

# FFSC Workshops



*Classes are free of charge. Space is limited. Please call ahead of time to reserve a spot. All classes are held at the FFSC- La Mesa Housing Community, 1280 Leahy Road, unless otherwise indicated. **\*\*Childcare is available but must be arranged no later than 5 days prior to class date, please contact us for more information (831)656-3060.***

**The following services are available by appointment:**

**Resume and Federal Application Review  
Family Employment Readiness Program  
Individual Relocation Counseling  
Individual Financial Counseling**

**Individuals, Couples & Family Counseling**

## **FAMILY & LIFESKILLS**

### **Couples Communication:**

Wed, Oct 3, 3-5pm  
Mon, Nov 5, 3-5pm  
Mon, Dec 3, 3-5pm

### **Military Basics for New Spouses:**

Mon, Oct 15, 12-1:30pm  
Tue, Nov 13, 10-11:30am  
Tue, Dec 11, 10-11:30am

### **Parenting Education for School Age Children (ages 5-12):**

Tue, Oct 16, 10-11:30am  
Tue, Nov 13, 11am-12:30pm

### **Suicide Prevention Awareness:**

Tue, Oct 9, 10-11:30am  
Tue, Nov 6, 10-11:30am

### **Stress/Time Management:**

Thu, Oct 25, 3-4:30pm  
Wed, Nov 14, 3-4:30pm  
Thu, Dec 6, 10-11:30am

### **Anger Management:**

Thu, Oct 11, 10-11:30am  
Thu, Nov 8, 1-2:30pm  
Thu, Dec 13, 10-11:30am

### **Baby Signing Class/ Communication with Your Young Child:**

Fri, Oct 19, 10-11am  
Fri, Nov 16, 10-11am

### **EMPLOYMENT**

#### **Job Search Strategies:**

Tue, Oct 2, 9-11am

#### **Interviewing Skills:**

Thu, Oct 4, 4-6pm  
Thu, Nov 1, 4-6pm  
Thu, Dec 6, 4-6pm

#### **Resume Writing:**

Thu, Oct 18, 4-6pm  
Thu, Nov 8, 4-6pm  
Thu, Dec 20, 4-6pm

#### **Federal Employment System:**

Tue, Oct 16, 9-11am

### **FINANCIAL MANAGEMENT**

#### **Million-Dollar Sailor:**

Saturdays, 8am-4pm ✕

#### **Car Buying Strategies (New/Used):**

Tue, Oct 23, 10am-12pm  
Sat, Nov 24, 1-3pm ✕  
Tue, Nov 27, 10am-12pm  
Tue, Dec 18, 10am-12pm

#### **Basic Savings and Investment:**

Thu, Nov 1, 1-3pm

#### **Credit Management:**

Wed, Dec 5, 1-3pm

#### **Investment and Saving II:**

Wed, Oct 10, 1-3pm  
Wed, Nov 7, 1-3pm  
Wed, Dec 12, 1-3pm

**Our business hours are 8:00-4:30 Monday-Friday.**

- ✕ = Defense Language Institute, CIDU (Bldg 629A), Kendall Hall
-  = Naval Postgraduate School. Please call for the exact building.
-  = Hosted by FFSC, Presented by Navy Federal Credit Union.

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**Preparing a Personal/Family Budget:**  
Fri, Nov 9, 1–3pm

**Home-buying Seminar**  
Fri, Oct 19, 1:30–3:30pm

**RELOCATION**  
**Smart Move (Transferring/PCS):**  
Mon, Oct 29, 2-3:30pm  
Mon, Nov 19, 10-11:30am  
Fri, Dec 14, 10-11:30am

**DEPLOYMENT**  
**Pre-Deployment /Mobility Briefing:**  
Fri, Oct 26, 1–3pm

**Mid-Deployment/Mobility Briefing:**  
Fri, Nov 23, 1–3pm

**Post-Deployment Return & Reunion:**  
Fri, Dec 28, 1–3pm

**IA Spouse Discussion/Support Group Meeting:**  
Wed, Oct 10, 11am–12pm  
Wed, Nov 7, 11am–12pm  
Wed, Dec 12, 11am–12pm

**TRANSITION**  
**TAP (Transition Assistance Program) Workshop (Must Register to attend)**  
Tue-Fri Nov 13-16, 9am–5pm 

## **SEXUAL ASSAULT/DOMESTIC VIOLENCE**

**SAPR (SAVI) Advocate Refresher Training**  
Fri, Oct 12, 8am-12pm  
Fri, Nov 9, 8am-12pm

**SAPR (SAVI) Advocate Initial Training**  
Mon-Thu, Dec 17-20, 8am-4pm

***For Command Appointed personnel:***  
**SAPR POC Training**  
*Also available upon request*  
**SAPR Liaison Training**  
*Also available upon request*  
**SAPR DCC Training**  
*Also available upon request*

**SPONSOR**  
**Sponsor Training:**  
*Also available upon request*

**OMBUDSMAN**  
*Also available upon request*

**NEW PARENT SUPPORT HOME VISITOR**  
*Also available upon request*

## **COMMAND SPECIFIC PROGRAMS**

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