

Port Hueneme
Bldg. 1169, 805-982-5037
Office Hours
Mon - Fri
7:30 am - 4:00 pm
To register for classes call:
805-982-5037

Spring Workshops

March 2024 - May 2024

Point Mugu
Bldg. 225, 805-989-8146
Office Hours
Mon - Fri
7:30 am - 4:00 pm
For clinical appointments call:
619-536-3874



www.facebook.com/NBVC.FFSC

www.navylifesw.com/ventura.families/ffsc



All Classes at Hueneme FFSC unless stated otherwise



Life Skills

Military Spouse Orientation

Mar 18, 5 pm - 6:30 pm
Apr 15, 10:30 am - noon
May 20, 2 pm - 3:30 pm (Mugu)
Anger Management 101
Mar 14, 2 pm - 3 pm
Apr 25, 11 am - noon
May 16, 2 pm - 3 pm
5 Love Languages
Apr 19, 3 pm - 4 pm (Mugu)
May 24, 3 pm - 4 pm

Communication Skills

Mar 15, 2 pm - 3 pm (Mugu)
FFSC 101
Mar 20, 10:30 am - 11:30 am
May 15, 10:30 am - 11:30 am (Mugu)
REACH Spouse
Apr 11, 10:30 am - noon
May 9, 1 pm - 2:30 pm (Mugu)



Deployment

Reintegration with Partners

Mar 7, 2 pm - 3 pm (Mugu)
Navigating Your New Normal
Apr 9, 10 am - 11 am
Managing Deployment Successfully
May 6, 1 pm - 2 pm (Mugu)

Mental Health Matters: Couples & Deployment

Mar 12, 2 pm - 2:30 pm
May 9, 2:30pm - 3pm (Mugu)



Career Services

Resume 1 Stop (Walk-in)

Mar 14, 1 pm - 3 pm
Apr 11, 1 pm - 3 pm
May 9, 1 pm - 3 pm
***Bring current resume/laptop**
Effective Resume Writing
Mar 7, 9:30 am - 11 am (Mugu)
May 2, 9:30 am - 11 am (Mugu)
Winning Interview Techniques
Mar 28, 1:30 pm - 3 pm
May 30, 1:30 pm - 3 pm (Mugu)

Excel Basics

Apr 25, 1 pm - 3 pm
***Must bring computer with Excel**
Excel Intermediate
Mar 12, 1 pm - 3 pm
May 16, 1 pm - 3 pm
***Must bring computer with Excel**
Keys to Job Fair Success
Apr 2, 1 pm - 2 pm (Mugu)
Apr 4, 10 am - 11 am

Financial Education

CFS Training

Apr 22 - 26, 8 am - 4 pm
Credit Management
Apr 11, 4:30 pm - 5:30 pm

Developing Your Spending Plan

May 20, 1 pm - 2:30 pm

***Contact the front desk to enroll**



Relocation

Sponsor Training

Mar 6, 9 am - 10 am
Apr 3, 9 am - 10 am (Mugu)
May 1, 9 am - 10 am

Smooth Move

Mar 12, 1 pm - 2 pm
May 14, 1 pm - 2 pm

Ombudsman Basic Training

May 21 - 23, 8 am - 4 pm (Mugu)

***See Ombudsman Coordinator for registration**

Exceptional Family Member Program

EFMP Point of Contact Training

Mar 1, 1 pm - 2 pm
Apr 5, 1 pm - 2 pm (Mugu)

Introduction to EFMP

Mar 1, 2 pm - 3 pm
Apr 5, 2 pm - 3 pm (Mugu)

Parenting Support

Parenting Together

Every Tue, 10:30 am - Noon
@ Stingers Park
It Takes a Village
Every Fri, 11 am - 12:30 pm
@Synthetic Field (Mugu)

Getting Teenagers Connected

Apr 3, 10 am - 11:30 am (Mugu)
The Power of Positive Parenting
Apr 17, 10 am - 11:30 am
Raising Confident Children
May 1, 10 am - 11:30 am
Raising Resilient Children
May 15, 10 am - 11:30 am

Positive Parenting: Raising Responsible Teenagers
Mar 6, 10 am - 11:30 am (Mugu)
Raising Competent Teenagers
Mar 20, 10 am - 11:30 am (Mugu)

***Contact the front desk to enroll**



8 week Co-parenting Workshop starting Apr 12

***Participants must attend all 8 workshops to be issued a certificate of completion**

***To register, or for more information contact the front desk**

Mind-Body Mental Fitness

Stress Resilience

Mar 13, 11 am - 1 pm
Mindfulness & Meditation
Apr 10, 11 am - 1 pm

Living Core Values

May 8, 11 am - 1 pm



On Demand Workshops

The following are available by request:

- Advancement Exam Preparedness
- Deployment Homecoming
- Deployment Readiness
- Excel Intermediate
- United Through Reading
- Welcome Aboard NBVC



Call 619-380-5545

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 anger 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: 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. ***Registration Required**

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 in developing and establishing an EFMP Point of Contact program.

FFSC 101: If you have ever been interested in learning about the services and programs FFSC has to offer, this workshop is for you! Join us in this interactive experience to learn about SAPR, clinical support, and work and family life programs offered at your Fleet and Family Support Center.

Keys to Job 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.

Managing Deployment Successfully: A wide range of services exist to promote the resiliency of families when a service member deploys. This workshop is designed to help families identify and connect with resources, so they can manage deployment successfully.

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.

***Registration Required**

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.

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 Teens: Learn how to use positive parenting techniques to promote your teenager's developing independence while ensuring their health and well-being. This workshop is designed to teach you how to prepare your teenager for the next important developmental stage.

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: 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.

REACH Spouse: REACH-Spouse is a program designed to empower you to take charge of your mental health and well-being. Please join us for a small group discussion with other military spouses, where you will learn how to confront barriers that stand in the way of getting help. You will also learn how and where to reach out for support!

Reintegration 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.

Resume 1 Stop: Get hands on assistance to fine tune your current resume; personal laptops are welcome.

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.

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.

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.