

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

Summer Workshops

June 2024 - August 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/ffsc



All Classes at Hueneme FFSC unless stated otherwise

Life Skills

Military Spouse Orientation

Jun 10, 9 am - 10:30 am

Jul 8, 3 pm - 4:30 pm

Aug 12, 9:30 am - 11 am (Mugu)

Anger Management 101

Aug 29, 10 am - 11 am

5 Love Languages

Jun 5, 10 am - 11 am (Mugu)

Communication Skills

Aug 21, 3 pm - 4 pm

REACH Spouse

Jun 27, 10:30 am - noon

Aug 15, 10:30 am - noon



Ombudsman Basic Training

Jul 8 - 12, 5 pm - 9 pm

***Contact the front desk to enroll**

Deployment

Reintegration with Partners

Aug 13, 2 pm - 3 pm

Navigating Your New Normal

Jul 16, 2 pm - 3 pm

Mental Health Matters:

Couples & Deployment

Jun 4, 1 pm - 1:30 pm

Career Services

Resume 1 Stop (Walk-in)

Jun 13, 1 pm - 3 pm

Jul 11, 1 pm - 3 pm

Aug 8, 1 pm - 3 pm

***Bring current resume/laptop**

Effective Resume Writing

Jun 6, 9:30 am - 11 am (Mugu)

Aug 1, 9:30 am - 11 am (Mugu)

Are You LinkedIn?

Jun 20, 10 am - 11 am

Ten Steps to Federal

Employment

Jul 23, 1:30 pm - 3 pm

Microsoft Word Beyond

the Basics

Jul 30, 1 pm - 3 pm

Winning Interview Techniques

Aug 29, 1:30 pm - 3 pm

Excel Basics

Jul 18, 1 pm - 3 pm

***Must bring computer with**

Excel

Excel Intermediate

Jun 27, 1 pm - 3 pm

Aug 15, 1 pm - 3 pm

***Must bring computer with**

Excel

Excel Advanced

Jul 2, 1 pm - 3 pm (Mugu)

***Must bring computer with**

Excel

Exceptional Family Member Program

Introduction to EFMP

Jun 7, 1 pm - 2 pm

Aug 2, 1 pm - 2 pm (Mugu)

EFMP Point of Contact Training

Jun 7, 2 pm - 3 pm

Aug 2, 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)

Active Parenting:

Introduction to Active Parenting

Jun 12, 9 am - 11 am (Mugu)

Cooperation & Communication

Jun 26, 10 am - noon

Responsibility & Discipline

Jul 10, 10 am - noon

Building Courage & Self Esteem

Jul 24, 10 am - noon

Understanding & Redirecting

Misbehavior

Aug 7, 9 am - 11 am (Mugu)

Positive Parenting:

Raising Responsible Teenagers

Jul 19, 2 pm - 3:30 pm

Raising Competent Teenagers

Jul 26, 2 pm - 3:30 pm

Getting Teenagers Connected

Aug 2, 2 pm - 3:30 pm

***Contact the front desk to enroll**

Financial Education

CFS Training

Jul 29 - Aug 2, 8 am - 4 pm

Credit Management

Jun 3, 1 pm - 2:30 pm (Mugu)

Developing Your Spending Plan

Aug 5, 1 pm - 2:30 pm

Car Buying Strategies

Jul 11, 2 pm - 3:30 pm

***Contact the front desk to enroll**

Relocation

Sponsor Training

Jun 5, 9 am - 10 am

Jul 10, 9 am - 10 am (Mugu)

Aug 7, 9 am - 10 am

Welcome Aboard NBVC

Jul 15, 11 am - noon

Aug 15, 2 pm - 3 pm

Smooth Move

Jun 18, 1 pm - 2 pm

Jul 17, 10 am - 11 am (Mugu)

Aug 20, 1 pm - 2 pm

Family Transitions Triple P, Co-Parenting Workshop starts the first week of June

* 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**

Mind-Body Mental Fitness

Flexibility

Jun 12, 11 am - 1 pm

Problem Solving

Jul 10, 11 am - 1 pm

Connection

Aug 14, 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 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.

Active Parenting: Are you looking to enhance or develop your parenting skills? Join us for this series focused on Active Parenting strategies that will bring you inner peace and family harmony. Ideal for parents of children ages four and up, but all parents are welcome! Can be taken as a series or individually.

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!

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.

Car Buying Strategies: The Car Buying Strategies course is designed to develop knowledge and skills that will enable learners to conduct adequate research on a new car purchase, to determine how much they can afford to spend on a car. This will prepare them to negotiate effectively when purchasing an automobile.

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.

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 Advanced: Learn advanced methods to working with functions, pivot tables, charts, graphs, and manipulating data.

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

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.

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.

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.

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.

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 One 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.

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.

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.