

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.



One in three high school students and one in five middle school students report having experienced some form of abuse while dating. Teens are learning how dating and healthy relationships work, so they don't always recognize excessive teasing or controlling behavior as a problem. By accepting inappropriate behaviors, teens leave themselves open to more serious forms of abuse — such as physical, sexual or emotional abuse from a current or former partner. Nearly ten percent of high school students report being physically abused by a partner within the past year. Teen dating violence can lead to poor performance in school, underage and binge drinking, suicide attempts and violence in future relationships. That's why it's crucial for parents to stay aware and involved. For more information contact your local FFSC at (401) 841 -2283.

Life Skills

Wednesday Feb. 19th 1:00pm-3:00pm
MBMF Module 3 Living Core Values

Friday Feb. 21st 2:00pm-4:00pm
MBMF Module 1 Stress Resiliency

Friday Feb. 28th 1:00pm-3:00pm
MBMF Module 2 Mindfulness and Meditation

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



SAPR



Thursday Feb. 13th 9:00am – 11:00am
AVA training for current Victim Advocates

Virtual - Thursday Feb. 20th 1:00pm – 3:00pm
Refresher training for current Victim Advocates
SANE process Review

To register email theo.greenblatt.naf@us.navy.mil or
stephanie.n.martinez21.civ@us.navy.mil



Tuesday Feb. 18th
1:00pm- 3:00pm

Smooth Move



Thursday Feb. 27th 2:00pm – 3:30pm
Planning for your Retirement

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

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

YOUR ^{Virtual} FFSC WEBINAR SCHEDULE

February 2025

	Date	Eastern	Pacific	ITALY	BAHRAIN	Date	JAPAN	GUAM
DEPLOYMENT SUPPORT								
Deployment Sleep Strategies	3 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	3 Feb	11:00 PM	12:00 AM
	7 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	8 Feb	8:00 AM	9:00 AM
	14 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	15 Feb	8:00 AM	9:00 AM
	21 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	21 Feb	5:00 PM	6:00 PM
Equipping Your Kids During Deployment	6 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	6 Feb	5:00 PM	6:00 PM
	12 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	13 Feb	2:00 AM	3:00 AM
	26 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	27 Feb	11:00 AM	12:00 PM
	20 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	20 Feb	5:00 PM	6:00 PM
Ready, Set, Deploy: Pre-Deployment Planning	7 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	7 Feb	11:00 PM	12:00 AM
	13 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	13 Feb	5:00 PM	6:00 PM
	20 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	21 Feb	2:00 AM	3:00 AM
	27 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	28 Feb	2:00 AM	3:00 AM
	28 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	28 Feb	5:00 PM	6:00 PM
Single Sailor Deployment Tools	4 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	4 Feb	11:00 PM	12:00 AM
	10 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	10 Feb	11:00 PM	12:00 AM
	18 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	18 Feb	11:00 PM	12:00 AM
	24 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	25 Feb	8:00 AM	9:00 AM
The Service Member's Guide to Family Care Plans	5 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	6 Feb	2:00 AM	3:00 AM
	11 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	12 Feb	11:00 AM	12:00 PM
	19 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	20 Feb	11:00 AM	12:00 PM
	25 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	25 Feb	11:00 PM	12:00 AM
EMPLOYMENT								
Acing the Interview!	19 Feb	11:00 AM	8:00 AM	5:00 PM	7:00 PM	20 Feb	1:00 AM	2:00 AM
Becoming Federal Resume Savvy	3 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	4 Feb	2:00 AM	3:00 AM
	11 Feb	11:00 AM	8:00 AM	5:00 PM	7:00 PM	12 Feb	1:00 AM	2:00 AM
	19 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	20 Feb	8:00 AM	9:00 AM
	26 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	26 Feb	5:00 PM	6:00 PM
Innovative Interviewing	18 Feb	10:00 AM	7:00 AM	4:00 PM	6:00 PM	19 Feb	12:00 AM	1:00 AM
Job Search Hacks	4 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	4 Feb	5:00 PM	6:00 PM
	12 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	13 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
	21 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	22 Feb	2:00 AM	3:00 AM
	27 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	28 Feb	8:00 AM	9:00 AM
Mastering the Modern Resume	5 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	6 Feb	8:00 AM	9:00 AM
	13 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	13 Feb	11:00 PM	12:00 AM
	21 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	21 Feb	11:00 PM	12:00 AM
	28 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	28 Feb	11:00 PM	12:00 AM
Mastering Virtual Interviews	6 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	6 Feb	11:00 PM	12:00 AM
	13 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	14 Feb	8:00 AM	9:00 AM
	24 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	25 Feb	11:00 AM	12:00 PM
PAIN FREE!... Resume Writing Simplified	11 Feb	3:00 PM	12:00 PM	9:00 PM	11:00 PM	12 Feb	5:00 AM	6:00 AM



Expanding Access Across the Globe

	Date	Eastern	Pacific	ITALY	BAHRAIN	Date	JAPAN	GUAM
Remote Ready: Your Roadmap to a Virtual Career!	7 Feb	3:00 PM	12:00 PM	9:00 PM	11:00 PM	8 Feb	5:00 AM	6:00 AM
	13 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	14 Feb	2:00 AM	3:00 AM
	14 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	15 Feb	8:00 AM	9:00 AM
	25 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	26 Feb	2:00 AM	3:00 AM
Understanding USAJOBS	10 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	11 Feb	2:00 AM	3:00 AM
	18 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	19 Feb	2:00 AM	3:00 AM
	25 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	26 Feb	11:00 AM	12:00 PM
EXCEPTIONAL FAMILY MEMBER (EFMP)								
A Smooth Transition: Supporting Exceptional Family Members	12 Feb	11:00 AM	8:00 AM	5:00 PM	7:00 PM	13 Feb	1:00 AM	2:00 AM
Getting Underway on Your Special Education Journey	19 Feb	11:00 AM	8:00 AM	5:00 PM	7:00 PM	20 Feb	1:00 AM	2:00 AM
FAMILY EMERGENCY PREPARATION AND RESPONSE								
Resolve to Be Ready: Evacuation Planning	6 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	7 Feb	2:00 AM	3:00 AM
	12 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	13 Feb	11:00 AM	12:00 PM
	19 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	19 Feb	11:00 PM	12:00 AM
	25 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	26 Feb	8:00 AM	9:00 AM
MENTAL WELL-BEING								
Pets are Family Too: Linking Animal Abuse and Domestic Abuse	27 Feb	1:00 PM	10:00 AM	7:00 PM	9:00 PM	28 Feb	3:00 AM	4:00 AM
NAVY LIFE								
Honoring 250 Years of Naval Heritage	10 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	11 Feb	8:00 AM	9:00 AM
	11 Feb	1:00 PM	10:00 AM	7:00 PM	9:00 PM	12 Feb	3:00 AM	4:00 AM
	12 Feb	6:00 AM	3:00 AM	12:00 PM	2:00 PM	12 Feb	8:00 PM	9:00 PM
PERSONAL FINANCIAL MANAGEMENT								
Booties & Budgets: Welcoming Your First Child and Baby-proofing Your Finances	7 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	8 Feb	2:00 AM	3:00 AM
Command Your Credit	11 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	12 Feb	8:00 AM	9:00 AM
	19 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	20 Feb	8:00 AM	9:00 AM
FAFSA and Beyond! Financial Planning and Saving for College	27 Feb	1:00 PM	10:00 AM	7:00 PM	9:00 PM	28 Feb	3:00 AM	4:00 AM
Financial Readiness Before Deployment: Securing Your Future	6 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	7 Feb	11:00 AM	12:00 PM
Making the Most of your Overseas Pay	10 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	10 Feb	5:00 PM	6:00 PM
	26 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	27 Feb	2:00 AM	3:00 AM
Making your Money work for you	11 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	12 Feb	2:00 AM	3:00 AM
	11 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	12 Feb	2:00 AM	3:00 AM
	25 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	25 Feb	5:00 PM	6:00 PM
Military Retirement Planning: Know the Facts	12 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	12 Feb	11:00 PM	12:00 AM
	21 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	22 Feb	8:00 AM	9:00 AM
Military Retirement... Is It Enough?	20 Feb	1:00 PM	10:00 AM	7:00 PM	9:00 PM	21 Feb	3:00 AM	4:00 AM
Money, Money...You're Ruining My Honey	7 Feb	1:00 PM	10:00 AM	7:00 PM	9:00 PM	8 Feb	3:00 AM	4:00 AM
Planning your Financial Future	13 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	14 Feb	11:00 AM	12:00 PM
	20 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	20 Feb	11:00 PM	12:00 AM
Quarterly CFS Forum	25 Feb	10:00 AM	7:00 AM	4:00 PM	6:00 PM	26 Feb	12:00 AM	1:00 AM
Servicemembers Civil Relief Act Q&A	5 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	5 Feb	5:00 PM	6:00 PM
Stretching Budgets and Maximizing Nutrition	4 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	5 Feb	8:00 AM	9:00 AM
Tax Prep for Servicemembers	26 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	27 Feb	2:00 AM	3:00 AM

	Date	Eastern	Pacific	ITALY	BAHRAIN	Date	JAPAN	GUAM
Tax Preparation and Tax Planning Basics	6 Feb	1:00 PM	10:00 AM	7:00 PM	9:00 PM	7 Feb	3:00 AM	4:00 AM
TSP Essentials for Navy Life: Grow Your Savings, Secure Your Future	14 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	15 Feb	2:00 AM	3:00 AM
	18 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	18 Feb	5:00 PM	6:00 PM
PARENTING								
How to Protect the next Generation in the Digital Age	21 Feb	2:30 PM	11:30 AM	8:30 PM	10:30 PM	22 Feb	4:30 AM	5:30 AM
Parenting to Prevent PSB: Preteens (SHAPE Module 4)	5 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	6 Feb	2:00 AM	3:00 AM
Parenting to Prevent PSB: Teens (SHAPE Module 5)	12 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	13 Feb	2:00 AM	3:00 AM
Self-Care: Parent Edition	25 Feb	2:00 PM	11:00 AM	8:00 PM	10:00 PM	26 Feb	4:00 AM	5:00 AM
Spotting the Signs of Youth Suicide	4 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	4 Feb	11:00 PM	12:00 AM
	10 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	11 Feb	8:00 AM	9:00 AM
	13 Feb	1:00 AM	10:00 PM	7:00 AM	9:00 AM	13 Feb	3:00 PM	4:00 PM
	27 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	28 Feb	11:00 AM	12:00 PM
Tear Free Dinner	11 Feb	2:00 PM	11:00 AM	8:00 PM	10:00 PM	12 Feb	4:00 AM	5:00 AM
What About the Kids?	20 Feb	1:00 PM	10:00 AM	7:00 PM	9:00 PM	21 Feb	3:00 AM	4:00 AM
PERSONAL GROWTH								
Anger Management	19 Feb	2:00 PM	11:00 AM	8:00 PM	10:00 PM	20 Feb	4:00 AM	5:00 AM
Building Bridges-Nurturing Healthy Relationships	24 Feb	2:00 PM	11:00 AM	8:00 PM	10:00 PM	25 Feb	4:00 AM	5:00 AM
Communicate with Confidence: Conveying Your Message Effectively!	24 Feb	10:00 AM	7:00 AM	4:00 PM	6:00 PM	25 Feb	12:00 AM	1:00 AM
Conflict Management	5 Feb	11:00 AM	8:00 AM	5:00 PM	7:00 PM	6 Feb	1:00 AM	2:00 AM
	12 Feb	11:00 AM	8:00 AM	5:00 PM	7:00 PM	13 Feb	1:00 AM	2:00 AM
Couples Communications	27 Feb	2:00 PM	11:00 AM	8:00 PM	10:00 PM	28 Feb	4:00 AM	5:00 AM
Finding the Good in Conflict	5 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	6 Feb	11:00 AM	12:00 PM
	11 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	11 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
	24 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	24 Feb	5:00 PM	6:00 PM
Motivating By Appreciation	10 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	11 Feb	2:00 AM	3:00 AM
Organize Your Life	21 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	22 Feb	2:00 AM	3:00 AM
Understanding Anger	4 Feb	10:00 AM	7:00 AM	4:00 PM	6:00 PM	5 Feb	12:00 AM	1:00 AM
RELOCATION								
Calming Culture Shock	4 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	5 Feb	2:00 AM	3:00 AM
	14 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	14 Feb	11:00 PM	12:00 AM
	24 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	24 Feb	11:00 PM	12:00 AM
PCS and your Pocketbook	3 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	3 Feb	5:00 PM	6:00 PM
Planning the Perfect PCS	3 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	4 Feb	11:00 AM	12:00 PM
	12 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	12 Feb	5:00 PM	6:00 PM
	12 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	12 Feb	5:00 PM	6:00 PM
	21 Feb	5:00 PM	2:00 PM	11:00 PM	1:00 AM	22 Feb	7:00 AM	8:00 AM

Step 1:

Make a free account at MyNavyFamily.com or use the QR code to the right. 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	Eastern	Pacific	ITALY BAHRAIN	Date	JAPAN	GUAM
The PCS Process	10 Feb	9:00 PM	6:00 PM	3:00 AM 5:00 AM	11 Feb	11:00 AM	12:00 PM
	19 Feb	12:00 PM	9:00 AM	6:00 PM 8:00 PM	20 Feb	2:00 AM	3:00 AM
	28 Feb	6:00 PM	3:00 PM	12:00 AM 2:00 AM	1 Mar	8:00 AM	9:00 AM
Smooth Move	18 Feb	1:00 PM	10:00 AM	7:00 PM 9:00 PM	19 Feb	3:00 AM	4:00 AM
Stepping up Support: Sponsorship Training	6 Feb	6:00 PM	3:00 PM	12:00 AM 2:00 AM	7 Feb	8:00 AM	9:00 AM
	18 Feb	9:00 PM	6:00 PM	3:00 AM 5:00 AM	19 Feb	11:00 AM	12:00 PM
RESILIENCE							
Bounce Back Better	3 Feb	6:00 PM	3:00 PM	12:00 AM 2:00 AM	4 Feb	8:00 AM	9:00 AM
	7 Feb	3:00 AM	12:00 AM	9:00 AM 11:00 AM	7 Feb	5:00 PM	6:00 PM
	20 Feb	9:00 PM	6:00 PM	3:00 AM 5:00 AM	21 Feb	11:00 AM	12:00 PM
	26 Feb	9:00 AM	6:00 AM	3:00 PM 5:00 PM	26 Feb	11:00 PM	12:00 AM
Mind Body Mental Fitness (MBMF)							
Module 1: Stress Resilience	4 Feb	3:00 PM	12:00 PM	9:00 PM 11:00 PM	5 Feb	5:00 AM	6:00 AM
Module 2: Mindfulness and Meditation	11 Feb	3:00 PM	12:00 PM	9:00 PM 11:00 PM	12 Feb	5:00 AM	6:00 AM
Module 3: Living Core Values	18 Feb	3:00 PM	12:00 PM	9:00 PM 11:00 PM	19 Feb	5:00 AM	6:00 AM
Module 4: Flexibility	25 Feb	3:00 PM	12:00 PM	9:00 PM 11:00 PM	26 Feb	5:00 AM	6:00 AM
Module 5: Problem Solving	4 Feb	1:00 PM	10:00 AM	7:00 PM 9:00 PM	5 Feb	3:00 AM	4:00 AM
Module 6: Connections	11 Feb	1:00 PM	10:00 AM	7:00 PM 9:00 PM	12 Feb	3:00 AM	4:00 AM
Stress Management	18 Feb	10:00 AM	7:00 AM	4:00 PM 6:00 PM	19 Feb	12:00 AM	1:00 AM
	13 Feb	2:00 PM	11:00 AM	8:00 PM 10:00 PM	14 Feb	4:00 AM	5:00 AM
NAVY CAREER AND TRANSITION							
Virtual SkillBridge Summit	4 Feb	9:00 AM	6:00 AM	3:00 PM 5:00 PM	4 Feb	11:00 PM	12:00 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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