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

Sep 2026 - Nov 2026

To register for classes call:
805-982-5037

For clinical appointments call:
1-866-923-6478

www.facebook.com/NBVC.FFSC https://ventura.navylifesw.com/fleet-family

The Fleet & Family Support Center

*All classes at Hueneme FFSC unless stated otherwise

Relocation

Sponsor Training
Sep 2, 9 am - 10 am (Mugu)
Oct 7, 9 am - 10 am
Nov 4, 9 am - 10 am

Welcome Aboard NBVC
Sep 15, 9 am - 10 am (Mugu)
Nov 3, 2 pm - 3 pm

PCS Playbook
Sep 9, 10 am - 11 am
Oct 15, 8 am - 9 am (Mugu)
Nov 17, 2 pm - 3 pm



Deployment

Deployment Started, Now What?
Sep 1, 1 pm - 2 pm

Stronger Together: Navigating Deployment
Oct 9, 11:30 am - noon

General Pre-Deployment Brief
Oct 1, 8 am - 9 am (Mugu)

United Through Reading
Sep 8, 3 pm - 4 pm (Mugu)

Reintegrating With Partners
Nov 18, 8 am - 9 am (Mugu)

Exceptional Family Member Program

Intro to EFMP
Sep 4, 1 pm - 2 pm
Nov 6, 1 pm - 2 pm

EFMP Craft & Gather
Oct 2, 3 pm - 4 pm

EFMP POC Training
Sep 4, 2 pm - 3 pm
Nov 6, 2 pm - 3 pm



Ombudsman Basic Training

October 5 - 8, 2026, noon - 5 pm
Contact Ombudsman Coordinator for registration

Financial Education

Million Dollar Sailor
Oct 19 - Oct 20, 8 am - 4 pm (Mugu)

CFS Training
Oct 21 - Oct 23, 8 am - 4 pm (Mugu)

Credit Management
Oct 15, 1 pm - 2:30 pm

Home Buying
Nov 5, 2 pm - 3 pm

Vesting in TSP
Sep 16, 10 am - 11:30 am

***Contact the front desk to enroll**

Mind-Body Mental Fitness

MBMF Module 6: Connection
Sep 9, 11 am - 1 pm

MBMF Module 1: Stress Resilience
Oct 21, 11 am - 1 pm

MBMF Module 2: Mindfulness & Meditation
Nov 18, 11 am - 1 pm



Parenting Support

Sensory Fridays
Every Fri, noon - 1 pm
@ FFSC patio area (Mugu)
*No registration required

Contact the front desk to enroll:

Thriving With Toddlers
Sep 17, 3:30 pm - 5 pm (Mugu)

Infant & Toddler Safety Workshop
Sep 25, 3 pm - 4:30 pm

Daddy Bootcamp
Sep 17, 1 pm - 3 pm

Positive Parenting
Oct 20, 1 pm - 3 pm

Raising Confident Children
Oct 27, 1 pm - 3 pm

Raising Resilient Children
Nov 10, 1 pm - 3 pm



Career Fair

Oct 14, 10 am - 1:30 pm @ Beehive Gym (Hueneme)

Family Transitions Triple p, Co-Parenting Workshop starts September 8 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**

Life Skills

Military Spouse Orientation
Sep 1, 2 pm - 3 pm
Oct 2, 10 am - 11 am (Mugu)
Nov 6, 9 am - 10 am

Communication & Conflict
Oct 5, 2 pm - 3:30 pm
Nov 16, 2 pm - 3:30 pm (Mugu)

5 Love Languages
Sep 15, 11 am - noon (Mugu)
Oct 16, 10 am - 11 am
Nov 9, 9 am - 10 am

Anger & Emotion Regulation
Oct 1, 2 pm - 3:30 pm
Nov 12, 2 pm - 3:30 pm (Mugu)

Relationship Resiliency
Oct 20, 2 pm - 3:30 pm
Nov 24, 2 pm - 3:30 pm (Mugu)

Disaster Prep
Sep 1, 8 am - 9 am (Mugu)
Sep 23, 8 am - 9 am



Career Services

Resume 1 Stop (Walk-in)
Sep 10, 1 pm - 3 pm
Oct 8, 1 pm - 3 pm
Nov 12, 1 pm - 3 pm
*Bring current resume/laptop

Excel Basics
Sep 17, 1 pm - 3 pm
Oct 27, 1 pm - 3 pm
*Bring laptop with Excel

Excel Intermediate
Nov 5, 1 pm - 3 pm

Effective Resume Writing
Oct 1, 1:30 pm - 3 pm (Mugu)

Keys to Career Fair Success
Sep 30, 10 am - 11 am
Oct 7, 10 am - 11 am (Mugu)

Microsoft Word: Beyond the Basics
Nov 19, 1 pm - 3 pm

Mastering the Federal 2-Page Resume
Sep 3, 1:30 pm - 3 pm (Mugu)

Call 805-982-5037
To request FFSC marketing tables at your event.

The Fleet & Family Support Center

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 tailored to command needs and delivered in command spaces.

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 & Emotion Regulation: 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 mange 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 & Conflict: Learn to use the power of effective communication to enhance relationships and mitigate conflict 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.

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.

Disaster Prep: 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) - 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.

General Pre-Deployment Brief: Successful deployments do not just happen. They require planning on the part of service members, their families and the command. This workshop is designed to provide necessary information for service members and their families to be deployment ready. It focuses on the practical and emotional aspects of readiness, including the use of deployment checklists, family care plans, communication and coping strategies.

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 Workshop: 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.

Mastering the Federal 2 - Page Resume: This workshop will provide concise and precise guidance on federal resume changes and practical strategies to meet the new requirements including format, keyword alignment and quantifiable accomplishments.

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.

Million Dollar Sailor: This two-day course educates participants on a variety of topics to increase understanding of finances.

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.

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

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 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.

Reintegrating With Partners: This workshop helps couples prepare for the mission of returning home to their spouse or partner by focusing on four areas: re-establishing connections, celebrating change, recognizing operational stress, and restoring intimacy.

Relationship Resiliency: Expanding on mindfulness skills for interpersonal effectiveness, this workshop outlines the necessary framework for `building healthy connections, setting helpful boundaries, and identifying internal values for relationship longevity and personal growth.

Resume 1 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.

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

Stronger Together: Navigating 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.

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.

United Through Reading - Read, Record, Connect: Join us for a meaningful connection experience through reading a short video message for your loved ones. Learn about the United Through Reading program, select a free book, and create a video that helps strengthen bonds during separation. Resources and support for deployment readiness will also be provided.

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.