

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

Fall Workshops

September 2024 -
 November 2024

To register for classes call:
 805-982-5037

For clinical appointments call:
 619-536-3874



www.facebook.com/NBVC.FFSC

www.navylifesw.com/ventura.families/



All Classes at Hueneme FFSC unless stated otherwise

Life Skills

<u>Military Spouse Orientation</u> Sep 10, 3 pm - 4:30 pm Oct 17, 2 pm - 3:30 pm (Mugu) Nov 12, 2 pm - 3:30 pm	<u>5 Love Languages</u> Sep 5, 9 am - 10 am <u>Communication Skills</u> Oct 7, 3 pm - 4 pm (Mugu) <u>Disaster Preparations</u> Sep 17, 2 pm - 3 pm Sep 20, 2 pm - 3 pm (Mugu)
<u>Anger Management 101</u> Sep 12, 2 pm - 3 pm Oct 10, 2 pm - 3 pm	

Ombudsman Basic Training


Contact the Ombudsman Coordinator at 805-982-5037 for dates

Career Services

<u>Resume 1 Stop (Walk-in)</u> Sep 12, 1 pm - 3 pm Oct 10, 1 pm - 3 pm Nov 14, 1 pm - 3 pm *Bring current resume/laptop Are You LinkedIn? Sep 5, 10 am - 11 am <u>Excel Basics</u> Sep 19, 1 pm - 3 pm (Mugu) *Must bring computer with Excel <u>Keys to Career Fair Success</u> Oct 1, 10 am - 11 am Oct 8, 10 am - 11 am (Mugu) <u>Effective Resume Writing</u> Oct 3, 1:30 pm - 3 pm (Mugu)	<u>Ten Steps to Federal Employment</u> Oct 29, 1:30 pm - 3 pm <u>Excel Intermediate</u> Nov 7, 1 pm - 3 pm *Must bring computer with Excel <u>Winning Interview Techniques</u> Nov 12, 1:30 pm - 3 pm (Mugu) <u>Microsoft Word: Beyond the Basics</u> Nov 19, 1 pm - 3 pm *Must bring computer with Word
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Deployment

<u>Supporting Children Through Deployment</u> Nov 13, 9 am - 10 am <u>Navigating Your New Normal</u> Sep 13, 9 am - 10 am	<u>Mental Health Matters: Couples & Deployment</u> Oct 18, 8 am - 8:30 am (Mugu)
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Exceptional Family Member Program

<u>Introduction to EFMP</u> Sep 13, 1 pm - 2 pm Oct 11, 1 pm - 2 pm (Mugu)	<u>EFMP Point of Contact Training</u> Sep 13, 2 pm - 3 pm Oct 11, 2 pm - 3 pm (Mugu)
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Parenting Support

<u>Parenting Together</u> Every Tue, 10:30 am - Noon @ Stingers Park <u>It Takes a Village</u> Every Fri, 11 am - 12:30 pm @Synthetic Field (Mugu) <u>Hello Baby</u> Sep 26, 4:30 pm - 6:30 pm	<u>Positive Parenting</u> Oct 22, 9 am - 11 am <u>Raising Confident Children</u> Nov 5, 1 pm - 3 pm <u>Raising Resilient Children</u> Nov 19, 1 pm - 3 pm
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***Contact the front desk to enroll**

Financial Education

<u>CFS Training</u> Nov 4 - Nov 8, 8 am - 4 pm (Mugu) <u>Credit Management</u> Oct 1, 1 pm - 2:30 pm (Mugu)	<u>Vesting in the Thrift Savings Plan</u> Sep 16, 1 pm - 2:30 pm
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***Contact the front desk to enroll**



Family Transitions Triple P, Co-Parenting Workshop starts Sep 17 from 1 pm - 3 pm

* Registration is open on a first come, first served basis
 * Participants must attend all 8 workshops to be issued a certificate of completion

***Contact the front desk to enroll**

Relocation

<u>Sponsor Training</u> Sep 4, 9 am - 10 am Oct 2, 9 am - 10 am (Mugu) Nov 6, 9 am - 10 am	<u>Smooth Move</u> Sep 10, 1 pm - 2 pm Oct 23, 10 am - 11 am (Mugu)
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Welcome Aboard NBVC

Sep 24, 3 pm - 4 pm
 Nov 5, 3 pm - 4 pm



Mind-Body Mental Fitness

<u>Stress Resilience</u> Sep 11, 11 am - 1 pm	<u>Living Core Values</u> Nov 6, 11 am - 1 pm
<u>Mindfulness & Meditation</u> Oct 9, 11 am - 1 pm	

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 619-876-3096

Workshop Descriptions

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 Management 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!

Are You LinkedIn?: This class will assist you in getting started on LinkedIn and will cover the basics of how to set up an account and what to include in your profile.

Command Financial Specialist (CFS) Training: This training is needed to become a Financial Specialist. E6 and above, 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.

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.

Disaster Preparations: Are you ready for wildfires? Debris flow? Earthquakes? Flooding? Southern California is gorgeous but natural disasters can happen at any time. Make sure you and people you love know how to handle anything that may come our way. Get up to date on what you need to do to be prepared.

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.

Keys to Career Fair Success: A career fair can be an important part of your job search. We will show you some tips and strategies to make the most of it. It's more than just showing up on the day of.

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.

Microsoft Word: Beyond the Basics: Learn tips and tricks to make MS Word work for you more efficiently.

**Attendees must provide their own laptop with Microsoft Word.*

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 six independent modules.

Navigating Your New Normal: Deployment brings about many changes. While most families are able to progress through the emotional cycle of deployment, some families get stuck. This workshop will help families adjust to the changing circumstances, realize their potential, and create that "new normal".

Ombudsman Basic Training: Please sign up two weeks in advance through the Ombudsman Coordinator. Call (805) 982-5037 to register.

Parenting Together and It Takes a Village: These weekly groups provide 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 four 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.

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 six 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.

Smooth Move: Whether it's your first 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.

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

Ten Steps to Federal Employment: Learn about the federal hiring process, USAJOBS website, and how to write a federal resume.

United Through Reading: Create a free lifelong keepsake for your family. Choose a book from our children's library, make a recording of yourself reading, and gift it to your loved one - perfect for a pre-deployment gift.

Vesting in the Thrift Savings Plan: 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 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.