



# DECEMBER 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 5: Problem Solving	Tues, Dec 2	1200-1400	CNIC, LMS
MBMF Module 1: Stress Resilience and Fireside Chat	Tues, Dec 9	0730-1000	CNIC, LMS
MBMF Module 2: Mindfulness and Meditation Chat	Wed, Dec 10	0730-1000	CNIC, LMS
MBMF Module 4: Flexibility with Fireside Chat	Tues, Dec 16	0900-1000	CNIC, LMS

## EXCEPTIONAL FAMILY MEMBER PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
PCS from Special Education into Adulthood	Wed, Dec 3	0800-0900	CNIC, LMS
Moving with EFMP	Tue, Dec 9	1500-1600	FFSC Bldg. 26
What is EFMP	Tue, Dec 16	1500-1600	FFSC Bldg. 26

## TRANSITION ASSISTANCE PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
TAP 3 Day Core	Mon-Wed Dec 1-2 Mon-Wed Dec 15-17	0800-1600	TAP Bldg.617
DOL Employment Workshop	Thurs-Fri, Dec 4-5 Thurs-Fri Dec 18-19	0800-1600	TAP Bldg.617
Military to Civilian Transition Seminar	Mon, Dec 8	0800-1400	TAP Bldg.617
Boots to Business	Wed-Thurs, Dec 10-11	0800-1400	TAP Bldg.617
TAP Pre-Separation Brief	Mon, Dec 22	0800-1000	TAP Bldg.617
TAP Open Forum	1st Thursday of the Month	1100-1200	MS Teams

## CAREER / EMPLOYMENT ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
Leverage Websites for Career Transition Research	Wed, Dec 3	0800-0930	CNIC, LMS
USAJOBS 2025	Fri, Dec 12	0800-0930	CNIC, LMS
Job Search Hacks	Mon, Dec 15	1400-1530	CNIC, LMS



## RELOCATION / DEPLOYMENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Sponsorship Training	Wed, Dec 10	1400-1500	Bldg. 1
Smooth Move Workshop	Tue, Dec 16	1100-1200	CNIC, LMS
Married in the Military	Tue, Dec 16	1300-1400	Ross Theater
New Spouse Orientation	Tue, Dec 16	1100-1200	CNIC, LMS

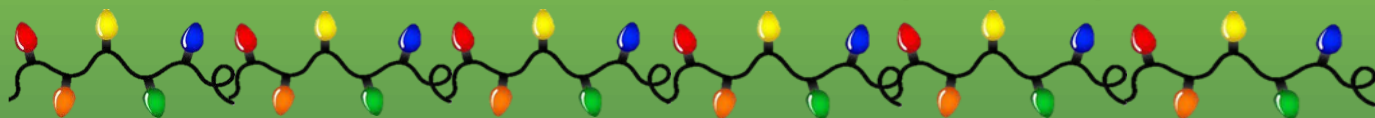
## PERSONAL FINANCIAL MANAGMENT

CLASS:	DATE:	TIME:	LOCATION:
Million Dollar Sailor	Thurs-Fri 4-5 Dec	1200-1300	FFSC Bldg. 26
Command Your Credit	Mon, Dec 8	1400-1500	CNIC, LMS
Making Your Money Work For You	Tue, Dec 9	1300-1400	CNIC, LMS
How to Survive the Holidays Financially	Thurs, Dec 18	1200-1330	CNIC, LMS

## PARENT SUPPORT PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Playgroup	Every Tuesday	1000-1100	2630 Ohio Ave
Parenting to Prevent PSB: Teens (SHAPE) Module 5	Wed, Dec 10	1800-2000	CNIC, LMS
What About the Kids	Thurs, Dec 11	1200-1400	CNIC, LMS
Nine Steps to Positive Parenting	Tue, Dec 16	0800-0900	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**