



OCTOBER 2024 Training Calendar

NAVAL STATION GREAT LAKES
525 FARRAGUT AVENUE BLDG. 26
HOURS OF OPERATION: MON-FRI, 0730-1600
CALL: (847) 688-3603 X 100
CLASSES ARE FREE – REGISTRATION REQUIRED



Prevention Month

NEW PARENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Playgroup	Every Tuesday	1000-1100	2630 Ohio Ave

LIFE SKILLS

CLASS:	DATE:	TIME:	LOCATION:
Mind Body Mental Fitness: Living Core Values	Tue, Oct 1 Tue, Oct 17	1200-1300 1900-2100	CNIC, LMS
Mind Body Mental Fitness: Stress Resilience	Fri, Oct 3	1900-2100	CNIC, LMS
Mind Body Mental Fitness: Flexibility	Tue, Oct 8 Thurs, Oct 24	1200-1330 1900-2100	CNIC, LMS
Anger Management	Wed, Oct 9	1300-1400	CNIC, LMS
Mind Body Mental Fitness: Mindfulness and Meditation	Mon, Oct 10	1900-2100	CNIC, LMS
Mind Body Mental Fitness: Problem Solving	Tue, Oct 15	1200-1330	CNIC, LMS
Stress Management	Wed, Oct 16	1300-1400	CNIC, LMS
Mind Body Mental Fitness	Tues, Oct 22	1200-1330	CNIC, LMS

RELOCATION / DEPLOYMENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Sponsorship Training	Thurs, Oct 3	0900-1000	Bldg. 26
New Spouse Orientation	Thurs, Oct 3	1400-1600	Bldg. 26
Married in the Military	Thurs, Oct 10 Thurs, Oct 24	1500-1600 1500-1600	Bldg. 26
Smooth Move Workshop	Thurs, Oct 17	1400-1500	Bldg. 26

EXCEPTIONAL FAMILY MEMBER PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Moving with EFMP	Wed, Oct 9	1500-1600	Bldg. 26
What is EFMP	Wed, Oct 16	1500-1600	Bldg. 26
Virtual Support Group: Neurodiversity Training	Wed, Oct 23	1300-1400	Bldg. 26



CAREER / EMPLOYMENT ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
Mastering Virtual Interviews	Tue, Oct 1 Wed, Oct 2	1030-1130 1600-1700	CNIC, LMS
Understanding USA Jobs	Tue, Oct 8	0800-0930	CNIC, LMS
Effective Resume Writing	Wed, Oct 9	1200-1300	CNIC, LMS
Becoming Federal Resume Savvy	Thurs, Oct 10	0900-1030	CNIC, LMS

TRANSITION ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
TAP 3 Day Core	Mon-Wed, Oct 7-9 Mon-Wed, Oct 21-23	0800-1630 0800-1630	Bldg. 617
Department of Labor Employment Workshop	Thurs-Fri, Oct 10-11 Thurs-Fri, Oct 24-25	0800-1600 0800-1066	Bldg. 617
Military to Civilian Transition Seminar	Tue, Oct 15	0800-1500	Bldg. 617
Career & Credential Exploration Track	Wed-Thurs, Oct 12-13	0800-1600	Bldg. 617
Capstone	Fri, Oct 18	0800-1200	Bldg. 617
My Navy Career Options	Wed-Thurs, Oct 30-31	0800-1600	Bldg. 617
TAP Open Forum	Every Wednesday	1100-1200	Adobe Connect

PERSONAL FINANCIAL MANAGEMENT

CLASS:	DATE:	TIME:	LOCATION:
Mastering Money Management and Security	Wed, Oct 9	1100-1230	CNIC, LMS
Mastering Your Money Management	Wed, Oct 16	1100-1230	CNIC, LMS
Decoding Financial Success	Wed, Oct 23	1300-1430	CNIC, LMS

For Classes through CNIC LMS, Please visit MyNavyFamily.com

- ❖ Financial Counseling
- ❖ Career Planning and Resume Writing, Review & Support
- ❖ Educational Assistance and volunteer opportunities
- ❖ Victim Advocacy for sexual assault, domestic violence, and child abuse victims
- ❖ Deployment support and planning
- ❖ Individual, Couple, Family and Child counseling
- ❖ Home visitations, education, and support for parents
- ❖ Exceptional Family Member Support (resources for adults and children with special needs)
- ❖ Relocation Planning (CONUS & OCONUS)
- ❖ Information and Referral (links to local resources)
- ❖ Emergency Preparedness Planning
- ❖ Resource room with computers available



How are we doing?
Please give us your feedback
online at the Interactive Customer
Evaluation (ICE)

DOMESTIC VIOLENCE: 1-800-799-7233
CHILD ABUSE HOTLINE: 1-800-25ABUSE (22873)
SAPR Hotline: (847) 489-8196

