

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

FFSC Fall Workshops

September 2025 -
November 2025

To register for classes call:
805-982-5037
For clinical appointments call:
619-536-3874
.....



www.facebook.com/NBVC.FFSC www.navylifesw.com/

All Classes at Hueneme FFSC unless stated otherwise

Life Skills

<u>Military Spouse Orientation</u> Sep 4, 10 am - 11 am Oct 2, 10 am - 11 am (Mugu) Nov 6, 2 pm - 3 pm <u>Anger 101</u> Oct 2, 2 pm - 3:30 pm Oct 23, 2 pm - 3:30 pm Nov 20, 2 pm - 3:30 pm (Mugu)	<u>5 Love Languages</u> Sep 8, 2 pm - 3 pm Oct 6, 2 pm - 3 pm (Mugu) <u>Communication Skills</u> Oct 10, 2 pm - 3 pm Nov 14, 2 pm - 3 pm (Mugu)
---	--

Career Services

<u>Resume 1 Stop (Walk-in)</u> Sep 11, 1 pm - 3 pm Oct 9, 1 pm - 3 pm Nov 13, 1 pm - 3 pm *Bring current resume/laptop <u>Excel Basics</u> Sep 18, 1 pm - 3 pm *Must bring computer with Excel <u>Excel Intermediate</u> Nov 6, 1 pm - 3 pm *Must bring computer with Excel <u>Microsoft Word: Beyond the Basics</u> Nov 19, 1 pm - 3 pm	<u>Effective Resume Writing</u> Oct 2, 1:30 pm - 3 pm (Mugu) <u>Are You LinkedIn?</u> Sep 2, 10 am - 11 am <u>10 Steps to Federal Employment</u> Oct 28, 1:30 pm - 3 pm <u>Winning Interview Techniques</u> Nov 12, 1:30 pm - 3 pm (Mugu) <u>Keys to Career Fair Success</u> Sep 30, 10 am - 11 am Oct 7, 10 am - 11 am
---	--



Financial Education

<u>Vesting in TSP</u> Sep 17, 1 pm - 2:30 pm <u>Credit Management</u> Oct 8, 1 pm - 2:30 pm	<u>CFS Training</u> Oct 20 - Oct 24, 8 am - 4 pm (Mugu) <u>Home Buying</u> Nov 10, 2 pm - 3 pm
--	---

***Contact the front desk to enroll**

Ombudsman Basic Training

Oct 27 - Oct 30, 1 pm - 5 pm
***Contact Ombudsman coordinator for details**

Relocation

<u>Sponsor Training</u> Sep 3, 9 am - 10 am (Mugu) Oct 1, 9 am - 10 am Nov 13, 9 am - 10 am (Mugu) <u>Welcome Aboard NBVC</u> Sep 2, 2 pm - 3 pm (Mugu) Nov 3, 9 am - 10 am	<u>Smooth Move</u> Sep 8, 1 pm - 2 pm (Mugu) Oct 7, 1 pm - 2 pm Nov 3, 2 pm - 3 pm (Mugu)
---	---



Deployment

<u>Preparing Children for Deployment</u> Sep 17, 2 pm - 3 pm (Mugu) <u>Mental Health Matters: Couples & Deployment</u> Sep 22, 2 pm - 2:30 pm Oct 8, 9 am - 9:30 am (Mugu) Nov 12, 1:30 pm - 2 pm	<u>Couples & Deployment</u> Oct 9, 2 pm - 3 pm <u>Deployment Started, Now What?</u> Nov 6, 9 am - 10 am (Mugu)
--	---



Exceptional Family Member Program

<u>Introduction to EFMP</u> Sep 5, 1 pm - 2 pm Nov 7, 1 pm - 2 pm (Mugu) <u>EFMP Craft & Gather</u> Oct 3, 2 pm - 3 pm	<u>EFMP Point of Contact Training</u> Sep 5, 2 pm - 3 pm Nov 7, 2 pm - 3 pm (Mugu)
--	---

Career Fair

Oct 15, 10 am - 1:30 pm @ Beehive Gym (Hueneme)

Mind-Body Mental Fitness

<u>Module 6: Connection</u> Sep 10, 11 am - 1 pm <u>Module 1: Stress Resilience</u> Oct 8, 11 am - 1 pm	<u>Module 2: Mindfulness & Meditation</u> Nov 12, 11 am - 1 pm
--	--

Parenting Support

No registration required for the following events: <u>Parenting Together</u> Every Tue, 10:30 am - noon @ Stingers Park <u>Sensory Fridays</u> Every Fri, noon - 1 pm @ FFSC patio area (Mugu) <u>Infant & Toddler Safety</u> Sep 10, 2:30 pm - 4 pm	Contact the front desk to enroll in the following classes: <u>Daddy Boot Camp</u> Sep 24, 2 pm - 4 pm <u>Positive Parenting</u> Oct 21, 1 pm - 3 pm <u>Raising Confident Children</u> Nov 4, 1 pm - 3 pm <u>Raising Resilient Children</u> Nov 18, 1 pm - 3 pm
--	---

Family Transitions Triple P, Co-Parenting Workshop starts September 9 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 619-876-3096

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!

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. 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.

Daddy Boot Camp: Prepare for fatherhood with support from experienced dads and the New Parent Support team. You will learn ways to work with your partner as a team, what to expect from birth to 12 months, the difference between baby blues and postpartum depression, how to assist a crying baby, and more!

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.

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) - Craft & Gather: This is an opportunity for EFMP families to come together and craft memories! EFMP Liaisons will be supplying crafting materials for families to be creative, network with other families, and ask their EFMP Liaison any questions they may have!

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.

Home Buying: This workshop is designed to boost the confidence and knowledge of first-time homebuyers, while also providing a helpful refresher for repeat buyers. By attending, participants will learn how to assess their readiness to buy, select the right real estate agent and mortgage, and successfully negotiate and close their home purchase.

Infant & Toddler Safety: The goals of this workshop are to educate parents on essential practices to prevent injuries and ensure a safe environment for young children. Topics will include proper supervision, hazard identification in the home, safe sleeping practices, choking prevention, first aid basics, and appropriate use of child safety equipment.

Keys to Career Fair Success: Planning to attend job fairs, but not sure how to prepare? Job fairs are an important part of your job search. This workshop will show you some tips and strategies to make the most of attending job fairs. It is 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 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.

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

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.