



OCTOBER 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



LIFE SKILLS

CLASS:	DATE:	TIME:	LOCATION:
MBMF Module 4: Flexibility	Tues, Oct 7	1200-1400	CNIC, LMS
Stress Management	Tues, Oct 14	0900-1000	CNIC, LMS
Bounce Back Better	Mon, Oct 20	1800-1900	CNIC, LMS
Conflict Management	Tues, Oct 21	1000-1100	CNIC, LMS
Calming Cultural Shock	Tues, Oct 28	1200-1300	CNIC, LMS
MBMF Module 1: Stress Resilience	Tues, Oct 28	1200-1330	CNIC, LMS

RELOCATION / DEPLOYMENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Sponsorship Training	Tues, Oct 7	1000-1100	Bldg. 26
New Spouse Orientation	Thurs, Oct 9	1400-1500	Bldg. 26
Married in the Military	Tues, Oct 14	1000-1100	Bldg. 26
Smooth Move Workshop	Thurs, Oct 16	1000-1100	Bldg. 26

TRANSITION ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
TAP 3 Day Core	Mon-Wed, Oct 6-8 Mon-Wed, Oct 20-22	0800-1630 0800-1630	Bldg. 617
Department of Labor Employment Workshop	Thurs-Fri, Oct 9-10 Thurs-Fri, Oct 23-24	0800-1600 0800-1600	Bldg. 617
Career & Credential	Wed-Thurs, Oct 15-16	0800-1500	Bldg. 617
Capstone	Fri, Oct 17	0800-1200	Bldg. 617
Military to Civilian Transition Seminar	Tue, Oct 14	0800-1500	Bldg. 617
TAP Open Forum	Every Wednesday	1100-1200	Adobe Connect



CAREER / EMPLOYMENT ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
Job Search Hacks	Wed, Oct 1	1530-1700	CNIC, LMS
Power Up Your Resume for Remote Jobs	Wed, Oct 8	1200-1300	CNIC, LMS
Mastering the Modern Resume	Tue, Oct 21	0830-1000	CNIC, LMS

EXCEPTIONAL FAMILY MEMBER PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Moving with EFMP	Wed, Oct 8	1500-1600	Bldg. 26
What is EFMP	Wed, Oct 15	1500-1600	Bldg. 26
PCS from Special Education into Adulthood	Fri, Oct 17	1200-1330	CNIC, LMS

PERSONAL FINANCIAL MANAGEMENT

CLASS:	DATE:	TIME:	LOCATION:
Command Your Credit	Fri, Oct 3	0730-0830	CNIC, LMS
Home Selling	Tue, Oct 14	1200-1300	CNIC, LMS
Saving and Investing for Your Future Self	Thurs, Oct 30	1200-1330	CNIC, LMS

PARENT SUPPORT PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Playgroup	Every Tuesday	1000-1100	2630 Ohio Ave
Helping Kids Thrive Through Change	Thurs, Oct 2	1200-1300	CNIC, LMS
Terrific Toddlers	Tues, Oct 7	1100-1200	CNIC, LMS
What About the Kids	Thurs, Oct 16	1200-1400	CNIC, LMS

For Classes through CNIC LMS, Please visit 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

