## FFSC LITTLE CREEK-FORT STORY

757-462-7563 JEB Little Creek-Fort Story 1450 D Street, Bldg. 3129 Virginia Beach, VA 23459-2444

Newport News, VA 23607

**FFSC NEWPORT NEWS** 757-688-6289 **Huntington Hall** 3100 Huntington Avenue, Bldg. 633

## **FFSC NORFOLK**

757-444-2102 7928 14th Street, Bldg. SDA-344, Suite 102 Norfolk, VA 23505-1219

## **FFSC NORTHWEST**

757-421-8770 NSA Hampton Roads Northwest Annex 4504 Relay Road, Bldg. 374 Chesapeake, VA 23322-4102

## **FFSC OCEANA**

757-433-2912 1896 Laser Road, Suite 120 Virginia Beach, VA 23460-2281

## **FFSC PORTSMOUTH**

757-953-7801 **NSA Hampton Roads Portsmouth Annex** 1099 Holcomb Road, Bldg. 272 Portsmouth, VA 23708

## **FFSC YORKTOWN**

757-887-4606 WPNSTA Yorktown 1949 Von Steuben Drive Newport News, VA 23603

# **MILITARY ONESOURCE**

militaryonesource mil 1-800-342-9647

**SUICIDE & CRISIS LIFELINE** 

**DEPARTMENT OF THE NAVY Fleet and Family Support Centers** of Hampton Roads, Virginia **7928 14th Street** Norfolk, VA 23505-1219

**Official Business** 



Do you like a tax break? Do you like being able to manage out-of-pocket expenses for medical, dental, other healthcare and dependent care more easily? If so, the military has adopted two tools recently to help you achieve these with a Health Care Flexible Spending Account (HCFSA) and a **Dependent Care Flexible Spending Account (DCFSA)**, both through FSAFEDS (fsafeds.gov). Although new to military members, Flexible Spending Accounts (FSAs) have been available through civilian employers and other Federal entities for decades.

Whether you are utilizing an HCFSA or an DCFSA, you can save on your tax bill by using pre-tax dollars to pay for eligible FSA expenses for you, your spouse, and qualifying children or relatives.

Here's how an FSA works: Money for your FSA is deducted automatically from your paycheck before taxes are taken out. You can then use your pre-tax FSA funds throughout the plan year to pay for eligible expenses.

For managing out of pocket expenses for healthcare expenses, military members and families can participate in a HCFSA. This is an account that's used to pay for eligible medical, dental, and vision care expenses

that are not covered by your health care plan or elsewhere. Examples of typically covered expenses are co-pays, deductibles, contact lenses, laser eye surgery, physical therapy, chiropractor, acupuncture, over-the-counter medication, bandages, pregnancy tests and over-thecounter medical equipment.

For managing expenses for dependent care, military members and families can participate in a DCFSA. This is an account used to pay for eligible dependent care services, such as preschool, summer day camp, before or after-school programs, and child or adult daycare. It's a smart and simple way to save money while taking care of your loved ones so that you can

To participate in either or both FSAs for military members and family members, the service member would need to enroll during the open enrollment season or with a qualifying life event. The open enrollment season for the FSAs through FSAFEDS.gov is mid-November to mid-December with plans being effective as of January 1 of the following year. As a rule, you can't change your FSA election amount during a benefit period (the plan year), but there are circumstances, qualifying life events (QLEs), when you can make changes. Examples of QLEs include changes in employment status, legal marital status, and in the number of dependents. Additionally, for DCFSAs only, a change in childcare (including cost and coverage) or elder care provider are QLEs.

Each FSA has regulations set by the IRS regarding what are reimbursable expenses and what is the account limit annually. For more details on these plans, please contact your Command Financial Specialist, Personal Financial Management professional at your Fleet and Family Support Center or visit fsafeds.gov.

## FFR.CNIC.Navy.mil/Family-Readiness • NavyLifeMA.com/FFSC

## **COMMAND SUPPORT PROGRAMS**

## Deckplate Resource Awareness Training

This two-day training is specifically for Second Class Petty Officers in supervisory positions. It provides information on Navy and community resources available to military personnel. Through solution-focused exercises, participants learn techniques to effectively address personnel concerns brought to their attention Hampton Roads commands are invited to nominate participants by calling their FFSC.

## **Exceptional Family Member POC Training**

This half-day training provides information that enables POCs to assist members in their commands. Who should attend: any newly-designated EFMP POC in the Hampton Roads area.

#### **Family Readiness Group (FRG) Trainings** FRGs play an integral part in keeping families together in

various situations, especially during deployment. Please contact your closest FFSC for more information regarding all FRG trainings. FAP Liaison Quarterly Training This two-hour course emphasizes the Command's crucial role in all aspects of the Family Advocacy Program

(FAP). Topics include an overview of FAP, prevention,

#### intervention, legal issues, and reporting. Who should attend: COs, XOs, CMCs, COBs, Chaplains, Command

FAP POCs, CRC members, and Key Responders. **Maintaining Respect in the Workplace** This evidence-informed program equips service members with practical tools to interact respectfully with the ultimate goal of reducing destructive behaviors in the workplace. It covers a variety of concepts such as selfrespect, personal and professional boundary setting, groupthink, and active intervention. Participants will gain a new perspective on respect, learn to set and

enforce healthy boundaries, and be empowered to

## make healthy, respectful decisions in their personal and professional lives.

MY (Managing Your) Navy Career Options The standard of career readiness, this course provides Navy Career Counselors and Fleet & Family Support Center (FFSC) staff an opportunity to guide first-term and mid-career Sailors through the career opportunities available in the Navy and in the civilian sector. This course will enhance mission readiness by giving Sailors the tools to make informed decisions about their educational and

#### career options. **Ombudsman Advanced Training**

This training is for all Ombudsmen who have completed the Ombudsman Basic Training course. The purpose of advanced training is to support Ombudsmen's ongoing educational and informational needs.

# **Ombudsman Basic Training**

This training consists of nine modules that help official Command Ombudsmen and command leadership team members work effectively with their commands. Workshops provide resource avenues for helping families through crisis and daily living. Open to Ombudsmen, COs. XOs, Chaplains, CMCs, COBs, and their spouses.

\*Due to recent government updates, prior to attending ANY SAPR trainings, please confirm current availability with your installation SARC.

## Sexual Assault Prevention and Response (SAPR) Administrative Unit Victim Advocate (VA) Training\*

This course provides guidance to SAPR command-level designees to effectively oversee compliance with SAPR program policy requirements onboard their units and commands. The training provides current information and guidance on roles and responsibilities to include available military and community victim support services, SAPR  $reporting \, requirements, and \, facilitation \, of \, CNIC\text{-}approved$ awareness and prevention training. Administrative Unit VAs are also required to attend the SAPR VA Basic Training and become D-SAACP certified before being designated in writing.

## SAPR Command/Staff Duty Officer and Watchstander Training

This course provides guidance to Command Duty Officers (CDOs)/Staff Duty Officers and Watchstanders by identifying their role within the SAPR Program. The course also provides current information and guidance on personnel roles and responsibilities to include, current SAPR resources, reporting options and the SAPR SITREP

## SAPR First Responder Training\*

process.

This course provides guidance to First Responders by identifying the importance of the relationship between first responders and the SAPR Program. The course discusses the DOD policy on sexual assault and the physical/ psychological impact on victims. The course also provides current information and guidance on roles and responsibilities to include prevention and bystander intervention strategies, current SAPR resources, reporting

#### options and the impact on mission readiness. SAPR Uniformed Housing/Residential **Advisor Training**

This course explains the role of unaccompanied housing staff and resident advisors in the prevention and response to sexual assault.

The Secretary of the Navy has determined that this  $publication \, is \, necessary \, in \, the \, transaction \, of \, business \,$ required by Law of the Department of the Navy. Funds for printing this publication have been approved by the Navy Publication and Printing Policy Committee Opinions and statements are the personal views of the contributors. We authorize and invite the reproduction of any SIGNAL articles for use by commands Ombudsman, or spouse organization publications. We ask only that credit be given to the SIGNAL.

FFR.CNIC.Navy.mil/Family-Readiness/

SAPR Victim Advocate Continuing Education Training\* This training facilitates maintaining victim advocates DOD Sexual Assault Advocate Certification Program (D-SAACP) credentialing. These workshops provide SAPR program updates and advanced training in assisting victims of sexual assault. Who should attend: D-SAACP credentialed victim advocates in the Hampton

## **SAPR Victim Advocate Initial Training** (formerly Basic Training)\*

The 40-hour victim advocate basic training prepares participants with the skills and knowledge to become Unit Victim Advocates. The training covers a broad spectrum of services available to sexual assault victims, to include roles and responsibilities of SAPR personnel, Confidentiality Policy, Victimization, Reporting Options, Medical, Investigative, Legal Processes, and Self-Care. Participants will also gain a better understanding of command and system responses, how to address safety needs. provide services, referrals, and advocacy throughout the process from initial reporting to final adjudication or disposition. Upon successful completion of the training, participants are eligible to apply to the Department of Defense Sexual Assault Certification

#### a "SAPR Victim Advocate. **Snonsor Training**

This single-session training, available for presentation at your worksite, teaches command personnel to serve as sponsors. Topics include ways to be an effective sponsor, duties and responsibilities, military and community resources, and FFSC relocation assistance.

Program (D-SAACP) as a requirement to be certified as

## **FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS**

## **Career Development**

The program observes the processes of assessing career interests, as well as exploring and choosing careers and entrepreneurship. It addresses employment challenges resulting from the mobile military lifestyle and provide tools and learning to help bring you closer to your ideal job, skill set, and lifestyle.

# **Effective Resume Writing**

This interactive training will review the basic types of resumes and discuss which types are appropriate for different job seekers and what information should be included on each. It will also discuss the essential elements of cover letters to use in conjunction with resumes and how to effectively compile a resume in the current job market.

# Interview Techniques

Want to feel more confident at your next job interview? This single-session workshop teaches you how. Topics include the interview process (including traditional and behavioral interviewing questions), as well as methods for responding to these questions using the STAR (Situation, Task, Action, Result) method.

# **Job Network**

Job Network is a monthly employer panel comprised of three to four human resources personnel. Ask local and national employers what they like to see on resumes and how to prepare for interviews. Find out about open positions, their application process, and what benefits are available. Transitioners, separatees, and military family members are invited to attend.

# **Job Search Strategies**

This program focuses on the job search process. It observes the most effective methods for job searching, including networking, job search engines, job fairs, social media, and employment agencies During this session, learners will identify their network, construct a personal elevator speech, write two job search SMART (Specific, Measurable, Achievable, Relevant, and Time-bound) goals, and learn how to improve their professional

# **Navigating Federal Employment**

This course focuses on the federal employment process. It explains the process of creating a USAJobs profile, as well as searching and applying for jobs in federal government; reviews unique hiring paths and special hiring authorities, such as veterans and military spouse preferences; discusses the essential elements of an effective federal resume; and provides an in-depth look at job vacancy announcements, assessments and job requirements.

# **Navy Spouse in Transition**

This class provides information for spouses regarding the process of transitioning out of the military for the service member and the family. Topics include the Navy's transition program, benefits, financial changes, culture shock, career transition, and the final move process.

# **Pre-Separation Counseling**

from active duty.

Pre-separation counseling provides information on the many benefits, services, resources, and programs available during and after transition. Knowing the benefits and programs is the first step in helping you make informed decisions when you transition, retire, or are released

# **TAP (Transition Assistance Program)**

This three-day workshop is the mandatory Transition Core Curriculum Course for military members who are retiring or separating from the military. The course includes one-day Department of Defense Training (Pre-Separation Counseling, My Transition Overview, Skills Identification, and Financial Preparedness for Transition); one-day Veterans Affairs and Services Brief; and one-day Department of Labor (DOL) Employment Workshop

See your Command Career Counselor regarding TAP requirements that must be completed prior to attending a workshop.

## **Transition Tracks**

These two-day transition tracks are a part of the Transition Assistance Program and contain information and skills to set service members up for success with their career trajectory.

This course, designed for anyone pursuing an undergraduate or graduate degree, includes information on choosing a field of study, selecting an institution, gaining admission, and funding you education.

NavvLifeMA.com/FFSC

**Employment**This course presents a comprehensive view which covers best practices in career employment including learning interview skills, building effective resumes, and using emerging technology to network and search for employment.

## This course is for those interested in exploring business ownership or other self-employment

opportunities. Participants learn about evaluating business concepts, developing a business plan, the resources available to access technical assistance, start-up capital, contracting opportunities, and more

This course offers an opportunity to complete personalized career development assessments of occupational interests and aptitudes. Participants will then be guided through a variety of career considerations, including labor market projections, education, apprenticeships, certifications, and censure requirements.

## **VA Disability Benefits Review** Conducted by a VA accredited, Virginia Department

of Veterans Services (VDVS) Veteran Services Representative (VSR), this workshop provides participants information on the VA disability claim process. This includes discussing laws that pertain to disability compensation, the VA's responsibility to execute laws pertaining to Veteran's benefits and entitlements, the role of Section 38 of the Code of Federal Regulations and how it applies to Veteran's disability benefits, and claim development and submission. Participants will also get an overview of other VA benefits, as well as VDVS programs available to them upon transition. The workshop is open to all separating service members who wish to file a disability compensation claim. If participants have hard copy medical records, they should bring them to the workshop to provide to the VDVS VSR. The workshop is sponsored by the Virginia Department of Veterans Services and FFSC.

## MILITARY LIFE SKILLS EDUCATION **PROGRAMS**

**Building Effective Anger Management Skills (BEAMS)** Individuals seeking to address and control their anger more effectively would benefit from this six-session workshop. Participants will learn to identify triggers, address the root causes of anger, and acquire strategies to manage everyday stressors in a supportive environment. Discover the necessary tools to navigate challenging situations and strengthen relationships. Available to active duty, retirees, and their family

## members 18 years or older. **Building Healthy Relationships**

The purpose of this training is to provide tools to enhance healthy relationships and educate military personnel and their families on how to successfully nurture intimate relationships. Topics include emotional record keeping, expectations, communication, and developing healthy habits.

# **Children and Divorce**

This four-hour workshop addresses the pain and loss of a family breakup from the child's perspective. Topics of discussion include typical reactions of children of different ages, things children need to hear, and what parents can do to help them through the pain. Suggestions for the non-custodial parent are also provided. This class meets the Virginia State Law mandate requiring divorcing parents of minors to attend four hours of parent education.

Couples Workshop

partner? Do you find yourselves arguing a lot? This two-session workshop will help you improve your day-to-day communication, learn how to fight fair, problem-solve, and strengthen your relationship. Open to military beneficiaries and their partners. **Dads and Discipline** The culture of fatherhood is changing as dads become

Do you have trouble communicating with your

increasingly involved with their children. Dads are often seen as "disciplinarians," yet come to the job with no specific training. This interactive, single-session class provides an opportunity for fathers to gain valuable, practical information about parenting. Participants will discuss parenting styles and learn effective discipline techniques to help raise responsible, well-behaved children.

## **Enhancing Blended Families** This single-session workshop includes discussions on

the myths of blended family living, the different roles a stepparent may assume, the stages a blended family goes through as they develop, and tips for handling discipline. Discussion also includes information on stepparenting in a military family.

## Mind-Body Mental Fitness (MBMF)

This program is designed to promote a culture of excellence as part of the continuum of Warrior Toughness, Expanded Operational Stress Control (E-OSC) and Command Resilience Team (CRT). It consists of six modules: (Stress Resilience, Mindfulness & Meditation, Living Core Values, Flexibility, Problem Solving, and Connection) which can be completed in any sequence. The course includes real-world discussions and skills practice to improve the four domains of resilience (mind, body, spirit, and social) and build toughness, trust. and connectedness. This course is appropriate for commands, service members, family members, family units, and Family Readiness Groups.

## MBMF Module 1: Stress Resilience

In this module, you'll learn how stress affects the four domains of resilience, as well as how to recognize it and turn it into an opportunity for growth; develop the vital skills of energy management and recalibration through practical exercises designed to resync your mind-body connection; increase clear thinking; and optimize performance.

MBMF Module 2: Mindfulness & Meditation

## In this module, you'll learn about the three attitudes of mindfulness (non-judgment, curiosity and acceptance) and how these attitudes can improve $decision-making, reduce \, destructive \, behaviors, and \,$ increase optimal performance. Through practical

exercises, you will also learn how mindfulness and

meditation can aid in recovery from stress. MBMF Module 3: Living Core Values In this module, you'll learn how values can help you stay on course and maintain commitment and consistency when you're under stress; how to identify and define your values, relate them to Core Navy Values and your personal goals; and develop strategies for dealing with situations where your

## values and behaviors are in conflict. MBMF Module 4: Flexibility

vour own thoughts, emotions, and behaviors, as well as how they are different and how they interact with one another. You will also learn how to deal with your thoughts, emotions, and behaviors in different settings using practical skills. MBMF Module 5: Problem Solving This module covers the basic steps of effective

## problem-solving using practical examples of how these steps can be applied at work and at home. You will also learn how to recognize the dynamics and interactions that lead to personal and group challenges, as well as healthy and helpful coping skills.

MBMF Module 6: Connections In this module, you will learn: how connection and communication help you manage stress and develop resiliency, among many other benefits; to identify your support network and recognize the different communication styles that when understood can lead to more successful communication; and the vital role empathetic listening has in building connections, communicating effectively, and improving the cohesiveness of groups and organizations

# **New Parent Resource Awareness Workshop**

This workshop assists expectant parents as they prepare for the arrival of a new baby. Topics discussed include the Navy's policy on pregnant servicewomen, Navy Family Care Plans, housing information, Navy Marine Corps Relief Society, information about their Budgeting for Baby program, child care resources, FFSC programs and services, the WIC program, and career planning. Registration is open to all expectant parents. Partners are strongly encouraged to attend with them. Parenting 411

This workshop provides expectant parents and parents of children up to three years old with the foundational tools for nurturing children, as well as basic parenting skills. Topics discussed are stages of development, how to handle crying, temper tantrums, self-care, and alternative measures for discipline.

Parenting in a Military Family This workshop explores what it means to discipline children and the ways it can be most effectively accomplished. It includes strategies for encouraging children to behave appropriately, communicating in ways that really work, and increasing cooperation. Participants discuss attention-seeking behaviors and how parents can best respond to them. Additional topics include child development temperament, expecting and giving respect, and the impact that a military lifestyle has on children. **Parenting Teens** 

This single-session workshop presents the physical, cognitive, social, and emotional developmental characteristics of teens, and parents' reactions to the way adolescents handle these changes. Discussion topics include building healthy relationships, avoiding power struggles, and providing guidelines. This is an overview of the in-depth STEP Teens multi-session program. **Personal Communications** Would you like to improve your persona

communication skills? This educational group can make a difference! Participants learn about different communication styles, conflict resolution, and ways to develop more effective speaking and listening skills. Open to active duty military and family members. Ready Navy When an emergency strikes, knowing what to do can save lives, property, and time. One of the most

important tools you or your family can have to protect

yourself in possible emergencies is a Family Emergency

Plan. It is important to plan ahead as a family for all

types of emergencies and responses. Everyone in the

family should understand what to do, where to go,

#### and what to take in the event of an emergency. Learn how to prepare, respond, and recover with Fleet & Family Support Center's Operation Prepare public awareness program

#### Ready to Date Dating in today's society can seem like an unachievable mission, but it doesn't have to be! In this workshop, you'll

and learn techniques on how to date smarter. Learn that dating isn't just for finding a spouse, but to discover who you are and what to look for in a potential partner. **Spouse Newcomers Orientation** Are you newly married or getting married soon? Are you new to the area or to the military? Join us for a one-session workshop which provides a wide variety of helpful information about military life, including the

challenges of deployment, expectations of the military,

preparation for a mobile lifestyle, pay and allowances,

learn how to set healthy boundaries, identify red flags,

## housing, medical and dental care, recreational activities financial planning, and more.

Stress Managemen Stress is an unavoidable fact of life. The way we handle stress can affect our personal and professional lives. Learn more about managing stress with techniques such as goal setting, time management, and progressive relaxation. Systematic Training for Effective Parenting (STEP): **Early Childhood** 

#### This multi-session program helps parents develop a positive and consistent approach to dealing with the special challenges of children age six and younger. Topics include understanding developmental sequences and accomplishments of infants, toddlers, and pre-schoolers;

building effective discipline skills; developing skills for

## effectively communicating with young children; and Systematic Training for Effective Parenting (STEP): School-age

This seven-session program offers participants a wealth of information and skills for parenting 5- to 12-yearolds. Learn ways to help your children become more communication, discipline, the resolution of misbehavior. mutual respect, and family meetings.

## PERSONAL FINANCIAL MANAGEMENT PROGRAMS (PFM)

# **Blended Retirement System**

The BRS Overview will cover the difference between the Legacy or High 3 retirement system and the new Blended Retirement System, which became effective on January 1, 2018. Opt-in choices, TSP contributions, and continuation pay will be covered. This class is for all service members or family members who want to learn more about BRS.

#### Car Buying Strategies Looking for a car but don't want to get taken for a ride? In this single-session program, learn

all of the important dos and don'ts BEFORE you step onto the car lot. Topics include negotiating, trade-ins, discounts financing, high-pressure sales tactics, and tricks to avoid. Command Financial Specialist (CFS) Forum and **Financial Town Hall Meeting** This quarterly forum is designed to update the Command Financial Specialist (CFS), senior leadership, Command

Career Counselors, and other interested command

leadership about current and emerging financial issues.

This is an excellent forum for networking and continuing

### financial education that can benefit military members and their families.

**Command Financial Specialist (CFS) Refresher** Review and sharpen skills learned in Command Financial Specialist (CFS) Training which include the financial planning worksheet, solution-focused financial counseling, and developing your CFS program. Learn new presentation skills and techniques, as well as discuss current financial hot topics. Open to Command Financial Specialists who meet new requirements implemented July 2019. CFS must meet with an FFSC PFM staff member to verify Quarterly Reporting and Continuing Education requirements have been met before registration can be completed.

## Call to request an appointment for verification of eligibility and registration. **Command Financial Specialist (CFS) Training**

This five-day interactive training seminar covers the basics of personal financial management and serves as a foundation for those selected by their Command to serve as CFSs. The training covers topics such as spending plans, budgets, managing credit, savings and investments, and retirement planning. Participants are also introduced to the techniques of short-term solution-focused financial counseling. Participants must be E-6 or above, in good financial standing, and have at least one year remaining at their commands. Advanced registration is required.

#### regretted? It's a jungle out there and this single-session workshop will teach you how to be a savvy consumer. Topics include avoiding purchasing pitfalls, how to exercise your consumer rights, methods for resolving consumer complaints, and ways to access consumer advocacy resources.

This single-session workshop provides valuable

Have you ever made a purchase that you later

information on establishing a credit history, choosing and using credit and debit cards, debt-to-income ratio, consumer installment loans, credit reports, and effectively managing your credit. **Developing Your Spending Plan** 

Consumer Awareness

**Credit Management** 

Do you want to get control of your finances? This single-session workshop can help you develop a realistic spending plan. With this spending plan in place, you'll be on your way to paying your bills on time and achieving your short- and long-term financial goals.

**Exploring Digital Assets** 

Digital and crypto assets are a fast-growing sector of finance. Exploring Digital Assets provides participants with information and resources to make informed decisions about owning these assets, understand highlevel tax implications, increase knowledge regarding associated frauds and scams, and understand how to submit consumer complaints regarding digital assetrelated fraud.

#### Financial Leadership Seminar This four-hour training is for Division Officers and

non-CFS trained E-7s and above. It provides a basic understanding of typical military financial problems helps participants develop skills in handling a financial crisis, and creates an awareness of resources available. The agenda includes budgeting and personal financial management, consumer awareness, legal and security clearance issues, and more

## **Financial Literacy Touchpoints** Financial Literacy Touchpoint curricula are

designed to meet financial readiness Common Military Training (CMT) requirements as outlined in DTM 19-009. The CMT requirements provide service members with common knowledge, skills, and behavior standards to enable management of their financial affairs in a manner that enhances financial readiness. These trainings, associated with milestones, or Touchpoints, in an individual's professional or personal life, are: First Duty Station. Permanent Change of Station (PCS), Promotion, Vesting in the Thrift Savings Plan (TSP), Entitlement to Continuation Pay, Marriage, Welcoming Your First Child, Preparing for Divorce, Disabling Sickness or Condition, Leadership Training, Pre-Deployment Preparation, and Post-Deployment. All Touchpoints are available for delivery at your command or as a one-on-one session. Please see your Command Financial Specialist or a Personal Financial Manager

## at your FFSC. If you are in need of a Touchpoint training that is not being offered during the quarter, please see your Command Financial Specialist or a Personal Financial Manager at your Fleet and Family Support

# Center.

**Disabling Sickness or Condition** It can be incredibly overwhelming if you or a family member, whether it's a child or an adult, experiences a  $disabling\, sickness\, or\, condition.\, Caring\, for\, a \, loved\, one$ or yourself with a disabling sickness or condition can have quite a bit of unexpected costs. In this course, we will cover several key financial tasks to consider including a spending plan, planning for the future. compensations, benefits and entitlements and caring

## **Entitlement to Continuation Pay** This Touchpoint training is an opportunity to

nderstand what Continuation Pay is, how to apply for it, and how best to use it. Leadership Traini Financial readiness is mission readiness.

# Understanding your role as a leader in helping

for aging parents.

service members manage their finances, including information, tools, and resources, will be reviewed in this training. This course will prepare you to set goals, establish priorities, develop a family financial plan, and

### organize your finances to adjust to your new life as a married person.

**Permanent Change of Station** Moving often means adjusting to change and starting new routines. This is especially true for finances. This course will help optimize resources

## and strategize ways to complete a move without breaking the budget. **Post-Deployment**

Returning home after deployment can be an exciting time and can bring with it a number of changes. It's important not to overlook certain financial tasks that need to be completed, in order to take advantage of the extra money and resources that were available before and after deployment.

## Deployments can be stressful. Having an effective financial plan will help you to remain focused on the

**Pre-Deployment Preparation** 

mission and ease your return home. This course will help prepare you for deployment and teach you how to take advantage of certain opportunities to improve your finances while deployed. **Preparing for Divorce** 

## associated with the financial aspects of divorce. As your career advances, it's a great time to review

Divorce is a stressful life event in many ways. This

training will help reduce the stress and uncertainty

your finances and set yourself up for a more successful, prosperous future. **Vesting in the Thrift Savings Plan** 

# For service members in the Blended Retirement

System, once they complete two years of services they become vested in the Thrift Savings Plan, But what does that mean? This course will cover what vesting means, when does vesting occur, the rules regarding vested money and how those vested funds apply to retirement planning **Nelcoming Your First Child** 

## For most service members, a new child means changes, especially to your finances. This course is designed to help organize finances efficiently and prepare for the changes that come with the birth or adoption of a child.

## Gambling Awareness

Gambling opportunities are growing in our society. It's hard to watch a sporting event, other programming or scroll social media without seeing advertising for online gaming and sports betting. Plus traditional gaming and sports betting, are still very popular. Gambling Awareness discusses the prevalence of gambling problems, military directives, the warning signs of compulsive/pathological gambling and gambling statistics.

#### **Home Buying** Buying a house is the most significant purchase many

people will ever make. This course is designed to ncrease the knowledge and comfort level of first-time home buyers and serve as a refresher for repeat home buyers. Upon completion of this course, learners should be able to determine whether they are ready to purchase a home, know how to choose a real estate agent, mortgage, and be able to negotiate and close VHDA's Homeownership workshop is designed to take

the mystery out of buying a home. Learn more about

managing personal finances and credit, working with

a lender and real estate agent, and completing the loan

## process and home inspection. You'll also learn ways to protect your investment as a home owner How to Survive the Holidays Financially

Make the most of the holiday season — learn how to reduce the financial stress of the holidays. This 90-minute workshop helps participants financially meet holiday spending demands without the pain of too much debt. Million Dollar Sailor This two-day interactive program is 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

Planning for Your Retirement This single-session, interactive program introduces the the military retirement system and the Thrift Savings Plan

# (TSP). This is a must if you are leaving the military.

Renting is a course suitable for all potential renters. It is designed to increase the knowledge and comfort level of first-time renters and to serve as a refresher for repeat renters. Upon completion of this course, learners should be able to research rental options, determine affordability, and locate an appropriate rental property. Saving and Investing

This single-session, interactive program, suitable for

all audiences, is designed to develop more in-depth

#### knowledge and skills that will enable them to save and invest wisely, explore various investment options, and learn which instrument best suits them and their

individual goals. **Survivor Benefit Plan** This course provides basic information on the key provisions of the Survivor Benefit Plan (SBP). This information will assist service members and their spouses in making informed decisions about SBP's role in their

#### members with the opportunity to get an immediate tax break while saving for themselves and their family's future. Learn how to take advantage of this exciting

retirement plan.

Thrift Savings Plan

government-sponsored savings and investment program to build wealth and achieve financial independence in this 90-minute workshop. Your Insurance Needs This course covers the basic types of insurance and what

they can do for you, including life, health, homeowners

The Thrift Savings Plan (TSP) provides all service

## and rental insurance, as well as SGLI and DIC. RELOCATION ASSISTANCE PROGRAMS

## **Cultural Adaptation** This program provides service members and their

families with an overview of culture shock and resources to help encourage a smooth integration into a new culture. Specific areas of focus are the symptoms of culture shock, the culture shock cycle, and coping tips before and after arrival to the host country. **Moving Overseas** Will you be transferring overseas soon? This

helpful single-session workshop is a great way to

prepare yourself and your family for this challenging

culture shock. Open to active duty service members,

#### adventure. Information will be provided on household goods, auto shipment, financial planning, travel arrangements and passports, personal security, and

spouses, and dependents 12 years and older Moving with an Exceptional Family Member This 30-minute session provides service members and their families with the information and resources available to assist them in relocating with an exceptional family member (EFM) before, during, and after a permanent change of station (PCS). The Exceptional Family Member Program (EFMP) is available for active-duty personnel who have family members with chronic health care or special

## education needs. Navy Spouse in Transition NSIT is a class designed specifically for military spouses

who are preparing for life after the military. Career Transition, Benefits, Finances, Culture Shock, and Final Move are among the topics that will be discussed. Smooth Move Workshop Transferring to a new duty station? This single-session

# workshop offers tips to help make your move as "painless" as possible! Topics include hints on shipping household

## goods, travel and financial planning, entitlements, family preparation, and ways to cope with relocation. Open to all active duty, retiring and separating military personnel, and their families.

# FLEET & FAMILY SUPPORT CENTERS OF HAMPTON ROADS

# **Account (FSA)**

Column   C								
Column		757-492-6342 L 757-462-7563 NN			757-433-2912 P			
March   Mar					OGRAMS			
March   Marc	Exceptional Family Member POC Training		4:00 p.m. <b>(L)</b>			MAY 27 (T) 8:30-11:30 a.m. <b>(P)</b>	JUN 18 (W) 10:00 a.mNoon (Y) JUN 23 (M) 8:30-11:30 a	a.m. <b>(P)</b> JUN 20 (F) 9:00 a.mNoon <b>(L)</b>
March   Marc			APR 30 (W) 8:30 a.m4:30 p.m. ( <b>0</b> )	MAY 21 (W) 8:30 a.m4:00 p.m. (Y)			JUN 4 (W) 8:30 a.m4:30 p.m. <b>(L)</b> JUN 5 (TH) 9:00-10:30 a.	.m. (N) JUN 5 (TH) 5:30-7:00 p.m. (N)
March   Marc	<u> </u>			MAY 22 & 23 (TH&F) 8:00 a.m4:00 p.r	n. <b>(N)</b>			
March   Marc	Ombudsman Advanced Training	APR 4 (F) 10:00-11:30 a.m. <b>(O)</b> APR 17 (TH) 6:00-8:00 p.m. <b>(Y</b>				MAY 28 (W) 9:00-10:30 a.m. <b>(Y)</b>	JUN 10 (T) 9:00-11:00 a.m. <b>(L)</b> JUN 10 (T) 6:00-8:00 p.m	
Manufacture	SAPR Administrative Unit Victim Advocate Training*	• • • • • • • • • • • • • • • • • • • •			0)			:00 p.m. <b>(0)</b> JUN 26 (TH) 8:00 a.mNoon <b>(L)</b>
# Management	with with the second se	APR 17 (TH) 10:00-11:00 a.m. (N)					JUN 17 (T) 10:00-11:30 a.m. ( <b>N</b> )	
Martin	staining sta		1					
Marie	ura date			MAY 15 (TH) 9:00 a.mNoon (L)	MAY 12-16 (M-F) 7:30 a.m4:30 p.m.	(N) MAY 12-16 (M-F) 8:00 a.m5:00 p.m. (O)	JUN 12 (TH) 9:00 a.mNoon <b>(L)</b>	
March   Mar	Sponsor Training			MAY 22 (TH) 1:00-3:00 p.m. <b>(L)</b>				.m. <b>(0)</b>
March   Marc	Career Development			MAY 13 (T) 9:00 a.mNoon (Y)	MAY 20 (T) 8:30-11:30 a.m. <b>(N)</b>			
# 1	Effective Resume Writing	APR 16 (W) 8:30-11:30 a.m. (N) APR 22 (T) 9:00 a.mNoon (O) APR 16 (W) 9:00 a.mNoon (N) APR 28 (M) 9:00 a.mNoon (N)	APR 30 (W) 9:00 a.mNoon <b>(NN)</b> <b>N)</b>	MAY 6 (T) 1:00-4:00 p.m. ( <b>P</b> ) MAY 20 (T) 8:00-11:00 a.m. ( <b>L</b> )	MAY 21 (W) 8:30-11:30 a.m. <b>(N)</b> MAY 21 (W) 9:00 a.mNoon <b>(P)</b>		JUN 4 (W) 9:00 a.mNoon <b>(NN)</b> JUN 24 (T) 9:00 a.mNoon <b>(NW)</b> JUN 10 (T) 9:00 a.mNoon <b>(NW)</b> JUN 25 (W) 8:30-11:30 a	on <b>(NW) (O)</b>
Part	Interview Technique	APR 2 (W) 1:00-4:00 p.m. <b>(NN)</b> APR 23 (W) Noon-3:00 p.m. <b>(L)</b>		MAY 21 (W) Noon-3:00 p.m. <b>(L)</b>			JUN 4 (W) 1:00-4:00 p.m. (NN) JUN 27 (F) 8:30-11:30 a.	.m. <b>(N)</b>
Companies	·	APR 18 (F) 8:30-11:30 a.m. (N) APR 29 (T) 1:00-4:00 p.m. (Y)  APR 9 (W) 8:30-10:00 a.m. (NN) APR 22 (T) 11:00 a.m12:30 p	m. <b>(L)</b>	MAY 22 (TH) 9:00 a.mNoon <b>(0)</b> MAY 6 (T) 8:30-10:00 a.m. <b>(Y)</b>			JUN 26 (TH) 9:00 a.mNoon <b>(0)</b> JUN 11 (W) 8:30-10:00 a.m. <b>(NN)</b> JUN 25 (W) Noon-1:30 p.	
Part		APR 9 (W) 10:00 a.mNoon (NN) APR 15 (T) 1:00-4:00 p.m. (N)	APR 23 (W) 9:00 a.mNoon ( <b>0</b> )	MAY 6 (T) 10:00 a.mNoon (Y)	MAY 20 (T)) Noon-4:30 p.m. (N)		JUN 11 (W) 10:00 a.mNoon <b>(NN)</b> JUN 24 (T) 1:00-4:00 p.m	n. (N)
Minimary		APR 17 (TH) 8:30-11:30 a.m. (N) APR 23 (W) 8:00-11:00 a.m. (L	) APR 25 (F) 9:00 a.mNoon ( <b>0</b> )	MAY 15 (TH) 9:00 a.mNoon (NW)	MAY 21 (W) 8:00-11:00 a.m. <b>(L)</b>	MAY 23 (F) 9:00 a.mNoon ( <b>0</b> )	JUN 18 (W) 8:00-11:00 a.m. <b>(L)</b> JUN 26 (TH) 8:30-11:30	a.m. <b>(N)</b>
March   Marc		APR 4 (F) 9:00-11:30 a.m. <b>(L)</b> APR 16 (W) 5:00-7:00 p.m. <b>(N)</b>		MAY 21 (W) 5:00-7:00 p.m. (N)	MAY 27 (T) 4:00-6:00 p.m. <b>(0)</b>	MAY 23 (F) 9-00 a.m. Noon (I)	JUN 5 (TH) 9:00-11:00 a.m. <b>(P)</b> JUN 18 (W) 5:00-7:00 p.t	m. (N)
# Part	-	APR 11 (F) 9:00-11:00 a.m. (Y)  APR 24 (TH) 8:00-11:00 a.m. (	N) APR 25 (F) 9:00 a.m Noon <b>(L)</b>	MAY 8 (TH) 8:00-11:00 a.m. (N)	MAY 22 (TH) 8:00-11:00 a.m. <b>(N)</b>	MAY 30 (F) 8:30-10:30 a.m. <b>(O)</b>	JUN 6 (F) 9:00-11:00 a.m. (Y) JUN 26 (TH) 8:00-11:00	a.m. (N) JUN 27 (F) 9:30-10:30 a.m. (O) a.m. (N) JUN 27 (F) 9:00 a.mNoon (L)
March   Marc	Education	• • • • • • • • • • • • • • • • • • • •	4:00 p.m. <b>(N)</b>	MAY 22 & 23 (TH&F) 8:00 a.m4:00 p.r	n. <b>(N)</b>		JUN 5 & 6 (TH&F) 8:00 a.m4:00 p.m. <b>(0)</b> JUN 26 & 27 (TH&F) 8:00	0 a.m4:00 p.m. <b>(N)</b> JUN 26 & 27 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b>
March   Mar	Employment Entrepreneurship	APR 1 & 2 (T&W) 8:00 a.m4:00 p.m. (P)		MAY 8 & 9 (TH&F) 8:00 a.m4:00 p.m. ( MAY 8 & 9 (TH&F) 8:00 a.m4:00 p.m. (	N) (O) N)		JUN 12 & 13 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b> JUN 9 & 10 (M&T) 8:00 a.m4:00 p.m. <b>(L)</b>	JUN 17 & 18 (T&W) 8:00 a.m4:00 p.m. <b>(P)</b>
March   Marc	Entrepreneurship	APR 10 & 11 (TH&F) 8:00 a.m4:00 p.m. (N)		MAY 15 & 16 (TH&F) 8:00 a.m4:00 p.r	n. <b>(NN)</b>	MAY 15 & 16 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b>	JUN 12 & 13 (TH&F) 8:00 a.m4:00 p.m. (N)	JUN 10 & 11 (T&W) 8:00 a.m4:00 p.m. (O)
	VA Disability Benefits Review	APR 3 (TH) 9:00 a.m4:00 p.m. <b>(L)</b> APR 17 (TH) 9:00 a.m4:00 p.m. <b>(L)</b>		MAY 15 (TH) 9:00 a.m4:00 p.m. <b>(L)</b>			JUN 12 (TH) 9:00 a.m4:00 p.m. <b>(L)</b> JUN 18 (W) 9:00 a.mNoon <b>(O)</b>	00 p.m. <b>(L)</b>
Part	Ruilding Effective Apper Management St. 111-	APR 1, 3, 8, 10, 15 & 17 (T&TH) 9:00-11:00 a.m. <b>(L)</b>		MAY 5, 7, 9, 12, 14 &16 (M,W,F) 9:00-1	1:00 a.m. <b>(N)</b>		JUN 2, 4, 6, 9, 11 & 13 (M,W,F) 9:00-11:00 a.m. <b>(L)</b>	
March   Marc		APR 1 (T) 9:00-11:00 a.m. <b>(Y)</b>		MAY 12, 14, 16, 19, 21 & 23 (M,W,F) 1:	00-3:00 p.m. <b>(0)</b>	MAY 20 (T) 5:00-7:30 p.m. <b>(L)</b>	JUN 5 (TH) 1:30-4:00 p.m. <b>(N)</b>	
Mathematical   Math		APR 1 (T) 5:00-7:30 p.m. <b>(N)</b> APR 2 (W) 8:30 a.m12:30 p.m. <b>(L)</b> APR 7 (M) 2:30-6:30 p.m. <b>(N)</b>	ın.	MAY 20 (T) 8:00 a.mNoon <b>(P)</b>			JUN 25 (W) 9:00-11:00 a.m. <b>(Y)</b> JUN 3 (T) 8:30 a.m12:30 p.m. <b>(L)</b> JUN 10 (T) 2:30-6:30 p.m	n. <b>(N)</b>
Marie   Mari		APR 7 & 8 (M&T) 5:00-7:30 p.m. <b>(Y)</b> APR 7 & 14 (M) 5:00-7:30 p.m.	(L) APR 8 & 10 (T&TH) 4:00-6:30 p.m. (N)	MAY 6 & 8 (T&TH) 5:00-7:30 p.m. <b>(0)</b>			JUN 5 & 12 (TH) 5:00-7:30 p.m. <b>(L)</b>	
Marie California   Marie Calif	·	APR 11 (F) 9:00-10:30 a.m. <b>(P)</b> APR 17 (TH) 1:00-2:30 p.m. <b>(N</b>	w)		MAY 21 (M) 2:20 E:00 p.m. (N)		JUN 30 (F) 1:00-2:30 p.m. <b>(P)</b>	, (O)
\$   \$   \$   \$   \$   \$   \$   \$   \$   \$	Module 1: Stress Resilience		APR 10 (TH) 1:00-3:00 p.m. ( <b>Y)</b>					. (U)
March   Mar	Module 2: Mindfulness & Meditation	APR 7 (M) 12:30-2:30 p.m. <b>(O)</b> APR 10 (TH) 1:00-3:00 p.m. <b>(NN)</b> APR 15 (T) 9:00-11:00 a.m. <b>(N</b> APR 15 (T) 2:00-4:00 p.m. <b>(Y)</b>	)	MAY 7 (W) 11:00 a.m1:00 p.m. (P) MAY 9 (F) 9:00-11:30 a.m. (L)	MAY 30 (F) 9:00-11:00 a.m. (Y)		JUN 4 (W) 1:00-3:00 p.m. (N) JUN 9 (M) 11:00 a.m1:00 p.m. (P	
Part	Now -	• • • • • • • • • • • • • • • • • • • •					• • • • • • • • • • • • • • • • • • • •	
Marie	ġĔ	APR 11 (F) 10:00 a.mNoon <b>(O)</b> APR 24 (TH) 9:00-11:00 a.m. <b>(</b>	N)				JUN 13 (F) 9:00-11:00 a.m. (P) JUN 30 (M) 1:00-3:00 p.r	• • •
Migrate   Mig			APR 30 (W) 9:00-11:00 a.m. <b>(Y)</b>	MAY 12 (M) 12:30-4:30 n m (N)				
Mary	Parenting 411	APR 21 (M) 9:00 a.m2:00 p.m. (N)	ADD46/MA0.204.20		MAY 20 (MAN ) - 2 5 00 a m (I)		JUN 17 (T) 9:00 a.m2:00 p.m. <b>(N)</b> JUN 27 (F) 9:00 a.m2:00	0 p.m. ( <b>DN</b> )
Martin		• • • • • • • • • • • • • • • • • • • •	) APR 10 (W) 8:30 а.m1:30 р.m. <b>(U)</b>		•	MAY 29 (TH) 2:00-4:30 p.m. <b>(0)</b>	• • • • • • • • • • • • • • • • • • • •	n(r)
Marie		APR 10 (TH) 1:00-3:00 p.m. <b>(N)</b> APR 12 (S) 9:00-11:00 a.m. <b>(N</b>	APR 16 (W) 9:00 a.mNoon <b>(L)</b>					
Provided	<u> </u>	APR 23 (W) 4:30-6:30 p.m. <b>(N)</b>		1 11	• • • • • • • • • • • • • • • • • • • •		JUN 21 (S) 9:00-11:00 a.	m. (N)
Provide	Stress Management	APR 9, 11, 16 & 18 (W&F) 1:00-3:00 p.m. (Multi-Session) (N) APR 11 (F) 9:00-10:30 a.m. (Y)		MAY 5, 7, 9 & 12 (M,W,F) 9:00-11:00 a. MAY 13 (T) 2:30-3:30 p.m. (N) (Single S	m. (Multi-Session) <b>(L)</b> MAY 22 (TH) ession) MAY 23 (F) 9:	1:00-3:00 p.m. <b>(NN)</b> (Single Session) 00-10:00 a.m. <b>(Y)</b> (Single Session)	JUN 9 & 11 (M&W) 10:00 a.mNoon & 12:30-2:30 p.m. (Multi-Session JUN 20 (F) 9:00-10:30 a.m. (Single Session) (Y)	n) <b>(DN)</b> JUN 23 (M) 9:00-10:00 a.m. (Single Session) <b>(N)</b>
Marie	Systematic Training for Effective Parenting (STEP)			MAY 6 8 13 15 20 & 22 (T&TH) Δ·30-	7:00 n m (Farly Childhood) (N)	<b>)</b> )	JUN 16, 18, 20, 23, 25, 27 & 30 (M,W,F) 4:30-7:30 p.m. (Early Childho	od) <b>(L)</b>
Production   P	Rlended Retirement System	APR 10 (TH) 10:00:11:30 a m (NN)	APR 17 (TH) 10·30 a m -Noon (I )				IIIN 17 (T) 9:00-10:00 a m (NN) IIIN 18 (W) 9:00-10:00 a	a.m. <b>(Y)</b> JUN 18 (W) 1:30-3:00 p.m. <b>(N)</b>
# Minimake with the property of the property				MAY 13 (T) 9:00-10:30 a.m. (NN)	• • • •			
Heat			n ( <b>P</b> )			MAY 20 (W) 8:00 a m -4:00 n m (NN)		
No continue		MAR 31-APR 4 (M-F) 7:30 a.m4:00 p.m. (N) APR 21-25 (M-F) 8:00 a.m4:00	p.m. <b>(L)</b>		• • • • • • • • • • • • • • • • • • • •	, ocoount 4.00 p.m. (int)	JUN 2-6 (M-F) 7:30 a.m4:00 p.m. <b>(N)</b> JUN 23-27 (M-F) 7:30 a.r	m4:00 p.m. <b>(DN) (P)</b>
Marie		APR 9 (W) 10:30 a.mNoon (Y)		MAY 9 (F) 9:00-10:30 a.m. (P)	MAY 23 (F) 9:00-10:30 a.m. (NW)	MAY 29 (TH) 1:00-2:30 p.m. (L1)	JUN 5 (TH) 9:00-10:30 a.m. (NN)	
Part		APR 9 (W) 8:30-10:00 a.m. (N)		MAY 21 (W) 10:00-11:30 a.m. (N)  MAY 8 (TH) 9:00-10:30 a.m. (P)	MAY 27 (T) 9:00-10:30 a.m. (NN)  MAY 22 (TH) 1:00-2:30 p.m. (Y)		JUN 11 (W) 8:30-10:00 a.m. (N)	
Mail Scheme And Single   Mail Scheme And Si	Exploring Digital Assets			MAY 15 (TH) 10:00-11:30 a.m. (N)	INIA1 29 (111) 9:00-10:30 a.m. <b>(L)</b>			
Marcian	·	APR 1 (T) 9:00 a.mNoon <b>(L)</b> APR 3 (TH) 10:00 a.mNoon <b>(Y</b>	)	• • • • • • • • • • • • • • • • • • • •				
Parameter   Par	Leadership Training		N)					
Poliphomethoposition   Poliphomethopositio	Marriage			MAY 21 (W) 9:00-10:00 a.m. <b>(L)</b>				
Parameter   Par		ADD 4E (T) 0:20 4 0:00 (A)					JUN 17 (T) 10:00-11:00 a.m. <b>(N)</b> JUN 18 (W) Noon-1:00 p.	
Member	Preparing for Divorce	APR 24 (TH) 10:00-11:30 a.m. <b>(0)</b>		MAY 20 (T) 10:00-11:00 a.m. (N)	MAY 21 (W) Noon-1:00 p.m. <b>(L)</b>		JUN 18 (W) 10:00-11:00	d.iii. (L.)
Continue of the continue of	Promotion		N)					
New York One State of the Control o	-						JUN 3 (T) 3:30-5:00 p.m. <b>(0)</b>	
National Control Cont	Home Buying	• • • • • • • • • • • • • • • • • • • •			MAY 20 /TU\ 9.20 a.m. 2.00			n. <b>(L)</b>
Point	How to Survive the Holidays Financially				<u> </u>		JUN 3 (T) 8:30-10:00 a.m. (NN) JUN 4 (W) 1:00-2:30 p.m	
Maningfor Yur Retirement		• • • • • • • • • • • • • • • • • • • •	APR 21 & 22 (M&T) 8:00 a.m4:00 p.m. ( <b>N</b> )	MAY 21 & 22 (W&TH) 8:00 a.m4:00 p.	m. <b>(Y)</b>	MAY 22 & 23 (TH&F) 8:00 a.m4:00 p.m. <b>(N)</b>	JUN 9 & 10 (M&T) 8:00 a.m4:00 p.m. <b>(L)</b>	JUN 23 & 24 (M&T) 8:00 a.m4:00 p.m. <b>(N)</b>
RaisgRainacillyFitkids		APR 2 (W) 9:00-10:30 a.m. (NN) APR 16 (W) Noon-1:30 p.m. (N	APR 17 (TH) 2:30-4:00 p.m. <b>(L)</b>	MAY 14 (W) Noon-1:30 p.m. (N)	MAY 29 (TH) 2:00-3:30 p.m. <b>(0)</b>			
Saing ad Investing         PR3 (TH) 10.30 am. Noon (NI) APR2 (FI) 90.01.030 am. (NI) APR2 (FI) 10.00.230 pm. (NI) APR2 (FI) 10.00	Raising Financially Fit Kids	APR 23 (W) 8:30-10:00 a.m. (N)						a.m. <b>(N)</b> JUN 26 (TH) 9:00-10:30 a.m. <b>(Y)</b>
Survior Benefit Plan		APR 3 (TH) 10:30 a.m Noon <b>(NN)</b> APR 17 (TH) 9:00-10:30 a.m. <b>(</b>		MAY 14 (W) 8:30-10:00 a.m. (N)	MAY 26 (M) 9:00-10:30 a.m. (NN)			3014 20 (1П) 3.00-1U:30 a.m. (Y)
MRY 20(T) 1:00-2:30 p.m. (Y)		APR 23 (W) 10:00-11:30 a.m. (N) APR 28 (M) 10:30 a.mNoon (I	)		MAY 22 (TH) 3:30-5:00 nm ( <b>n</b> )			(NN)
RELOCATION ASSISTANCE PROGRAMS  Cultural Adaptation  MAY 27 (T) 12:30-2:00 p.m. (L)  Moving Overseas  APR 22 (T) 9:00 a.m. Noon (Y)  APR 23 (W) 9:00 a.m. 4:00 p.m. (P)  APR 24 (TH) 8:00-11:30 a.m. (N)  MAY 14 (W) 9:00 a.m. Noon (N)  MAY 27 (T) 9:00 a.m. Noon (L)  MAY 30 (F) 8:00-11:30 a.m. (N)  JUN 4 (W) 9:00 a.m. 4:00 p.m. (NW)  JUN 17 (T) 9:00 a.m. Noon (Y)  JUN 30 (M) 8:00-11:30 a.m. (N)  Rowing with an Exceptional Family Member  APR 24 (TH) 9:00 a.m. Noon (Y)  APR 25 (TH) 9:00 a.m. Noon (Y)  APR 25 (TH) 9:00 a.m. Noon (Y)  APR 26 (TH) 9:00 a.m. Noon (Y)  APR 26 (TH) 9:00 a.m. Noon (Y)  APR 27 (T) 9:00 a.m. Noon (N)  MAY 27 (T) 9:00 a.m. Noon (L)  MAY 28 (TH) 9:00 a.m. Noon (L)  MAY 28 (TH) 9:00 a.m. Noon (L)  MAY 28 (TH) 9:00 a.m. Noon (L)  APR 25 (TH) 9:00 a.m. Noon (L)  APR 26 (TH) 9:00 a.m. Noon (L)	-	APR 10 (TH) 9:00-10:30 a.m. <b>(Y)</b> APR 17 (TH) 1:00-2:30 p.m. <b>(L</b> )		MAY 20 (T) 1:00-2:30 p.m. (Y)	MAY 26 (M) 10:30-Noon (NN)		JUN 18 (W) 10:00-11:30 a.m. (N)	
Moving Overseas         APR 22 (T) 9:00 a.mNoon (Y)         APR 23 (W) 9:00 a.m4:00 p.m. (P)         APR 24 (TH) 8:00-11:30 a.m. (N)         MAY 14 (W) 9:00 a.mNoon (L)         MAY 30 (F) 8:00-11:30 a.m. (N)         JUN 4 (W) 9:00 a.m4:00 p.m. (NW)         JUN 17 (T) 9:00 a.mNoon (Y)         JUN 30 (M) 8:00-11           Moving with an Exceptional Family Member         APR 24 (TH) 9:00 a.mNoon (Y)         APR 24 (TH) 9:00 a.mNoon (Y) <th< td=""><td></td><td></td><td></td><td>RELOCATION ASSISTANCE</td><td>PROGRAMS</td><td></td><td></td><td></td></th<>				RELOCATION ASSISTANCE	PROGRAMS			
Navy Spouse in Transition APR 24 (TH) 9:00 a.mNoon (Y)	Moving Overseas		. <b>(P)</b> APR 24 (TH) 8:00-11:30 a.m. <b>(N)</b>		MAY 27 (T) 9:00 a.mNoon <b>(L)</b>	MAY 30 (F) 8:00-11:30 a.m. (N)	JUN 4 (W) 9:00 a.m4:00 p.m. <b>(NW)</b> JUN 17 (T) 9:00 a.mNoc	on <b>(Y)</b> JUN 30 (M) 8:00-11:30 a.m. <b>(N)</b>
ADD 75 (510.00 14.00 a.m. Moon (V) ADD 75 (510.00 14.00 a.m. (NIII) 114.45 (71.4.00 2.00 III)		APR 24 (TH) 9:00 a.mNoon (Y)		MW-205	HAVES		HANA (T)	
Smooth Move Workshop         APR 8 (T) 9:00 a.mNoon (Y) APR 25 (F) 9:00-11:00 a.m. (DN) APR 30 (W) 9:00 a.mNoon (L)         MAY 7 (W) 9:00 a.mNoon (NN) MAY 13 (T) 1:00-3:30 p.m. (P) MAY 13 (T) 9:00 a.mNoon (L)         JUN 27 (F) 8:00-11:30 a.m. (N) JUN 13 (F) 9:00 a.mNoon (L)	Smooth Move Workshop	APR 8 (T) 9:00 a.mNoon (Y) APR 10 (TH) 8:00-11:30 a.m. (N)  APR 30 (W) 9:00 a.mNoon (L)	N)	MAY 7 (W) 9:00 a.mNoon <b>(NN)</b> MAY 13 (T) 9:00 a.mNoon <b>(L)</b>	MAY 13 (T) 1:00-3:30 p.m. <b>(P)</b> MAY 16 (F) 8:00-11:30 a.m. <b>(N)</b>		JUN 3 (T) 9:00 a.mNoon <b>(Y)</b> JUN 27 (F) 8:00-11:30 a. JUN 13 (F) 9:00 a.mNoon <b>(L)</b>	m. (N)