

Port Hueneme
Bldg. 1169, 805-982-5037
Point Mugu
Bldg. 225, 805-989-8146
Office Hours
Mon - Fri
7:30 am - 4:00 pm
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FFSC Winter Workshops

December 2025 -
February 2026

To register for classes call:
805-982-5037
For clinical appointments call:
1-866-923-6478
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www.facebook.com/NBVC.FFSC <https://ventura.navylifesw.com/>

All Classes at Hueneme FFSC unless stated otherwise

Life Skills

<u>Military Spouse Orientation</u> Dec 4, 10 am - 11 am (Mugu) Jan 8, 2 pm - 3 pm Feb 3, 10 am - 11 am <u>Anger 101</u> Dec 18, 2 pm - 3:30 pm Jan 23, 2 pm - 3:30 pm (Mugu) Feb 19, 2 pm - 3:30 pm	<u>5 Love Languages</u> Dec 10, 2 pm - 3 pm Jan 7, 2 pm - 3 pm (Mugu) Feb 11, 10 am—11 am <u>Communication Skills</u> Dec 8, 2 pm - 3 pm Jan 26, 2 pm - 3 pm
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Career Services

<u>Resume 1 Stop (Walk-in)</u> Jan 8, 1 pm - 3 pm Feb 12, 1 pm - 3 pm *Bring current resume/laptop <u>Excel Basics</u> Dec 4, 1 pm - 3 pm *Must bring computer with Excel	<u>Excel Intermediate</u> Jan 29, 1 pm - 3 pm *Must bring computer with Excel <u>Effective Resume Writing</u> Jan 22, 9:30 am - 11 am (Mugu) <u>Winning Interview Techniques</u> Feb 26, 1:30 pm - 3 pm
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Financial Education

<u>Developing Your Spending Plan</u> Dec 8, 1 pm - 2:30 pm <u>Vesting in TSP</u> Jan 6, 10 am - 11:30 am	<u>CFS Training</u> Jan 26 - Jan 30, 8 am - 4 pm <u>Credit Management</u> Feb 18, 1 pm - 2:30 pm
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***Contact the front desk to enroll**

Ombudsman Basic Training

Jan 12 - Jan 15, 4 pm - 8 pm
***Contact Ombudsman coordinator for details**

Relocation

<u>Sponsor Training</u> Dec 3, 9 am - 10 am Jan 7, 9 am - 10 am (Mugu) Feb 4, 9 am - 10 am <u>Welcome Aboard NBVC</u> Dec 8, 2 pm - 3 pm (Mugu) Jan 5, 9 am - 10 am Feb 3, 2 pm - 3 pm (Mugu)	<u>Smooth Move</u> Dec 4, 10 am - 11 am Jan 8, 2 pm - 3 pm (Mugu) Feb 2, 9 am - 10 am
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Deployment

<u>Preparing Children for Deployment</u> Dec 4, 9 am - 10 am <u>Mental Health Matters: Couples & Deployment</u> Dec 10, 2 pm - 2:30 pm (Mugu) Feb 11, 3 pm - 3:30 pm (Mugu)	<u>Couples & Deployment</u> Jan 8, 1 pm - 1:30 pm (Mugu) <u>Deployment Started, Now What?</u> Feb 4, 10:30 am - 11 am <u>Helping Children Navigate Homecoming</u> Feb 18, 1 pm - 2 pm
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Exceptional Family Member Program

<u>Introduction to EFMP</u> Jan 2, 1 pm - 2 pm (Mugu) Feb 6, 1 pm - 2 pm	<u>EFMP Point of Contact Training</u> Jan 2, 2 pm - 3 pm (Mugu) Feb 6, 2 pm - 3 pm
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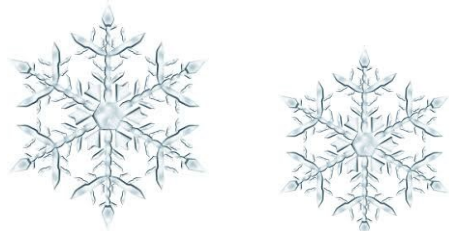
Together for the Holidays
Dec 11, 2 pm - 5pm

Mind-Body Mental Fitness

<u>Module 3: Living Core Values</u> Dec 10, 11 am - 1 pm <u>Module 4: Flexibility</u> Jan 14, 11 am - 1 pm	<u>Module 5: Problem Solving</u> Feb 11, 11 am - 1 pm
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Parenting Support

No registration required for the following events: <u>Sensory Fridays</u> Every Fri, noon - 1 pm @ FFSC patio area (Mugu) <u>Thriving With Toddlers</u> Feb 19, 3:30 pm - 5 pm (Mugu)	Contact the front desk to enroll in the following classes: <u>Hello Baby</u> Feb 12, 4 pm - 6 pm (Mugu) <u>Positive Parenting</u> Feb 10, 1 pm - 3 pm <u>Raising Confident Children</u> Feb 17, 1 pm - 3 pm <u>Raising Resilient Children</u> Feb 24, 1 pm - 3 pm
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Family Transitions Triple P, Co-Parenting Workshop starts January 6 from 1 pm - 3 pm
*** Registration is open on a first come, first served basis**
*** Participants must attend all 5 workshops to be issued a certificate of completion**
***Contact the front desk to enroll**

Call 805-982-5037

To request FFSC marketing tables at your event.



Call 805-982-5037

To request workshops in your command space or for your FRG!

For Counseling Appointments

Call 1-866-923-6478

Workshop Descriptions

Most classes can be delivered in command spaces and tailored to command needs

5 Love Languages: Identify your own primary love language, what it means, and how you can use it to connect to others, and strengthen your personal and professional relationships.

Anger 101: Have you been told "you have an anger problem" or are you fed up with your angry outbursts? Anger is a normal and protective emotion we all experience. How we manage ourselves is a learned behavior; therefore, anger is controllable. Come learn the skills and techniques to cope with your anger more effectively!

Command Financial Specialist (CFS) Training: This training is needed to become a Financial Specialist. E5 with 6+ years, must attend all sessions. Call (805) 982-5037 to register.

Communication Skills: Learn to use the power of effective communication as a vehicle for enhancing relationships at work and at home.

Couples & Deployment: This Workshop explores the emotional cycles of deployment—anticipation, detachment, emotional disorganization, recovery and stabilization, anticipation of return, return and renegotiation, reintegration and stabilization—and provides key resilience strategies to help couples navigate the challenges of separation and reunion.

Credit Management: Credit Management is an interactive lesson that provides learners with the knowledge to build and protect their credit health and reduce the cost of credit.

Deployment Started, Now What?: This workshop guides participants through reflecting on their experience, utilizing a deployment checklist, and building a strong support network to navigate the challenges of deployment.

Developing Your Spending Plan: Developing Your Spending Plan is a course that provides the information and tools to help learners establish financial goals, and complete the following areas of a budget: income, savings, expenses, indebtedness, summary and action plan.

Effective Resume Writing: Are you unsure of where to start with creating your resume or do you have a resume that needs to be updated for your job search? Join us for this class that will explore the three types of resumes, how to tailor them for various job applications, and the use of STAR statements.

Excel Basics: Learn how to use basic formatting, shortcuts, and basic formulas using Microsoft Office Excel 2016 or newer software, for both professional and personal use. **Attendees must provide their own laptop with Excel.*

Excel Intermediate: Learn advanced shortcuts, formulas, charts, referencing and more using Microsoft Excel 2016 or newer.

**Attendees must provide their own laptop with Excel.*

Exceptional Family Member Program (EFMP) - Introduction: EFMP serves military families with special needs including: medical, dental, mental health, developmental or educational requirements. The program ensures families are assigned to areas where they can access necessary resources.

Exceptional Family Member Program (EFMP) - Point of Contact Training: Assists all Commands and Command Point of Contacts in developing and establishing an EFMP Point of Contact program.

Hello Baby: Calling all pregnant military families! Join the New Parent Support team and various community speakers for this workshop. We will be providing information on how your family can gain access to FREE family support services.

Helping Children Navigate Homecoming: This workshop provides parents and caregivers with tools to ease the transition when a deployed service member returns, bridging the parenting "experience gap" and supporting healthy reintegration for children and families.

Mental Health Matters: Couples & Deployment: Does your service member's upcoming deployment weigh heavy on your mind and heart? Join this 30-minute workshop to ensure you have the tools to take care of your mental health.

Military Spouse Orientation: Calling all new military spouses! If you are new to military life as a spouse, then this workshop is for you. Join us as we provide the basics of Navy life, a wide variety of resources, and other helpful tools to help you thrive as a military spouse.

Mind-Body Mental Fitness (MBMF): The primary goal of MBMF is to enhance the mind, body, spirit, and social domains in one's life. Participants will learn proactive pathways to build resiliency, gain practical skills, and find balance within these domains that can be utilized daily, through 6 independent modules.

Ombudsman Basic Training: This 4 day class is a required training for all Ombudsman that provides the tools and resources needed to be successful as liaison between the command leadership and military families. Please sign up 2 weeks in advance through the Ombudsman Coordinator. Call (805) 982-5037 to register.

Parenting Together: This weekly group provides parents with a supportive environment, with peers who will learn and grow together. We will discuss the challenges and joys of being parents, while promoting a healthy lifestyle for the entire family. For parents with children 4 years old and below.

Positive Parenting: Are you concerned about your child's behavior? This workshop will provide tips/ideas to have a more positive approach in behavior management.

Preparing Children for Deployment: Deployments come with a lot of adjustments and changes. This class will help you prepare children as they navigate their feelings and changing family dynamics. Connect with others who have gone through and are going through deployments.

Raising Confident Children: Does parenting leave you stressed out or worried that your child won't have the tools or skills to be independent during their next developmental stage? Discover 6 important life skills your child needs and learn how to encourage, and promote these skills in your child.

Raising Resilient Children: As children get older we worry about their emotional development. This class will give you key skills needed to help promote emotional growth in your child.

Resume One Stop: Get hands on assistance to fine tune your current resume; personal laptops are encouraged.

Sensory Fridays: Join the New Parent Support Team for an hour of sensory fun. Sensory activities are ideal for children of all ages and developmental capabilities. The benefits of sensory play are significant. These benefits include, improved language skills, fine and gross motor development, cognitive growth, and providing a calming effect for children.

Smooth Move: Whether it's your first, 5th, or final move, let us help you make it smooth and simple.

Sponsor Training: Ensure that designated personnel have the necessary training to fulfill their role as command sponsors.

Thriving With Toddlers: Raising toddlers can be a time of joy and a time of frustration. Toddlers are learning how to navigate the world around them. "Thriving with Toddlers" will give parents the tools to support their toddler's newfound independence, through nurturing daily interactions.

Vesting in TSP: This workshop will explain the components of the military retirement system, the importance of preparing for retirement, and show participants how to manage a TSP account.

Welcome Aboard NBVC: Newly stationed to a command aboard NBVC? Join FFSC staff as we answer questions, provide information, and help you settle into your new community.

Winning Interview Techniques: Learn how to overcome your nerves during the interview process. Come find out what to expect, and how to best prepare for an interview.