



Call our Centralized Scheduling Center to register: 866-923-6478 or email us at FFSCSanDiego@mwrsw.com

Naval Base San Diego (NBSD)

Buildings 259, 261 & 263
3005 Corbina Alley, Suite 1
San Diego, CA 92136-5190
619-556-7404

Naval Base Coronado (NBC)

Building 318 & G, Saufley Road
San Diego, CA 92135-7138
619-545-6071

Naval Base Point Loma (NBPL)

Buildings 211 & 212
140 Sylvester Road
San Diego, CA 92106-3521
619-553-8306

Murphy Canyon Branch (MCB)

4867 T Santo Road
San Diego, CA 92124
858-277-4259

Bayview Hills Branch (BVH)

1967 Sky Harbor Road
San Diego, CA 92139
619-556-1275

Village at Serra Mesa Branch (VSM)

3141 Afton Road
San Diego, CA 92123
619-556-1277

Gateway Village Branch (GVB)

3207 Rosecrans Place
San Diego, CA 92110
619-222-5548



October is Domestic Violence Awareness Month

Workshops

October 2012

All FFSC locations will be closed on Monday, 8 October in observance of the federal holiday.

LIFE SKILLS

Building Effective Anger Management Skills (BEAMS)

Oct 1, 2-4 pm, FFSC NBC
Oct 24, 2-4 pm, Navy Medical Center San Diego (NMCS), Bldg 26, 1st Floor, Wellness Center

Take Charge! Building Assertiveness Skills

Oct 9, 1-3 pm, FFSC NBSD

Dealing with Stress

Oct 23, 6-8 pm, North Park Branch Library, 3795 31st St, SD, CA 92104

Eat to Live Healthier (Nutrition)

Oct 3, 9:30-11:30 am, FFSC BVH

Effective Communication for Couples

Oct 17, 5-7 pm, FFSC MCB

Effective Communication in the Workplace

Oct 23, 2-4 pm, FFSC NBSD

Effective Parenting Workshop

Oct 1, 3, 10, 15, 17, 22, 24, 29, 5-8 pm, FFSC NBSD

Flying Space-A: Military Air Travel Information

Oct 11, 3-4 pm, FFSC GVB
Oct 17, 3:30-4:30 pm, FFSC VSM

Healthy Family: Communicating as a Family

Oct 9, 9-10 am, FFSC NBSD

Kidz Craftz (Ages 3-6)

*To RSVP for childcare, call 858-349-8598 one week in advance.
Oct 3, 9:30-10:30 am, FFSC VSM

League of Extraordinary Spouses

*To RSVP for childcare, call 858-349-8598 one week in advance.
Oct 3, 9:30-10:30 am, FFSC VSM

Love Long Distance: Long-Distance Relationships & Keeping Connections Strong

Oct 9, 9-10 am, FFSC NBSD
Oct 26, 5-7 pm, FFSC MCB

Military Discounts: Your Pocket Guide to Southern California

Oct 30, 9-10 am, FFSC NBC

Parenting Tips

Oct 10, 2:30-4:30 pm, FFSC NBPL

Preschool Blocks (Ages 1-5)

Oct 1, 15, 22, 29, 10-11:30 am, FFSC BVH
Oct 4, 11, 18, 25, 10-11:30 am, Murphy Canyon Youth Center, 4867 Santo Rd, SD, CA 92124

Responsible Anger Management

Oct 4-5, 9 am-4 pm, FFSC NBSD

Spouse Readiness Workshop: Resources for the Military Family

Oct 23, 9-11 am, FFSC NBSD

Stress Management 101

Oct 3, 2-4 pm, Navy Medical Center San Diego (NMCS), Bldg 26, 1st Floor, Wellness Center
Oct 17, 2-3 pm, Housing Opportunities Collaborative, 1045 11th Ave, SD, CA 92101

Stress Management Techniques to Ace Your Advancement Exam

Oct 2, 8-11:30 am, NBPL, Bldg 138, Argonaut Hall

Volunteer Orientation

Oct 11, 1-2 pm, FFSC VSM

Welcome to San Diego

Oct 3, 1-2 pm, FFSC NBSD

Volunteer Expo

Oct 12, Fri, 10 am-2 pm, NBSD Mariner Park (across the street from NBSD Commissary)

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) SUPPORT

EFMP Family Connection

Oct 3, 6-8 pm, San Diego Regional Center, 4355 Ruffin Rd, SD, CA 92123

EFMP Orientation

Oct 16, 1-2 pm, Naval Medical Center San Diego (NMCS), Bldg 2, 1st Floor, Pediatric Conference Room

Command (EFMP) Point of Contact (POC) Training

Oct 3, 9-11 am, FFSC NBC

FINANCIAL EDUCATION

Car Buying Strategies

Oct 11, 3-4:30 pm, FFSC NBPL

Command Financial Specialist (CFS) Initial Training

Oct 15-19, 7:30 am-4 pm, FFSC NBSD

CFS Refresher Training

Oct 25, 8 am-4 pm, FFSC NBSD

How to Survive the Holidays Financially

Oct 10, 3-4 pm, FFSC VSM
Oct 17, 3-4 pm, Housing Opportunities Collaborative, 1045 11th Ave, SD, CA 92101

Million Dollar Sailor & Spouse Workshop

Oct 3-4, 8 am-4 pm, FFSC NBC

Saving and Investing Workshop

Oct 30, 2-3:30 pm, FFSC NBC

Survivor Benefits Plan (SBP) Training

Oct 2, 1-2:30 pm, FFSC NBSD



Scan the QR code to visit our website.



Workshops

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Drop-in Child Care is available at area Child Development Centers. Call 619-556-8491 for more information.

RELOCATION INFORMATION

**Transferring within CONUS:
More Resources & Less Stress for
Your Next PCS!**

Oct 2, 1-2:30 pm, FFSC NBC
Oct 16, 9-10:30 am, FFSC NBSD

**Transferring Overseas:
More Resources & Less Stress
for Your Next PCS!**

Oct 11, 1:30-3 pm, FFSC NBSD

CAREER SERVICES

Finding Federal Employment

Oct 2, 9-11 am, FFSC NBSD
Oct 10, 9-11 am, FFSC NBPL
Oct 18, 9-11 am, FFSC NBC

**Introduction to Owning
Your Own Business**

Oct 9, 9-11 am, FFSC NBSD
Oct 25, 5-7 pm, FFSC NBC

Resume Writing Workshop

Oct 4, 9-11 am, FFSC NBC
Oct 10, 4:30-6:30 pm, FFSC VSM
Oct 16, 9-11 am, FFSC NBSD
Oct 18, 2-4 pm, FFSC GVB
Oct 25, 2-4 pm, Paradise Hills Library,
5922 Rancho Hills Drive, SD, CA 92139

Winning Interview Techniques

Oct 11, 9-11 am, FFSC NBC
Oct 23, 9-11 am, FFSC NBSD

October 2012

Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

COMMAND SUPPORT

Call 619-556-7404 to register.

**Active Duty Pregnancy Resources
Workshop**

Oct 17, 9 am-12 pm, FFSC NBSD
Oct 24, 12:30-3:30 pm, FFSC NBC

**Command Family Advocacy
Representative (CFAR)**

Initial Training
Call 619-553-4744 to register.
Oct 11, 8 am-4 pm, NBPL, Bldg 140,
Classroom 120

**Command Family Care Plan
Coordinator Training**

Oct 18, 10-11:30 am, FFSC NBC

Developing Your Family Care Plan

Oct 4, 1-2 pm, FFSC NBSD

**Command Sponsor
Coordinator Training**

Oct 10, 9-10:30 am, FFSC NBC
Oct 22, 9-10:30 am, FFSC NBPL

Fleet Liaison Orientation (FLO)

Oct 25, 7:30 am-4:30 pm, FFSC NBSD

**Victim Witness Assistance
Coordinator Training (VWAC)**

Call 619-556-0237 to register.
Oct 22, 1-2 pm, FFSC NBSD

INDIVIDUAL AUGMENTEE (IA) SUPPORT

Call 619-556-7439 to register.

**Command IA Coordinator
(CIAC) Meeting**

Oct 30, 10-11:30 am, FFSC NBSD

IA Family Connection

Oct 9, 6-8 pm, Murphy Canyon Chapel,
3200 Santo Rd, SD, CA 92124

IA Family Homecoming Workshop

Oct 17, 9:30-11:30 am, FFSC NBSD

**IA Sailor & Family Deployment
Readiness Workshop**

Oct 16, 6-7:30 pm, Murphy Canyon Chapel,
3200 Santo Rd, SD, CA 92124

Returned IA Workshop

Oct 18, 8-11:30 am, FFSC NBSD

FAMILY READINESS GROUP (FRG) SUPPORT

Call 858-336-4458 or email
frgcoordinator@mwrsw.com to register.

FRG Initial Training

Oct 15, 6-9 pm, FFSC NBSD

OMBUDSMAN SUPPORT

Call 619-556-7422 to register.

Ombudsman Advanced Training

Oct 17, 6-7:30 pm, NBSD Admiral Robinson Center/
Bowling Alley, Bldg 3223

Ombudsman Basic Training (OBT)

Oct 22-26, 5:30-9:30 pm, FFSC NBSD

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

Call 619-545-3645 or email
roxanne.gref.ctr@navy.mil to register.

SAPR Liaison Initial

Oct 16, 8 am-4 pm, FFSC NBC CNATTU,
Bldg 698, CO's Conference Room

**SAPR Point of Contact (POC)/Data Collection
Coordinator (DCC) Initial Training**

Oct 29, 8 am-4 pm, FFSC NBSD

SAPR Victim Advocate Initial Training

Oct 15-18, 8 am-4 pm,
NBPL Argonaut Hall, Bldg 138

SAPR Victim Advocate Refresher Training

Oct 9, 1-3 pm, Family Justice Center,
1122 Broadway, Suite 200, SD, CA 92101
Oct 17, 1-3 pm, Family Justice Center,
1122 Broadway, Suite 200, SD, CA 92101



Family Readiness Express (FRE)

Our mobile FFSC, the Family Readiness Express (FRE), will be stopping by Jefferson Middle School, Veterans Elementary School and Naval Medical Center San Diego in October For up-to-the-minute updates about location, dates, and hours, check out the FRE on Facebook at www.facebook.com/FamilyReadinessExpress, or email familyreadinessexpress@mwrsw.com



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Workshops

November 2012

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Building 318 & G, Saufley Road
San Diego, CA 92135-7138
619-545-6071

Naval Base Point Loma (NBPL)

Buildings 211 & 212
140 Sylvester Road
San Diego, CA 92106-3521
619-553-8306

Murphy Canyon Branch (MCB)

4867 T Santo Road
San Diego, CA 92124
858-277-4259

Bayview Hills Branch (BVH)

1967 Sky Harbor Road
San Diego, CA 92139
619-556-1275

Village at Serra Mesa Branch (VSM)

3141 Afton Road
San Diego, CA 92123
619-556-1277

Gateway Village Branch (GVB)

3207 Rosecrans Place
San Diego, CA 92110
619-222-5548

LIFE SKILLS

Building Effective Anger Management Skills (BEAMS)

Nov 7, 2-4 pm, FFSC NBSD
Nov 13, 2-4 pm, FFSC NBPL
Nov 21, 2-4 pm, Naval Medical Center San Diego (NMCS), Bldg 26, 1st Floor, Wellness Center

Effective Parenting Workshop

Nov 6, 13, 20, 27, 9 am-4 pm, FFSC NBSD

Flying Space-A: Military Air Travel Information

Nov 8, 10-11 am, FFSC GVB

Healthy Family: Communicating as a Family

Nov 13, 9-10 am, FFSC NBPL
Nov 13, 6-7 pm, North Park Branch Library, 3795 31st St, SD, CA 92104

Holiday Stress

Nov 5, 2-4 pm, FFSC GVB
Nov 14, 2-4 pm, FFSC BVH

Kidz Craftz (Ages 3-6)

*To RSVP for childcare, call 858-349-8598 one week in advance.
Nov 7, 9:30-10:30 am, FFSC VSM

League of Extraordinary Spouses

*To RSVP for childcare, call 858-349-8598 one week in advance.
Nov 7, 9:30-10:30 am, FFSC VSM

Love Long Distance: Long-Distance Relationships & Keeping Connections Strong

Nov 2, 9-10 am, FFSC NBC
Nov 14, 5-7 pm, FFSC MCB
Nov 27, 6-8 pm, North Park Branch Library, 3795 31st St, SD, CA 92104

Managing Conflict as Couples

Nov 15, 5-7 pm, FFSC NBSD

Parenting Tips

Nov 7, 2:30-4:30 pm, FFSC NBSD

Preschool Blocks (Ages 1-5)

Nov 1, 8, 15, 29, 10-11:30 am, Murphy Canyon Youth Center, 4867 Santo Rd, SD, CA 92124
Nov 5, 19, 26, 10-11:30 am, FFSC BVH
Nov 9, 10-11:30 am, FFSC GVB

Responsible Anger Management

Nov 1-2, 9 am-4 pm, FFSC NBPL

Spouse Orientation & Area Resources to San Diego (SOAR): Exploring America's Finest City

Nov 27, 9 am-3 pm, FFSC GVB

Stress Management 101

Nov 7, 2-4 pm, Naval Medical Center San Diego (NMCS), Bldg 26, 1st Floor, Wellness Center
Nov 21, 2-3 pm, Housing Opportunities Collaborative, 1045 11th Ave, SD, CA 92101

Stress Management Techniques to Ace Your Advancement Exam

Nov 8, 1-4:30 pm, FFSC NBC

Volunteer Orientation

Nov 8, 10-11 am, FFSC VSM

Welcome to San Diego

Nov 6, 10-11 am, FFSC NBC

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) SUPPORT

EFMP Family Connection

Nov 7, 6-8 pm, San Diego Regional Center, 4355 Ruffin Rd, SD, CA 92123

EFMP Orientation

Nov 20, 1-2 pm, Naval Medical Center San Diego (NMCS), Bldg 2, 1st Floor, Pediatric Conference Room
Nov 28, 11-12 pm, FFSC NBSD

Command EFMP Point of Contact (POC) Training

Nov 5, 9-11 am, FFSC NBPL

FINANCIAL EDUCATION

Art of Successful Investment Workshop

Nov 6, 12-1:30 pm, FFSC NBSD

Car Buying Strategies

Nov 7, 4-5:30 pm, FFSC VSM
Nov 27, 2-3:30 pm, FFSC NBSD

Credit Management

Nov 1, 2-3:30 pm, FFSC NBPL

Developing Your Spending Plan Workshop

Nov 28, 2-3:30 pm, FFSC NBC

Home Buying Workshop

Nov 20, 1-4 pm, FFSC NBSD

How to Survive the Holidays Financially

Nov 21, 3-4 pm, Housing Opportunities Collaborative, 1045 11th Ave, SD, CA 92101

Million Dollar Sailor & Spouse Workshop

Nov 7-8, 8 am-4 pm, FFSC NBSD

Survivor Benefits Plan (SBP) Training

Nov 8, 8-9:30 am, NBPL, Bldg 138, Argonaut Hall



Scan the QR code to visit our website.



Workshops

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Call our Centralized Scheduling Center to register 866-923-6478 or email us at FFSCSanDiego@mwrsw.com.

Drop-in Child Care is available at area Child Development Centers. Call 619-556-8491 for more information.

RELOCATION INFORMATION

Transferring within CONUS: More Resources & Less Stress for Your Next PCS!

Nov 8, 9-10:30 am, FFSC NBC
Nov 15, 1-2:30 pm, FFSC NBSD

Transferring Overseas: More Resources & Less Stress for Your Next PCS!

Nov 6, 9-10:30 am, FFSC NBSD

CAREER SERVICES

Finding Federal Employment

Nov 5, 9-11 am, FFSC NBSD
Nov 29, 9-11 am, FFSC NBC

Insights to Starting a Home-Based Business

Nov 15, 12:30-4:30 pm, FFSC NBSD

Introduction to Owning Your Own Business

Nov 13, 9-11 am, FFSC NBSD

Resume Writing Workshop

Nov 8, 9-11 am, FFSC NBC
Nov 15, 9:30-11:30 am, FFSC GVB
Nov 26, 9-11 am, FFSC NBSD
Nov 28, 2-4 pm, FFSC BVH
Nov 28, 4:30-6:30 pm, FFSC VSM

Winning Interview Techniques

Nov 14, 9:30-11:30 am, FFSC VSM
Nov 15, 9-11 am, FFSC NBC
Nov 19, 9-11 am, FFSC NBSD

November 2012

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

COMMAND SUPPORT

Call 619-556-7404 to register.

Active Duty Pregnancy Resources Workshop

Nov 7, 9 am-12 pm, FFSC NBSD

Command Family Advocacy Representative (CFAR) Quarterly Refresher Training

Nov 8, 1-3 pm, Bayside Community Center, Room 4, 2202 Comstock St, Linda Vista, CA 92171

Command Family Care Plan Coordinator Training

Nov 8, 9-10:30 am, FFSC NBPL

Developing Your Family Care Plan

Nov 14, 9-10 am, FFSC NBC

Command Sponsor Coordinator Training

Nov 14, 1-2:30 pm, FFSC NBSD

Fleet Liaison Orientation (FLO)

Nov 15, 7:30 am-4:30 pm, FFSC NBSD

INDIVIDUAL AUGMENTEE (IA) SUPPORT

Call 619-556-7439 to register.

Command IA Coordinator (CIAC) Meeting

Nov 27, 10-11:30 am, FFSC NBSD

IA Family Homecoming Workshop

Nov 21, 6-8 pm, FFSC NBSD

IA Sailor & Family Deployment Readiness Workshop

Nov 20, 10-11:30 am, FFSC NBSD

Returned IA Workshop

Nov 15, 8-11:30 am, FFSC NBSD

FAMILY READINESS GROUP (FRG) SUPPORT

Call 858-336-4458 or email frgcoordinator@mwrsw.com to register.

FRG Initial Training

Nov 19, 9 am-12 pm, FFSC NBSD

OMBUDSMAN SUPPORT

Call 619-556-7422 to register.

Certified Ombudsman Trainer (COT) Class

Nov 13-14, 8 am-4:30 pm, FFSC NBSD

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

Call 619-545-3645 or email roxanne.gref.ctr@navy.mil to register.

SAPR Liaison Initial

Nov 7, 8 am-4 pm, FFSC NBPL, CO, Bldg 140, Classroom 120

SAPR Point of Contact (POC)/Data Collection Coordinator (DCC) Initial Training

Nov 30, 8 am-4 pm, FFSC NBSD

SAPR Victim Advocate Initial Training

Nov 26-30, 8 am-4 pm, NBSD, TSC, Bldg 3280, Blue Room

SAPR Victim Advocate Refresher Training

Nov 14, 1-3 pm, FFSC NBPL
Nov 19, 1-3 pm, FFSC NBSD
Nov 21, 1-3 pm, NBC, HS-60F Training Facility, Bldg 352, Moffet Rd, Classroom 251



Family Readiness Express (FRE)

Our mobile FFSC, the Family Readiness Express (FRE), will be stopping by Chollas Heights, Silver Strand, and Ramona Vista housing in November! For up-to-the-minute updates about location, dates, and hours, check out the FRE on Facebook at www.facebook.com/FamilyReadinessExpress, or email familyreadinessexpress@mwrsw.com