



# JULY 2025 Training Calendar

NAVAL STATION GREAT LAKES  
525 FARRAGUT AVENUE BLDG. 26  
HOURS OF OPERATION: MON-FRI, 0730-1600  
CALL: (847) 688-3603 X 100  
CLASSES ARE FREE – REGISTRATION REQUIRED



## FFSC EVENTS

EVENT:	DATE:	TIME:	LOCATION:
FFSC CLOSED	Thu, Jul 31	0730-1600	Bldg. 26

## LIFE SKILLS

CLASS:	DATE:	TIME:	LOCATION:
MBMF Module 2: Mindfulness and Meditation	Tues, Jul 1	1200-1400	CNIC, LMS
MBMF Module 3: Living Core Values	Tues, Jul 8	1200-1400	CNIC, LMS
MBMF Module 4: Flexibility	Tues, Jul 15	1200-1400	CNIC, LMS
MBMF Module 5: Problem Solving	Tues, Jul 22	1200-1400	CNIC, LMS
Bounce Back Better	Mon, Jul 24	0900-1000	CNIC, LMS

## RELOCATION / DEPLOYMENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Sponsorship Training	Tues, Jul 8	1000-1100	Bldg. 26
New Spouse Orientation	Thurs, Jul 10	1400-1600	Bldg. 26
Married in the Military	Tues, Jul 15	1000-1100	Bldg. 26
Smooth Move Workshop	Thurs, Jul 17	1000-1100	Bldg. 26

## TRANSITION ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
TAP 3 Day Core	Mon-Wed, Jul 7-9 Mon-Wed, Jul 21-23	0800-1630 0800-1630	Bldg. 617
Department of Labor Employment Workshop	Thurs-Fri, Jul 10-11 Thurs-Fri, Jul 24-25	0800-1600 0800-1600	Bldg. 617
Military to Civilian Transition Seminar	Mon, Jul 14	0800-1500	Bldg. 617
Career & Credential Exploration Track	Wed Thurs, Jul 16-17	0800-1500	Bldg. 617
Capstone	Fri, Jul 18	0800-1200	Bldg. 617
TAP Open Forum	Every Wednesday	1100-1200	Adobe Connect

## CAREER / EMPLOYMENT ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
Job Search Hacks	Wed, Jul 2	0830-1000	CNIC, LMS
Pain Free Resume Writing	Wed, Jul 9	1200-1330	CNIC, LMS
Mastering Virtual Interviews	Thurs, Jul 24	2000-2100	CNIC, LMS

## EXCEPTIONAL FAMILY MEMBER PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Moving with EFMP	Wed, Jul 9	1500-1600	Bldg. 26
What is EFMP	Wed, Jul 16	1500-1600	Bldg. 26
Tricare ECHO Demystifying Eligibility & Enrollment	Wed, Jul 30	1500-1600	CNIC, LMS

## PERSONAL FINANCIAL MANAGEMENT

CLASS:	DATE:	TIME:	LOCATION:
Making Your Money Work For You	Tues, Jul 8	0730-0830	CNIC, LMS
Emergency Financial Preparedness	Mon, Jul 14	0730-0830	CNIC, LMS
Your Money and Your Mindset	Mon, Jul 21	1400-1500	CNIC, LMS
Planning Your Financial Future	Fri, Jul 25	1400-1500	CNIC, LMS

## PARENT SUPPORT PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Playgroup	Every Tuesday	1000-1100	2630 Ohio Ave
Helping Kids Thrive Through Change	Tues, Jul 15	0700-0800	CNIC, LMS
Strength Through Struggle: Resilience & Recovery from DV	Wed, Jul 16	1000-1100	CNIC, LMS
What About the Kids?	Thurs, Jul 17	1200-1300	CNIC, LMS
Healing Through Parenting	Mon, Jul 21	1230-1330	CNIC, LMS
Proactive Parenting Strategies for Healthy Sexual Development	Wed, Jul 23	1000-1100	CNIC, LMS

**For Classes through CNIC LMS, Please visit [MyNavyFamily.com](http://MyNavyFamily.com)**

- ❖ Financial Counseling
- ❖ Career Planning and Resume Writing, Review & Support
- ❖ Educational Assistance and volunteer opportunities
- ❖ Victim Advocacy for sexual assault, domestic violence, and child abuse victims
- ❖ Deployment support and planning
- ❖ Individual, Couple, Family and Child counseling
- ❖ Home visitations, education, and support for parents
- ❖ Exceptional Family Member Support (resources for adults and children with special needs)
- ❖ Relocation Planning (CONUS & OCONUS)
- ❖ Information and Referral (links to local resources)
- ❖ Emergency Preparedness Planning
- ❖ Resource room with computers available



How are we doing?  
Please give us your feedback  
online at the Interactive Customer  
Evaluation (ICE)

**DOMESTIC VIOLENCE: 1-800-799-7233**  
**CHILD ABUSE HOTLINE: 1-800-25ABUSE (22873)**  
**SAPR Hotline: (847) 489-8196**

