



Fleet & Family Support Centers
Mid Atlantic
Let FFSC Come to You

Fleet & Family Support Centers have trainings to go.
We can tailor any of these presentations to fit your training needs.

Command Support

- Career Options and Navy Skills Evaluation Program (CONSEP)
- Corporate Leadership in a Military World
- CPO Selectee Resource Training
- Crisis Support
- Exceptional Family Member Brief
- FAP CLT
- Resource Training for Command Leadership
- Responding to the Victim
- Sexual Assault Awareness
- What FFSC Can Do for You

Deployment Support

- Deployment Readiness Brief
- Deployment Readiness for Parents and Children
- Homecoming
- IA Deployment Readiness Brief
- Kids and Deployment
- Managing Separation Successfully
- Mobilization/Demobilization Assistance

Employment Assistance

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

Counseling

- Clinical Counseling Overview
- Crisis Intervention



Military Life Skills

- Building Healthy Relationships
- Child Abuse Awareness
- Children and Divorce
- Conflict Management
- Corporate Leadership in a Military World
- Couples Communication
- Dads and Discipline
- Domestic Abuse Awareness
- Enhancing Stepfamilies
- Family Violence Overview
- Generations at Work
- How to Fit a Family in a Seabag
- Leadership and Life Skills
- Lifeskills for Deckplate Leaders
- Love Thinks
- Maintaining Respect in the Workplace
- Operational Stress Control
- Parenting in a Military Family
- Parenting Teens
- Personal Communications
- Ready Navy
- Single Parenting in the Military
- Stress Management
- Suicide Prevention Awareness

Personal Financial Management

- Art of Money Management
- Banking and Financial Services
- Car Buying Strategies
- Consumer Awareness
- Credit Management
- Developing Your Spending Plan
- Don't Bet Your Life On It (Gambling Awareness)
- Financial Leadership Seminar
- Financial Responsibility in the Military
- How to Survive the Holidays Financially
- Identity Theft Protection
- Insurance — What's Best for You
- Retirement Planning
- Savings and Investments
- SMART START: Finances for Newlyweds
- TSP — Your Key to Financial Independence

Relocation Assistance

- Homeport Change
- Overseas Transfer Workshop
- Relocation Assistance Program Overview
- Smooth Move Workshop
- Sponsor Training
- Welcome to the Military



Supporting mission readiness through family readiness.

To schedule a counseling appointment, call
1-800-372-5463
 For more information about FFSC Programs and Services, visit:
www.cnic.navy.mil/navylifema



SCAN FOR WEBSITE



SCAN TO CALL

Norfolk/Portsmouth (757) 444-2102

Little Creek/Fort Story (757) 462-7563

Oceana/Dam Neck (757) 433-2912

Northwest (757) 421-8770

Yorktown (757) 887-4606

Newport News (757) 688-6289

DOMESTIC ABUSE VICTIM ADVOCATE (After Hours) (757) 438-4180 or call any FFSC for information.

SEXUAL ASSAULT VICTIM ADVOCATE 24/7 DoD Safe Helpline 877-995-5247 or call your installation FFSC.

Military OneSource 1-800-342-9647

