

Let FFSC Come to You

Fleet & Family Support Center has trainings to go.

We can tailor any of these presentations to fit your training needs.



Visit our website: www.cnic.navy.mil/navylifema

Little Creek

(757) 462-7563

Newport News

(757) 688-NAVY

Norfolk

(757) 444-2102

Northwest

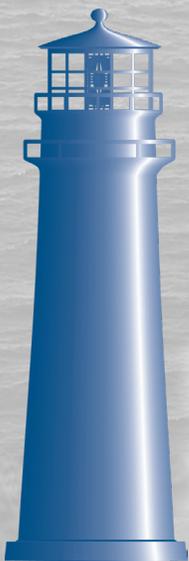
(757) 421-8770

Oceana

(757) 433-2912

Yorktown

(757) 887-4606



Command Support

- Career Options and Navy Skills Evaluation Program
- CPO Selectee Resource Training
- Crisis Support
- Exceptional Family Member Brief
- Resource Training for Command Leadership
- Responding to the Victim
- Sexual Assault Awareness

Counseling

- Clinical Counseling Overview
- Crisis Intervention

Deployment Support

- Deployment Readiness Brief
- Deployment Readiness for Parents and Children
- Returning from Non-Traditional Deployments

- Kids and Deployment
- Homecoming
- IA Deployment Readiness Brief
- Managing Separation Successfully

Employment Assistance

- Career Planning
- Effective Resume Writing
- Interview Techniques
- Job Search Strategies
- The Federal Employment System
- Transition Assistance Management Program (TAMP) Overview

Military Life Skills

- Building Healthy Relationships
- Child Abuse Awareness
- Children and Divorce
- Conflict Management
- Corporate Leadership in a Military World
- Dads and Discipline

- Enhancing Stepfamilies
- Family Violence Overview
- Leadership and Life Skills
- Maintaining Respect in the Workplace
- Operation Prepare
- Parenting in a Military Family
- Parenting Teens
- Personal Communications
- Single Parenting in the Military
- Spouse Abuse Awareness
- Stress Management
- Suicide Prevention Awareness
- What Fleet & Family Support Can Do for You
- Welcome to the Military

Personal Financial Management

- Art of Money Management
- Avoiding Predatory Lending

- Banking and Financial Services
- Car Buying Strategies
- Consumer Awareness
- Credit Management
- Developing Your Spending Plan
- Gambling Awareness
- Financial Responsibility in the Military
- How to Survive the Holidays Financially
- Identity Theft Protection
- Insurance — What's Best for You
- Savings and Investments
- The Basics of Retirement Planning
- TSP — Your Key to Financial Independence

Relocation Assistance

- Homeport Change
- Overseas Transfer Workshop
- Relocation Assistance Program Overview
- Smooth Move Workshop
- Sponsor Training

Fleet & Family
Support Centers
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