



NAS Jacksonville, Fleet and Family Support Center
 Building 27 Ranger Street
 (904) 542-5745
JAXS_NAS_FFSC_CONNECT@NAVY.MIL

FFSC NAS JAX WORKSHOP SCHEDULE 2025

Pre-registration is requested for all workshops. To register for our workshops, please call (904)-542-5745 or email JAXS_NAS_FFSC_Connect@navy.mil.

All workshops are FREE and open to all active duty, reserve, retired personnel and their family members. Class description can be found on the back pages. If childcare is needed during an appointment, please call the Child Development Center at (904)-542-5529. If special accommodations or handicapped access is required, please notify us upon registration.

Deployment Support			
Pre, Mid, & Post Deployment Briefs Hours: TBD	Training available upon Command request. To register please call 904-542-4718.		
Return and Reunion Hours: TBD	Training available upon Command request. To register please call 904-542-4718.		
Single Sailor Deployment Briefs Hours: TBD	Training available upon Command request. To register please call 904-542-4718.		
Exceptional Family Member Program (EFMP)			
EFMP Command POC Training Hours: 1300-1500	Jan 16 Oct 23	Apr 23	Jul 17
EFMP Roundtable Hours: 1300-1500	Mar 21 Dec 19	Jun 27	Sep 19
EFMP Overview Hours: TBD	Training available upon request. To register please call 904-542-5196.		
Exceptional Family Member Program (EFMP) Orientation Hours: 1300-1500	Training available upon request. To register please call 904-542-5196.		
Family Employment Programs			
Civilian Resume and Cover Letters Hours: 1300-1600	Jan 21 Aug 25	Mar 24 Oct 28	May 22 Dec 16
Federal Employment Hours: 0800-1200	Feb 18 May 23 Sep 29	Mar 28 Jun 26 Dec 9	Apr 25 Aug 26
Job Search and Interviewing Techniques Hours: 0830-1100	Jan 21 Aug 25	Mar 24 Oct 28	May 22 Dec 16
Myers Briggs Personality Assessment Hours: 0800-1200	Feb 12 Nov 24	Apr 22	Aug 28
Transition Employment Assistance for Military Spouses (TEAMS) Hours: 0800-1200	Feb 10 – 11	Sep 22 – 23	



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Life Skills Education Programs

7 Principles for Making Marriage Work Must Attend all 3 Meetings: Wednesdays Only Hours: 1200 - 1600	Jan 29 – Feb 12 Oct 29 – Nov 12	Apr 30 – May 14	Jul 30 – Aug 13
Healthy Relationships Hours: 1330-1530	Feb 6 Nov 13	Apr 3	Jun 26
Mind, Body, Mental Fitness Must Attend all 6 Meetings Mondays Only Hours: 1330-1530	Feb 3 – Mar 1 Aug 4 – Sep 15	Apr 7 – May 12 Oct 6 – Nov 24	Jun 1 – Jul 7
Personal Anger Control Group Must Attend all 6 Meetings: Thursdays Only Hours: 1300-1500	Jan 2 – Feb 6 July 10 – Aug 14	Mar 6 – Apr 10 Sep 4 – Oct 9	May 1 – Jun 5 Nov 6 – Dec 18
Professional Development in Anger Management Hours: 0800-1200	Jan 14 Apr 1 Aug 5 Dec 2	Feb 25 May 13 Sep 9	Mar 11 Jun 24 Nov 25
Professional Development in Extended Stress Management Hours: 0800-1200	Feb 11	June 3	Oct 7
Professional Development in Individual Communication Hours: 1330-1530	Mar 3 Dec 1	June 4	Aug 25
Professional Development in Stress Management 101 Hours: 0830-1000	Jan 7 Jul 1	Mar 4 Sep 2	May 6 Nov 4

Military Family Support Programs

Caring for the Caregiver Hours: 1330-1500	Feb 13 Nov 20	Apr 17	Aug 21
Domestic Violence Awareness Hours: 1400-1500	Feb 3	Aug 18	
Family Readiness Group Hours: TBD	Training available upon request. To register please call 904-542-4718		
Military Spouse 101 Hours: 1300-1430	Mar 19	Sep 16	
Ombudsman Basic Training Hours: 0800-1600	Feb 26 – 28 Oct 31 – Nov 2	May 16 – 18	Jul 23 – 25

Parenting Education Programs

Co-Parenting Workshop Hours: 0800-1200	May 2	Aug 8	Nov 7
Daddy Boot Camp Hours: 1300-1400	Workshop held quarterly To register, please call 904-542-5745		
Mothers to Be / New Mothers Social Hour Hours: 1300-1400	Workshop held monthly on Friday's To register, please call 904-542-5745		
SHAPE Hours: 0800-1600	Jan 8 Oct 8	Apr 9	Jul 2
Survival Skills for Parents Must Attend all 3 Meetings: Wednesdays Only Hours: 1300-1500	Jan 15 – 29 Sep 10 – Sep 24	Feb 26 – Mar 12 Nov 5 – Nov 19	May 13 – 28
What About the Kids Hours: 0800-1200	Jan 27 Oct 6	Apr 7	Jul 14



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Personal Financial Management Programs

Blended Retirement System Basics Hours: 1300-1430	Apr 21		
Car Buying Hours: 1300-1400	Apr 22		
Command Financial Specialist Refresher Hours: 0730-1600	Sep 2	Training also available upon request To register please call 904-542-5635	
Command Financial Specialist Training Hours: 0730-1600	Mar 3 – 7* Dec 1 – 5*	Jun 9 – 13*	Aug 18 – 22*
Credit House Cleaning Hours: 1300-1500	Feb 12	Mar 13	
Develop your Budget Hours 1300-1430	Jan 22	Apr 16	Jul 30
Home Buying Hours: 1300-1430	Feb 18	Jun 24	
Million Dollar Service Member Hours: 0800-1600	Mar 25 – 26	May 19 – 20	Sep 24 – 25
Protect Yourself: Consumer Awareness Hours: 1300-1400	Jul 31		

Relocation Assistance Programs

Cultural Adaption and Immigration Workshop Hours: 1330-1530	Sep 3		
It's Your Move Workshop Hours: 1300-1530	Jan 15 Apr 16 Jul 16 Oct 22	Feb 19 May 28 Aug 20 Nov 19	Mar 19 Jun 18 Sep 17 Dec 17
Smooth Move Training Hours: 1330-1600	Feb 13 Nov 6	May 15	Aug 14
Sponsor Training Hours: 1330-1500	Mar 6 Dec 11	Jun 5	Sep 4
Welcome Aboard Tour Hours: 0800-1230	Training available upon request during the months of Feb, Apr, Jun, Aug, and Oct. To register please call 904-542-5745.		
Welcome Aboard Training (Indoc) Hours: TBD	Training available upon Command request. To register please call 904-542-5745.		

Sexual Assault Prevention and Response (SAPR)

Administrative Unit Victim Advocate Training Hours: 0900 - 1200	Feb 4 Sep 30	Apr 8	Jul 29
SAPR, FAP, SAIL and MRE 514 Commander's Toolkit Training AUVA must communicate with SARC for Registration Hours: TBD	Jan 21 Apr 15 Jul 15 Oct 21	Feb 18 May 20 Aug 19 Nov 18	Mar 18 Jun 17 Sep 16 Dec 16
SAPR Victim Advocate (SAPR VA) Initial Training Hours: 0800-1730	Jan 27 – 31 Sep 22 – 26	Mar 24 – 28	Jul 7 – 11
SAPR Victim Advocate Refresher Training Hours: TBD	Scheduled on an as-needed basis.		



Meeting Your Needs at Home & at Sea

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Transition Assistance Program (TAP)

All TAP quotas require registration through
Command Career Counselors.

TAP Workshops for Retiree, Separates, and Spouses		
Hours: 0645-1600		
*Denotes a class in the VYSTAR classroom		
Date	Type of Class	2 Day Advance Track (Covers Day 4 and 5)
06 - 10 JANUARY	Retirement	My Employment
13 - 17 JANUARY	Separation	My Employment
27 - 31 JANUARY	Retirement	My Employment
03 - 07 FEBRUARY	Separation	My Employment
24 - 28 FEBRUARY	Retirement	My Employment
03 - 07 MARCH	Separation	My Employment
17 - 21 MARCH	Retirement	My Employment
24 - 28 MARCH	Separation*	My Employment
31 MARCH - 04 APRIL	Separation	My Employment
07 - 11 APRIL	Retirement	My Entrepreneurship
14 - 18 APRIL	Separation	My Employment
28 APR - 2 MAY	Separation	My Career and Credential Ex.
05 - 09 MAY	Retirement	My Employment
12 - 16 MAY	Separation	My Employment
02 - 06 JUNE	Separation	My Employment
09 - 13 JUNE	Retirement	My Employment
07 - 11 JULY	Separation	My Employment
14 - 18 JULY	Retirement	My Career and Credential Ex.
21 - 25 JULY	Separation	My Employment
28 - 31 JULY	Separation*	My Employment
04 - 08 AUGUST	Retirement	My Employment
11 - 15 AUGUST	Separation	My Employment
18 - 22 AUGUST	Retirement	My Employment
25 - 29 AUGUST	Separation*	My Employment
08 - 12 SEPTEMBER	Separation	My Education
15 - 19 SEPTEMBER	Retirement	My Employment
22 - 26 SEPTEMBER	Separation*	My Employment
29 SEPTEMBER - 03 OCTOBER	Retirement	My Entrepreneurship
06 - 10 OCTOBER	Separation	My Career and Credential Ex.
20 - 24 OCTOBER	Separation	My Employment
27 - 31 OCTOBER	Separation*	My Employment
03 - 07 NOVEMBER	Separation	My Entrepreneurship
17 - 21 NOVEMBER	Retirement	My Employment

CAPSTONE - By Appointment Only		
Appointments will be scheduled between 0730 - 1500		
22 JAN	21 MAY	03 SEP
19 FEB	25 JUN	15 OCT
26 MAR	30 JUL	12 NOV
23 APR	27 AUG	10 DEC

2 Day Advance Tracks 0730-1600		
My Education	23 - 24 JAN	13 - 14 NOV
My Entrepreneurship	20 - 21 FEB	28 - 29 JUL
Career and Credential	10 - 11 MAR	30 - 31 OCT
Career Options and Navy Skills Evaluation Program My-CNO 0730-1600		
My CNO 1 st Term	13 - 14 FEB	04 - 05 SEP
My CNO 2 nd Term	27 - 28 MAR	16 - 17 OCT



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Deployment Support

Pre, Mid, & Post Deployment Briefs: Deployment Services are designed to empower military families by creating networks and developing tools to cope with deployment.

Exceptional Family Member Program (EFMP)

EFMP POC Roundtable: This class is for designated Exceptional Family Member Program Command Points of Contact and is designed as a way for EFMP POCs and EFMP Case Liaisons to maintain connection and allow EFMP POCs to stay current with updates regarding the EFMP program.

EFMP Command Point of Contact (POC) Training: This workshop is designed to provide Command EFMP POCs with information on the Exceptional Family Member Program, OPNAVINST requirements, enrollment process, and eligibility criteria, as well as an outline of responsibilities for their role as the Point of Contact (POC). A certificate is provided upon completion of the training.

Exceptional Family Member Program (EFMP) Orientation: Have questions about the Exceptional Family Member Program (EFMP)? This orientation provides a program overview as well as information on eligibility criteria, the enrollment process, myths versus realities, and application tips to help ensure successful use of the program. It is open to service members and family members.

EFMP Overview: This training provides incoming service members and their families with an overview of the Exceptional Family member Program (EFMP).

Family Employment Programs

Job Search and Interviewing Techniques: Increase your chances of being hired; learn effective strategies and information to search for employment that aligns with personal skills and interests, online job search tools and match labor market statistics with employment goals. Learn dynamic interview techniques designed to show competencies throughout the interview process.

Myers Briggs Personality Assessment: The Myers-Briggs Type Indicator (MBTI) assessment is a psychometric questionnaire designed to measure psychological preferences in how people perceive the world and make decisions. It will help in understanding the world we live in and give us a better understanding how to interact with those close to us and those in our workspaces.

Transition Employment Assistance for Military Spouses (TEAMS): Transition Employment Assistance for Military Spouses and Caregivers (TEAMS) is a series of Department of Labor (DOL) employment workshops that extend the Department's Transition Assistance Program to assist military spouses and caregivers as they plan and prepare for their job search in pursuit of their employment.

Civilian Resume and Cover Letters: This workshop will help create effective resumes and cover letters that are designed to showcase skills, qualifications, and accomplishments in such a way that it attracts and entices prospective employers to offer the job or an opportunity for a job interview.

Federal Employment: In this single-session workshop, participants gain the advantage of understanding the entire Federal Employment Process. Individuals will learn; how to find vacancies, locate job listings, how to complete the application process, as well understand standard qualifications and testing requirements.

Life Skills Education Programs

7 Principles for Making Marriage Work: Join our Couples Workshop based on the renowned "7 Principles of Making Marriage Work." In this transformative program, you and you partner will strengthen your relationship, enhance your communication, and build a lasting foundation of love and partnership. The only requirements are for both partners to attend a 3 hour weekly workshop for three consecutive weeks to complete the program.

Healthy Relationships: The Healthy Relationships Workshop is for couples and individuals. Learn how to communicate in a positive, respectful manner and obtain the keys to emotional intelligence for a successful, healthy relationship.

Mind-Body Mental Fitness (MBMF): Presented in six two-hour modules. The primary goal of MBMF is to enhance the mind, body, spirit, and social domains of one's life. Participants will learn pro-active pathways to achieving mental fitness, find balance within these domains, and gain practical skills that can be utilized daily.

Personal Anger Control Group: Control Anger Before it Controls You. This six-week program will help participants learn effective ways of managing and transforming the negative emotion of anger into a constructive emotion that can enhance participant's health, self-esteem, communication skills, and emotional awareness.



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Life Skills Education Programs Continued

Professional Development in Anger Management: Anger as a feeling is neither “good” nor “bad.” It is the behavior that can cause trouble when angry. If help is needed managing anger or if one has the need to understand anger, consider attending this workshop for professional growth.

Professional Development in Extended Stress Management: This training delves into the deeper levels of managing stress utilizing various proven interactive techniques. It focuses on understanding stress, how it affects the body and mind and gives participants tools and resources for self-care.

Professional Development in Individual Communication: Each quarterly workshop focuses on increasing effectiveness in interpersonal communication through topics of identifying the difference between assertive and nonassertive communication, types of communication styles, and effective tools in communication.

Professional Development in Stress Management 101: This workshop helps learners measure the effect of the stressors in their lives against the symptoms and behaviors of the Operational Stress Control (OSC) Continuum Model and provides opportunities for learners to create work and life strategies to get them to a healthier zone.

Military Family Support Programs

Caring for the Caregiver: This training focuses on not only taking care of the caregiver but also other family members; as well as dealing with associated challenges. Some topics include family care plans, Power of Attorney, living wills and insurance. The end goal is to provide resources, reduce burnout and compassion fatigue, increase job satisfaction, retention, and family readiness.

Domestic Violence Awareness: This class is designed to help understand what domestic violence is and the effects it has on a family. Learn the different types of abuse, why victims stay, warning signs of abuse, and what you can do to help. Help be a part of the solution.

Family Readiness Group (FRG): This workshop provides FRG leadership teams with information on establishing and maintaining successful FRG groups. The information provided will help plan, coordinate, and conduct informational, care-taking, morale-building, and social activities to enhance preparedness, and command mission readiness and to increase the resiliency and well-being of Sailors and their families. Workshops are available upon request.

Military Spouse 101: Workshop designed for the new military spouse gain a better understanding of military customs, terminology, and provide a variety of resources.

Ombudsman Basic Training (OBT): Navy leadership requires this training for all command ombudsmen. CO, XO, and CMC spouses, as well as other key command personnel are encouraged to sign-up for this training. Ombudsman attendees must have their designation letter in order to attend.

Parenting Education Programs

Co-Parenting Workshop: This 4-hour workshop will help your family survive the challenges of co-parenting; this way a child can thrive while living in two different homes. Learn skills to be an effective parent within an often turbulent situation.

Daddy Boot Camp: This one-hour workshop is designed for new fathers or expectant fathers. Daddy Boot Camp teaches the basics of becoming a new parent to include preparing for your newborn, safe sleep practices, diaper changing and feeding your baby. In addition, you will learn ways to support new mothers through the post-partum period. Throughout this interactive class, you will have the opportunity to ask parenting questions and learn about parenting resources within the community.

SHAPE: Research indicates that parents and caregivers are the primary agents of change for children’s behavior, including problematic sexual behavior (PSB), because they have the most contact with the child and are responsible for raising the child. Sexual Health Approachable Prevention and Education (SHAPE) curriculum is an interactive workshop that will empower parents and caregivers with the knowledge and tools to recognize and constructively address healthy sexual development and PSB with their child.

Survival Skills for Parents: Is presented in a series of six one-hour sessions. This parenting class is designed to help families develop healthy interaction patterns, improve communication, and strengthen family members' connections to each other and the community. Learn strategies to gain new skills and identify support systems to build on existing healthy patterns and add new ways of living and working together.

What About the Kids: This workshop promotes healthy families by providing practical information in an interactive format to reduce the risk of child abuse and neglect, as well as to educate parents on the impact of domestic violence on children. There is an emphasis on parenting techniques including discipline, impact of trauma on development, the importance of parent/child bond, and protective factors.



Personal Financial Management Programs

BRS Basics: This workshop is designed to help sailors and family members understand the benefits of the Blended Retirement System and will include Touchpoint Lifestyle Training that focuses on Vesting in your TSP and Continuation pay.

Command Financial Specialist Refresher: This workshop is for CFS graduates who have not attended a CFS workshop within the last 3 years and is required to maintain designation as a CFS.

Command Financial Specialist Training: The CFS is a key component of the Navy's Personal Financial Management (PFM) program which emphasizes a proactive, life-cycle approach to personal financial responsibility. This week long modernized CFS Course will give students a better understanding of how financial readiness contributes to mission readiness as well as quality of life. Attendees must be currently serving in the Armed Forces, E-5 or above with over 6 years of service, highly motivated, financially stable, and have command approval to be designated in writing.

Develop your Budget: Having a budget is essential to accomplishing your financial goals. Those who don't have a plan for spending their hard-earned income may find themselves running out of money before their next paycheck. The workshop will teach the basics of money management by providing education on effective budgeting, debt reduction, and establishing short- and long-term financial goals.

Home Buying: A home is one of the most complicated and expensive purchases a person will ever make. This course will provide information on how to determine if renting or buying a home is for you, what the home buying process is like, and how to budget and plan for a home purchase.

Managing your Debt and Credit: Credit has become a normal part of everyday personal financial management for most Americans. Used appropriately, it can be an excellent tool; poor credit management, though, can devastate a person's financial health. This course offers attendees access to their credit report, interpretation of their past credit history, disputing errors, safeguarding their personal information, and developing a plan to improve.

Million Dollar Sailor: A two-day interactive program for active duty service members, reservists, retirees, and family members who are financially stable and are looking for more in-depth information on topics such as financial goal setting and implementation, debt reduction, saving, investing, and long-term wealth building.

Protect Yourself: Consumer Awareness: You earned it; now, protect it! Service members are prime targets for scams and fraud. Knowing how to safeguard your identity and your assets is the first step to ensuring financial success. This class will focus on deterring, detecting, and defending against consumer fraud in both the physical and digital marketplace. You will be provided with information on avoiding scams, protecting your identity, and financial information, as well as tips on how to be a savvy consumer.

Relocation Assistance Programs

Cultural Adaption and Immigration Workshop: Cultural Adaptation is an introductory, pre-overseas departure training designed to minimize the severity and duration of cultural adaptation stress. This training helps service members and their families become more aware of the impact of culture on their behavior. It is designed for service members and their families in receipt of orders to overseas location.

It's Your Move Workshop: This workshop is intended for service members with hard-copy orders who would like assistance submitting their move. All service members and their families in receipt of Permanent Change of Station (PCS) orders, separation, or retirement orders are encouraged to attend.

Smooth Move Training: This workshop is designed to provide information to relocating service members and their families with Permanent Change of Station (PCS) orders. Topics include an overview of the moving process, entitlement and benefits, tips and techniques for coping, managing the move, moving with children, pets, and resources available throughout the relocation process.

Sponsor Training: Stresses the importance of sponsorship and educates sponsors on ways to ease the difficulties and apprehensions which may occur during a Permanent Change of Station (PCS) move.

Welcome Aboard Tour: This is a base-guided bus tour with stops along the way to areas of interest for those just reporting to a new duty station. Resources will be provided to help families seamlessly integrate into the new military community.

Welcome Aboard Training (Indoc): This training provides incoming service members and their families with current information on military and civilian resources available to them at their new duty stations.

Sexual Assault Prevention and Response (SAPR)

SAPR Victim Advocate (SAPR VA) Initial Training: 40-hour training provide prospective SAPR VAs with the education, skills, and resources needed to deliver high-standard services directly to victims of sexual assault.

SAPR Victim Advocate (SAPR VA) Refresher Training: Continuing Education Units offered to D-SAACP certified Victim Advocates.

Transition Assistance Program (TAP)

Capstone: The Capstone Event is a mandatory component of Transition Assistance Program (TAP); designed to verify that service members have met Career Readiness Standards (CRS) and have a viable Individual Transition Plan (ITP). It evaluates service member's preparedness to successfully transition from a military to a civilian career and to facilitate a "warm hand-off" if the service member desires follow-up assistance.

Career & Credential Exploration (My Career and Credential Ex. 2 Day Advance Track C₂E): Offers a unique opportunity for participants to complete a personalized career development assessment of occupational interest and ability. This industry-standard assessment presents participants with a variety of tailored job recommendations (some of which are classified as high-demand or high-growth occupations) that align with interests and aptitudes. Participants are also guided through a variety of career considerations, including labor market projections, education, apprenticeships, certifications, and licensure requirements. Spouses are welcome to attend. Active duty service members must attend TAP first.

Career Options and Navy Skills Evaluation Program (My CNO): This workshop is designed to help sailors identify individual skills and talents, develop long-term professional and personal goals, and plan for personal financial stability. It enhances mission readiness by giving sailors the tools to make informed decisions about their educational and career options. First Term: For personnel on first enlistment or with less than 6 years of active duty service. Mid Term: For personnel with 6 to 12 years active duty service.

Department of Labor Employment Workshop (My Employment 2 Day Advance Track): Covers emerging best practices in career employment, including in-depth training to learn strategic interview and resume skills as well as the use of various networking sites to search for employment.

Entrepreneurship: "Boots to Business" (My Entrepreneurship 2 Day Advance Track): The Transition Advanced Track (also known as Boots-to-Business) provides valuable information for transitioning service members and their families considering starting a business after military service. It is a partnership with the Small Business Administration. Topics include elements of writing a business plan, choosing the right business, sources of funding, and relating military skills to business ownership.

Managing Your Education (My Education 2 Day Advance Track): Assists service members in identifying higher education requirements that support personal career goals. This two-day workshop is divided into the following topic areas: learning the basics, choosing a field of study, selecting an institution, gaining admission, and funding higher education. This workshop is beneficial for both service members attending college for the first time and those applying to graduate school programs.

Transition Assistance Program (TAP): This is a DoD mandatory workshop for those separating or retiring. This workshop provides instruction on skills assessment, resume writing, interview techniques, salary negotiations, financial considerations, and overview of Veteran benefits designed to build skills which allow service members to depart "career ready," having met mandatory Career Readiness Standards. Spouses are encouraged to attend. It is a joint venture by the Fleet and Family Support Center, the Department of Defense, Department of Labor and Veteran Affairs.

Check us out on social media!



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