

The NAVSTA Newport Fleet and Family Support Center Newsletter is created monthly. All active duty, family members, reservists, National Guard, retirees and DoD employees are welcome to attend any of the classes we offer. For assistance to register for a class or to schedule a counseling appointment please call our office at (401) 841-2283.

Counseling Services

New challenges occur all the time – things like new jobs, new babies, relationship problems, or stress at work. Counseling can help! It gives you a chance to develop new problem-solving skills to help reduce your stress-level and focus on solutions. FFSC is staffed with fully qualified, licensed councilors who know how to help. To learn more about our beneficial services call (401) 841- 2283 or email ffsc_nwpt@navy.mil

Transition Assistance Program

March 24th – 28th, 2025 (No Vacancy)

May 5th – 9th, 2025

July 28th – August 1st, 2025

September 22nd – 26th, 2025

November 17th – 31st, 2025



For more information or to register email stephanie.a.westbrook2.naf@us.navy.mil

Life Skills

Thursday March 6th 1:00pm-3:00pm
MBMF Module 1 Stress Resiliency Class

Thursday March 13th 1:00pm-3:00pm
MBMF Module 2 Mindfulness and Mediation Class

Friday March 14th 1:00pm-3:00pm
Effective Communications

Thursday March 20th 1:00pm-3:00pm
Anger Management

For more information or to register
email katherine.e.goktepe.naf@us.navy.mil



**Sexual Assault Prevention
and Response Program**



Provides high quality services and support to victims and survivors of sexual assault that strengthen their resilience and instill confidence and trust in the reporting process, whether they file a restricted or unrestricted report.

For questions or support call or email

Ms. Theo Greenblatt SAPR Victim Advocate
Office: (401) 841-6920 Cell: (401) 528-9542
theo.greenblatt.naf@us.navy.mil

Stephanie Martinez SAPR Victim Advocate
Office: (401) 841-3816
Stephanie.n.martinez@navy.mil

Finance

Tuesday March 11th 2:00pm-3:30pm
Blended Retirement System

Tuesday March 18th 2:00pm-3:30pm
Develop your spending Plan

Thursday March 20th 9:00am-11:00am
Saving and Investing

For more information or
to register email heather.s.box.civ@us.navy.mil



Want to support your command, and help facilitate communications between your leadership and your command families?



Become an Ombudsman Today!

For more information
email katherine.e.goktepe.naf@us.navy.mil

Counseling Services

Family Advocacy Program

SAPR Program

Transition Assistance

Exceptional Family Member Program

Ombudsman/Life Skills Education Program

Relocation Assistance

Personal Financial Management

Family Employment Readiness/ Deployment Support

Command Support



1260 Peary Street, NAVSTA Newport
(401) 841-2283 - ffsc_nwpt@navy.mil

Military OneSource

www.militaryonesource.mil

1 (800) 342-9647

SAPR Unit Victim Advocate

24/7: (401) 450-2327

DoD Safe Helpline 1 (877) 995-5247

Suicide/Crisis 24 Hotline Dial - 988

Military Crisis Line

1-800-273-TALK (option 1)

Text 838255

or live chat www.militarycrisisline.net

	Date	U.S. EASTERN	U.S. PACIFIC	ITALY	BAHRAIN	Date	JAPAN	GUAM
DEPLOYMENT SUPPORT								
Deployment Sleep Strategies	3 Mar	1:00 AM	10:00 PM	7:00 AM	9:00 AM	3 Mar	3:00 PM	4:00 PM
	14 Mar	9:00 AM	6:00 AM	3:00 PM	5:00 PM	14 Mar	11:00 PM	12:00 AM
	20 Mar	6:30 PM	3:30 PM	12:30 AM	2:30 AM	21 Mar	8:30 AM	9:30 AM
	28 Mar	9:00 AM	6:00 AM	3:00 PM	5:00 PM	28 Mar	11:00 PM	12:00 AM
Equipping Your Kids For Deployment	6 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	7 Mar	5:00 AM	6:00 AM
	11 Mar	9:00 PM	6:00 PM	3:00 AM	5:00 AM	12 Mar	11:00 AM	12:00 PM
	12 Mar	11:00 PM	8:00 PM	5:00 AM	7:00 AM	13 Mar	1:00 PM	2:00 PM
	13 Mar	9:00 AM	6:00 AM	3:00 PM	5:00 PM	13 Mar	11:00 PM	12:00 AM
	20 Mar	12:00 PM	9:00 AM	6:00 PM	8:00 PM	21 Mar	2:00 AM	3:00 AM
Reach Out and Touch; Staying Close as a Family During Deployment	11 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	12 Mar	5:00 AM	6:00 AM
Ready, Set, Deploy: Pre-Deployment Planning	7 Mar	8:00 AM	5:00 AM	2:00 PM	4:00 PM	7 Mar	10:00 PM	11:00 PM
	10 Mar	5:00 AM	2:00 AM	11:00 AM	1:00 PM	10 Mar	7:00 PM	8:00 PM
	20 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	21 Mar	5:00 AM	6:00 AM
	27 Mar	2:00 PM	11:00 AM	8:00 PM	10:00 PM	28 Mar	4:00 AM	5:00 AM
	31 Mar	1:00 AM	10:00 PM	7:00 AM	9:00 AM	31 Mar	3:00 PM	4:00 PM
Single Sailor Deployment Tools	4 Mar	11:00 PM	8:00 PM	5:00 AM	7:00 AM	5 Mar	1:00 PM	2:00 PM
	20 Mar	11:00 PM	8:00 PM	5:00 AM	7:00 AM	21 Mar	1:00 PM	2:00 PM
	24 Mar	5:00 AM	2:00 AM	11:00 AM	1:00 PM	24 Mar	7:00 PM	8:00 PM
The Service Member's Guide to Family Care Plans	5 Mar	5:00 PM	2:00 PM	11:00 PM	1:00 AM	6 Mar	7:00 AM	8:00 AM
	12 Mar	6:30 PM	3:30 PM	12:30 AM	2:30 AM	13 Mar	8:30 AM	9:30 AM
	13 Mar	12:00 PM	9:00 AM	6:00 PM	8:00 PM	14 Mar	2:00 AM	3:00 AM
	20 Mar	5:00 AM	2:00 AM	11:00 AM	1:00 PM	20 Mar	7:00 PM	8:00 PM
EMPLOYMENT								
AI Resume Building: A Paradigm Shift	7 Mar	9:00 AM	6:00 AM	3:00 PM	5:00 PM	7 Mar	11:00 PM	12:00 AM
Becoming Federal Resume Savvy	3 Mar	9:00 AM	6:00 AM	3:00 PM	5:00 PM	3 Mar	11:00 PM	12:00 AM
	18 Mar	1:00 AM	10:00 PM	7:00 AM	9:00 AM	18 Mar	3:00 PM	4:00 PM
	27 Mar	5:00 PM	2:00 PM	11:00 PM	1:00 AM	28 Mar	7:00 AM	8:00 AM
Innovative Interviewing	13 Mar	2:00 PM	11:00 AM	8:00 PM	10:00 PM	14 Mar	4:00 AM	5:00 AM
Job Search Hacks	4 Mar	5:00 AM	2:00 AM	11:00 AM	1:00 PM	4 Mar	7:00 PM	8:00 PM
	18 Mar	5:00 AM	2:00 AM	11:00 AM	1:00 PM	18 Mar	7:00 PM	8:00 PM
LinkedIn and How to Make it Work for You!	13 Mar	11:00 AM	8:00 AM	5:00 PM	7:00 PM	14 Mar	1:00 AM	2:00 AM
Mastering the Modern Resume	5 Mar	9:00 PM	6:00 PM	3:00 AM	5:00 AM	6 Mar	11:00 AM	12:00 PM
	18 Mar	9:00 AM	6:00 AM	3:00 PM	5:00 PM	18 Mar	11:00 PM	12:00 AM
Mastering Virtual Interviews	6 Mar	6:30 PM	3:30 PM	12:30 AM	2:30 AM	7 Mar	8:30 AM	9:30 AM
	18 Mar	12:00 PM	9:00 AM	6:00 PM	8:00 PM	19 Mar	2:00 AM	3:00 AM
	24 Mar	12:00 PM	9:00 AM	6:00 PM	8:00 PM	25 Mar	2:00 AM	3:00 AM
PAIN FREE!...Resume Writing Simplified	12 Mar	11:00 AM	8:00 AM	5:00 PM	7:00 PM	13 Mar	1:00 AM	2:00 AM
Remote Ready: A Spouse's Roadmap to a Virtual Career!	7 Mar	12:00 PM	9:00 AM	6:00 PM	8:00 PM	8 Mar	2:00 AM	3:00 AM
	14 Mar	12:00 PM	9:00 AM	6:00 PM	8:00 PM	15 Mar	2:00 AM	3:00 AM
	18 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	19 Mar	5:00 AM	6:00 AM
	31 Mar	9:00 AM	6:00 AM	3:00 PM	5:00 PM	31 Mar	11:00 PM	12:00 AM
Transitioning Your Civilian Health Care	11 Mar	5:00 AM	2:00 AM	11:00 AM	1:00 PM	11 Mar	7:00 PM	8:00 PM
	18 Mar	9:00 PM	6:00 PM	3:00 AM	5:00 AM	19 Mar	11:00 AM	12:00 PM

	Date	U.S. EASTERN	U.S. PACIFIC	ITALY	BAHRAIN	Date	JAPAN	GUAM
Understanding USAJOBS	5 Mar	2:00 PM	11:00 AM	8:00 PM	10:00 PM	6 Mar	4:00 AM	5:00 AM
	10 Mar	12:00 PM	9:00 AM	6:00 PM	8:00 PM	11 Mar	2:00 AM	3:00 AM
	18 Mar	6:00 PM	3:00 PM	12:00 AM	2:00 AM	19 Mar	8:00 AM	9:00 AM
	28 Mar	12:00 PM	9:00 AM	6:00 PM	8:00 PM	29 Mar	2:00 AM	3:00 AM
USAJOBS 2025	14 Mar	9:00 AM	6:00 AM	3:00 PM	5:00 PM	14 Mar	11:00 PM	12:00 AM

EXCEPTIONAL FAMILY MEMBER (EFMP)

How to enroll into EFMP	12 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	13 Mar	5:00 AM	6:00 AM
Moving with an Exceptional Family Member	19 Mar	1:00 PM	10:00 AM	7:00 PM	9:00 PM	20 Mar	3:00 AM	4:00 AM
Personalized Pathway, Your Compass Through Robust IEP	19 Mar	1:00 PM	10:00 AM	7:00 PM	9:00 PM	20 Mar	3:00 AM	4:00 AM

FAMILY EMERGENCY PREPARATION AND RESPONSE

Resolve to Be Ready: Evacuation Planning	7 Mar	6:00 PM	3:00 PM	12:00 AM	2:00 AM	8 Mar	8:00 AM	9:00 AM
	11 Mar	2:00 PM	11:00 AM	8:00 PM	10:00 PM	12 Mar	4:00 AM	5:00 AM
	19 Mar	5:00 PM	2:00 PM	11:00 PM	1:00 AM	20 Mar	7:00 AM	8:00 AM
	24 Mar	6:30 PM	3:30 PM	12:30 AM	2:30 AM	25 Mar	8:30 AM	9:30 AM

MENTAL WELL-BEING

Achieving Financial Empowerment while experiencing Intimate Partner Violence	20 Mar	2:00 PM	11:00 AM	8:00 PM	10:00 PM	21 Mar	4:00 AM	5:00 AM
Intimate Partner Violence (IPV) Identification & Reporting	19 Mar	2:00 PM	11:00 AM	8:00 PM	10:00 PM	20 Mar	4:00 AM	5:00 AM
Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	4 Mar	2:00 PM	11:00 AM	8:00 PM	10:00 PM	5 Mar	4:00 AM	5:00 AM

PARENTING

Helping Kids Thrive Through Change	12 Mar	12:00 PM	9:00 AM	6:00 PM	8:00 PM	13 Mar	2:00 AM	3:00 AM
	13 Mar	6:00 PM	3:00 PM	12:00 AM	2:00 AM	14 Mar	8:00 AM	9:00 AM
	19 Mar	9:00 PM	6:00 PM	3:00 AM	5:00 AM	20 Mar	11:00 AM	12:00 PM
	26 Mar	12:00 PM	9:00 AM	6:00 PM	8:00 PM	27 Mar	2:00 AM	3:00 AM
Spotting the Signs of Youth Suicide	5 Mar	9:00 AM	6:00 AM	3:00 PM	5:00 PM	5 Mar	11:00 PM	12:00 AM
	12 Mar	1:00 AM	10:00 PM	7:00 AM	9:00 AM	12 Mar	3:00 PM	4:00 PM
	13 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	14 Mar	5:00 AM	6:00 AM
	19 Mar	9:00 AM	6:00 AM	3:00 PM	5:00 PM	19 Mar	11:00 PM	12:00 AM
Tear Free Dinner	11 Mar	12:00 PM	9:00 AM	6:00 PM	8:00 PM	12 Mar	2:00 AM	3:00 AM
What About the Kids?	13 Mar	1:00 PM	10:00 AM	7:00 PM	9:00 PM	14 Mar	3:00 AM	4:00 AM

PERSONAL GROWTH

Anger Management	13 Mar	2:00 PM	11:00 AM	8:00 PM	10:00 PM	14 Mar	4:00 AM	5:00 AM
Conflict Management	5 Mar	11:00 AM	8:00 AM	5:00 PM	7:00 PM	6 Mar	1:00 AM	2:00 AM
	19 Mar	11:00 AM	8:00 AM	5:00 PM	7:00 PM	20 Mar	1:00 AM	2:00 AM
	25 Mar	1:00 PM	10:00 AM	7:00 PM	9:00 PM	26 Mar	3:00 AM	4:00 AM
Finding the Good in Conflict	6 Mar	5:00 AM	2:00 AM	11:00 AM	1:00 PM	6 Mar	7:00 PM	8:00 PM
	19 Mar	2:00 PM	11:00 AM	8:00 PM	10:00 PM	20 Mar	4:00 AM	5:00 AM
	25 Mar	9:00 AM	6:00 AM	3:00 PM	5:00 PM	25 Mar	11:00 PM	12:00 AM
	26 Mar	11:00 PM	8:00 PM	5:00 AM	7:00 AM	27 Mar	1:00 PM	2:00 PM
	28 Mar	6:30 PM	3:30 PM	12:30 AM	2:30 AM	29 Mar	8:30 AM	9:30 AM
Intimate Partner Violence (IPV) Identification & Reporting	19 Mar	2:00 PM	11:00 AM	8:00 PM	10:00 PM	20 Mar	4:00 AM	5:00 AM
Organize Your Life	18 Mar	2:00 PM	11:00 AM	8:00 PM	10:00 PM	19 Mar	4:00 AM	5:00 AM
Understanding Anger	4 Mar	10:00 AM	7:00 AM	4:00 PM	6:00 PM	5 Mar	12:00 AM	1:00 AM

	Date	U.S. EASTERN	U.S. PACIFIC	ITALY	BAHRAIN	Date	JAPAN	GUAM
PERSONAL FINANCIAL MANAGEMENT								
Baby Breaks the Bank!	27 Mar	2:00 PM	11:00 AM	8:00 PM	10:00 PM	28 Mar	4:00 AM	5:00 AM
Booties & Budgets: Welcoming Your First Child and Baby-Proofing Your Finances	4 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	5 Mar	5:00 AM	6:00 AM
	12 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	13 Mar	5:00 AM	6:00 AM
	13 Mar	1:00 AM	10:00 PM	7:00 AM	9:00 AM	13 Mar	3:00 PM	4:00 PM
Climbing the Ranks: Your Financial Guide to Promotions	17 Mar	7:00 PM	4:00 PM	1:00 AM	3:00 AM	18 Mar	9:00 AM	10:00 AM
Command Your Credit	10 Mar	6:30 PM	3:30 PM	12:30 AM	2:30 AM	11 Mar	8:30 AM	9:30 AM
	17 Mar	5:00 PM	2:00 PM	11:00 PM	1:00 AM	18 Mar	7:00 AM	8:00 AM
	26 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	27 Mar	5:00 AM	6:00 AM
	28 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	29 Mar	5:00 AM	6:00 AM
Disaster-Proof Insurance Coverage Essentials	24 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	25 Mar	5:00 AM	6:00 AM
Emergency Financial Preparedness	24 Mar	11:00 PM	8:00 PM	5:00 AM	7:00 AM	25 Mar	1:00 PM	2:00 PM
Financial Readiness Before Deployment: Securing Your Future	25 Mar	5:00 PM	2:00 PM	11:00 PM	1:00 AM	26 Mar	7:00 AM	8:00 AM
	27 Mar	9:00 PM	6:00 PM	3:00 AM	5:00 AM	28 Mar	11:00 AM	12:00 PM
Home Selling	18 Mar	1:00 PM	10:00 AM	7:00 PM	9:00 PM	19 Mar	3:00 AM	4:00 AM
Making the Most of your Overseas Pay	11 Mar	9:00 AM	6:00 AM	3:00 PM	5:00 PM	11 Mar	11:00 PM	12:00 AM
	17 Mar	9:00 PM	6:00 PM	3:00 AM	5:00 AM	18 Mar	11:00 AM	12:00 PM
Making your Money Work for You	5 Mar	1:00 AM	10:00 PM	7:00 AM	9:00 AM	5 Mar	3:00 PM	4:00 PM
	14 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	15 Mar	5:00 AM	6:00 AM
	17 Mar	1:00 AM	10:00 PM	7:00 AM	9:00 AM	17 Mar	3:00 PM	4:00 PM
Military Retirement Planning : Know the Facts	6 Mar	11:00 PM	8:00 PM	5:00 AM	7:00 AM	7 Mar	1:00 PM	2:00 PM
	17 Mar	5:00 AM	2:00 AM	11:00 AM	1:00 PM	17 Mar	7:00 PM	8:00 PM
	31 Mar	2:00 PM	11:00 AM	8:00 PM	10:00 PM	1 Apr	4:00 AM	5:00 AM
Mission Accomplished: Resetting Your Finances After Deployment	25 Mar	9:00 PM	6:00 PM	3:00 AM	5:00 AM	26 Mar	11:00 AM	12:00 PM
Operation Tax Return: Filing With Confidence	5 Mar	12:00 PM	9:00 AM	6:00 PM	8:00 PM	6 Mar	2:00 AM	3:00 AM
	12 Mar	9:00 AM	6:00 AM	3:00 PM	5:00 PM	12 Mar	11:00 PM	12:00 AM
	17 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	18 Mar	5:00 AM	6:00 AM
	20 Mar	9:00 PM	6:00 PM	3:00 AM	5:00 AM	21 Mar	11:00 AM	12:00 PM
	27 Mar	6:00 PM	3:00 PM	12:00 AM	2:00 AM	28 Mar	8:00 AM	9:00 AM
PCS and your Pocketbook	21 Mar	6:30 PM	3:30 PM	12:30 AM	2:30 AM	22 Mar	8:30 AM	9:30 AM
Planning your Financial Future	7 Mar	2:00 PM	11:00 AM	8:00 PM	10:00 PM	8 Mar	4:00 AM	5:00 AM
	17 Mar	8:00 AM	5:00 AM	2:00 PM	4:00 PM	17 Mar	10:00 PM	11:00 PM
	25 Mar	2:00 PM	11:00 AM	8:00 PM	10:00 PM	26 Mar	4:00 AM	5:00 AM
	26 Mar	8:00 AM	5:00 AM	2:00 PM	4:00 PM	26 Mar	10:00 PM	11:00 PM
Servicemembers Civil Relief Act Q&A	4 Mar	12:00 PM	9:00 AM	6:00 PM	8:00 PM	5 Mar	2:00 AM	3:00 AM
Stretching Budgets and Maximizing Nutrition	3 Mar	2:00 PM	11:00 AM	8:00 PM	10:00 PM	4 Mar	4:00 AM	5:00 AM
Tax Prep for Service Members	19 Mar	12:00 PM	9:00 AM	6:00 PM	8:00 PM	20 Mar	2:00 AM	3:00 AM
TSP Essentials for Navy Life: Grow Your Savings, Secure Your Future	10 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	11 Mar	5:00 AM	6:00 AM
	17 Mar	12:00 PM	9:00 AM	6:00 PM	8:00 PM	18 Mar	2:00 AM	3:00 AM



Step 1:
Go to MyNavyFamily.com or use the QR code to the right to make a free account at. Follow the on-screen instructions to create a new account. Be sure to enter your time zone.


Step 2:
Select the category on the home page, then select your webinar.

Step 3:
Confirm the start time and click "Enroll Me." In addition, the FFSC LMS has comprehensive resources for Navy spouses and family members such as New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.


	Date	U.S. EASTERN	U.S. PACIFIC	ITALY	BAHRAIN	Date	JAPAN	GUAM
RELOCATION								
Calming Cultural Shock	4 Mar	6:30 PM	3:30 PM	12:30 AM	2:30 AM	5 Mar	8:30 AM	9:30 AM
	21 Mar	8:00 AM	5:00 AM	2:00 PM	4:00 PM	21 Mar	10:00 PM	11:00 PM
Leading the Way: Empowering Newcomers	4 Mar	11:00 AM	8:00 AM	5:00 PM	7:00 PM	5 Mar	1:00 AM	2:00 AM
Planning the Perfect PCS	3 Mar	9:00 PM	6:00 PM	3:00 AM	5:00 AM	4 Mar	11:00 AM	12:00 PM
	14 Mar	5:00 AM	2:00 AM	11:00 AM	1:00 PM	14 Mar	7:00 PM	8:00 PM
	21 Mar	1:00 AM	10:00 PM	7:00 AM	9:00 AM	21 Mar	3:00 PM	4:00 PM
	28 Mar	5:00 AM	2:00 AM	11:00 AM	1:00 PM	28 Mar	7:00 PM	8:00 PM
Smooth Move - Overseas	18 Mar	1:00 PM	10:00 AM	7:00 PM	9:00 PM	19 Mar	3:00 AM	4:00 AM
Smooth Move: Unpacking the Secrets to a Stress-free Move	13 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	14 Mar	5:00 AM	6:00 AM
Stepping up Support: Sponsorship Training	6 Mar	12:00 PM	9:00 AM	6:00 PM	8:00 PM	7 Mar	2:00 AM	3:00 AM
	11 Mar	5:00 PM	2:00 PM	11:00 PM	1:00 AM	12 Mar	7:00 AM	8:00 AM
	21 Mar	12:00 PM	9:00 AM	6:00 PM	8:00 PM	22 Mar	2:00 AM	3:00 AM
	31 Mar	9:00 PM	6:00 PM	3:00 AM	5:00 AM	1 Apr	11:00 AM	12:00 PM
The PCS Process	7 Mar	1:00 AM	10:00 PM	7:00 AM	9:00 AM	7 Mar	3:00 PM	4:00 PM
	10 Mar	11:00 PM	8:00 PM	5:00 AM	7:00 AM	11 Mar	1:00 PM	2:00 PM
	21 Mar	3:30 PM	12:30 PM	9:30 PM	11:30 PM	22 Mar	5:30 AM	6:30 AM
	27 Mar	9:00 AM	6:00 AM	3:00 PM	5:00 PM	27 Mar	11:00 PM	12:00 AM
RESILIENCE								
Bounce Back Better	3 Mar	5:00 PM	2:00 PM	11:00 PM	1:00 AM	4 Mar	7:00 AM	8:00 AM
	14 Mar	6:00 PM	3:00 PM	12:00 AM	2:00 AM	15 Mar	8:00 AM	9:00 AM
	19 Mar	1:00 AM	10:00 PM	7:00 AM	9:00 AM	19 Mar	3:00 PM	4:00 PM
	25 Mar	1:00 AM	10:00 PM	7:00 AM	9:00 AM	25 Mar	3:00 PM	4:00 PM
	26 Mar	6:30 PM	3:30 PM	12:30 AM	2:30 AM	27 Mar	8:30 AM	9:30 AM
	27 Mar	1:00 AM	10:00 PM	7:00 AM	9:00 AM	27 Mar	3:00 PM	4:00 PM
	31 Mar	5:00 PM	2:00 PM	11:00 PM	1:00 AM	1 Apr	7:00 AM	8:00 AM
	Mind Body Mental Fitness Module 1: Stress Resilience	18 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	19 Mar	5:00 AM
Mind Body Mental Fitness Module 2: Mindfulness and Meditation	25 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	26 Mar	5:00 AM	6:00 AM
Mind Body Mental Fitness Module 5: Problem Solving	4 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	5 Mar	5:00 AM	6:00 AM
Mind Body Mental Fitness Module 6: Connections	11 Mar	3:00 PM	12:00 PM	9:00 PM	11:00 PM	12 Mar	5:00 AM	6:00 AM
Stoicism and Stress Management	21 Mar	9:00 AM	6:00 AM	3:00 PM	5:00 PM	21 Mar	11:00 PM	12:00 AM
Stress Management	11 Mar	10:00 AM	7:00 AM	4:00 PM	6:00 PM	12 Mar	12:00 AM	1:00 AM
Success Under Stress: Is Stress an Everyday Occurrence?	24 Mar	4:00 PM	1:00 PM	10:00 PM	12:00 AM	25 Mar	6:00 AM	7:00 AM

VIRTUAL

WORK and
FAMILY LIFE
PROGRAM



Book a Free 1:1
Consultation with a
team member today





VTAP

Virtual Transition Assistance Program

JAN-MAR 2025

The Transition Assistance Program

- Designed to provide success in transitioning from military to civilian life.
- Meets career Readiness Standards (CRS) with resources, tools, services and skill-building.
- Live facilitator components from the Fleet and Family Support Center, Department of Labor and the Small Business Administration.

Certificate of Completion

- Must be logged into the live classroom under your own LMS account.
- Single-session training: Attendance required for the full length.
- Multiple-session training: Attendance required for all components to fulfill Career Readiness Standards.

Transitioning Spouses

- Spouses are welcome to attend VTAP training.
- The self-paced [Navy Spouses in Transition](#) is available 24/7 to prepare spouses for uncertainties such as a possible move, financial adjustment and job searching. The training can be found in the Navy Career and Transition section of the home page of MyNavyFamily.com.

Go to [MyNavyFamily.com](https://www.mynavyfamily.com) for session info.



**February 4-6
2025**

Classes fill quickly. Register early!

Title	Date	EASTERN	PACIFIC	ITALY	BAHRAIN	Date	JAPAN	GUAM
Pre-Separation Counseling 2 hours	7 Jan	11:00 AM	8:00 AM	5:00 PM	7:00 PM	8 Jan	1:00 AM	2:00 AM
	21 Jan	6:00 PM	3:00 PM	12:00 AM	2:00 AM	22 Jan	8:00 AM	9:00 AM
	3 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	3 Feb	11:00 PM	12:00 AM
	18 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	19 Feb	8:00 AM	9:00 AM
	3 Mar	9:00 AM	6:00 AM	3:00 PM	5:00 PM	3 Mar	11:00 PM	12:00 AM
	18 Mar	6:00 PM	3:00 PM	12:00 AM	2:00 AM	19 Mar	8:00 AM	9:00 AM
Military Occupational Codes Crosswalk (MOC Crosswalk) 1.5 Hours	8 Jan	2:30 PM	11:30 AM	8:30 PM	10:30 PM	9 Jan	4:30 AM	5:30 AM
	22 Jan	7:15 PM	4:15 PM	1:15 AM	3:15 AM	23 Jan	9:15 AM	10:15 AM
	4 Feb	2:30 PM	11:30 AM	8:30 PM	10:30 PM	5 Feb	4:30 AM	5:30 AM
	19 Feb	7:15 PM	4:15 PM	1:15 AM	3:15 AM	20 Feb	9:15 AM	10:15 AM
	4 Mar	2:30 PM	11:30 AM	8:30 PM	10:30 PM	5 Mar	4:30 AM	5:30 AM
	19 Mar	7:15 PM	4:15 PM	1:15 AM	3:15 AM	20 Mar	9:15 AM	10:15 AM
Managing Your Transition (MY Transition) 1 Hour	8 Jan	9:00 AM	6:00 AM	3:00 PM	5:00 PM	8 Jan	11:00 PM	12:00 AM
	22 Jan	6:00 PM	3:00 PM	12:00 AM	2:00 AM	23 Jan	8:00 AM	9:00 AM
	4 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	4 Feb	11:00 PM	12:00 AM
	19 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	20 Feb	8:00 AM	9:00 AM
	4 Mar	9:00 AM	6:00 AM	3:00 PM	5:00 PM	4 Mar	11:00 PM	12:00 AM
	19 Mar	6:00 PM	3:00 PM	12:00 AM	2:00 AM	20 Mar	8:00 AM	9:00 AM
Financial Planning for Transition 4 Hours	8 Jan	10:15 AM	7:15 AM	4:15 PM	6:15 PM	9 Jan	12:15 AM	1:15 AM
	23 Jan	6:00 PM	3:00 PM	12:00 AM	2:00 AM	24 Jan	8:00 AM	9:00 AM
	4 Feb	10:15 AM	7:15 AM	4:15 PM	6:15 PM	5 Feb	12:15 AM	1:15 AM
	5 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	6 Feb	8:00 AM	9:00 AM
	20 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	21 Feb	8:00 AM	9:00 AM
	4 Mar	10:15 AM	7:15 AM	4:15 PM	6:15 PM	5 Mar	12:15 AM	1:15 AM
	5 Mar	6:00 PM	3:00 PM	12:00 AM	2:00 AM	6 Mar	8:00 AM	9:00 AM
	20 Mar	6:00 PM	3:00 PM	12:00 AM	2:00 AM	21 Mar	8:00 AM	9:00 AM
DOL Employment Fundamentals of Career Transition (8 Hours)	12 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	12 Feb	11:00 PM	12:00 AM
Managing Your Education Track [My Education] Part 1 of 2 (6 Hours)	13 Feb	11:00 AM	8:00 AM	5:00 PM	7:00 PM	14 Feb	1:00 AM	2:00 AM
Managing Your Education Track [My Education] Part 2 of 2 (6 Hours)	14 Feb	11:00 AM	8:00 AM	5:00 PM	7:00 PM	15 Feb	1:00 AM	2:00 AM

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