFE SKILLS

Parenting 411

August 3, 9:00 a.m. – Noon

Stress Resilience

August 5, 1:00 – 3:00 p.m.

Dad's and Discipline

August 7, 9:00 – 11:30 a.m.

Children and Divorce

August 8, 8:30 a.m. – 12:30 p.m.

Parenting in a Military Family

August 10, 1:00 – 5:00 p.m.

Systematic Training for Effective

Parenting (STEP) - School Age

(Tuesday & Thursdays only)

August 4-20, 2:00 – 4:30 p.m.

Mindfulness & Meditation

August 19, 1:00 – 3:00 p.m.

Ready to Date

August 19, 1:30 – 3:30 p.m.

Problem Solving

August 26, 9:00 – 11:00 a.m.

Connection

August 31, 9:00 – 11:00 a.m.

PERSONAL FINANCIAL MANAGEMENT

Million Dollar Sailor

Aug. 3-4, 7:30 a.m. – 4:00 p.m.

Aug. 31 – Sept. 1, 7:30 a.m. – 4:00 p.m.

Command Financial Specialist Training

August 5-7, 7:30 a.m. – 4:00 p.m.

Touchpoint – Permanent Change of Station

August 11, 9:00 – 10:00 a.m.

Touchpoint - First Duty Station

August 11, 10:00 – 11:00 a.m.

Consumer Awareness

August 12, 8:30 – 10:00 a.m.

Credit Management

August 12, 10:00 – 11:30 a.m.

Car Buying Strategies

August 12, Noon – 1:30 p.m.

Your Insurance Needs

August 12, 1:30 – 3:00 p.m.

Saving and Investing

August 19, 8:30 – 10:00 a.m.

Thrift Savings Plan

August 19, 10:00 – 11:30 a.m.

Planning Your Retirement

August 19, Noon – 1:30 p.m.

Blended Retirement System

August 19, 1:30 – 3:30 p.m.

Survivor Benefit Plan

August 20, 1:30 – 3:00 p.m.

Raising Financially Fit Kids

August 20, Noon – 1:30 p.m.

Command Financial Specialist Refresher

August 27, 7:30 a.m. – 4:00 p.m.

RELOCATION ASSISTANCE

Moving Overseas

August 10, 12:30 – 4:00 p.m.

Welcome Aboard

August 17, 3:00 – 4:00 p.m.



FFSC Norfolk – Bldg. SDA 344
7928 14th Street - 757-444-2102

*Meeting Your Needs,
At Home, At Sea*