FFSC Workshops

Classes are free of charge. Space is limited. Please call ahead of time to reserve a spot.

All classes are held at the FFSC- La Mesa Housing Community, 1280 Leahy Road, unless otherwise indicated. **Childcare is available but must be arranged no later than 5 days prior to class date, please contact us for more information (831)656-3060.

The following services are available by appointment:

- Resume and Federal Application Review
- Family Employment Readiness Program
- Individual Relocation Counseling
- Individual Financial Counseling

Individuals, Couples & Family Counseling

FAMILY & LIFESKILLS

Couples Communication
- Mon, Oct 6, 3:30 – 5pm
- Mon, Nov 3, 3:30 – 5pm
- Mon, Dec 8, 3:30 – 5pm
- Mon, Jan 5, 3:30 – 5pm

Military Basics for New Spouses
- Tue, Oct 14, 10 – 11:30am
- Mon, Nov 10, 10 – 11:30am
- Tue, Dec 9, 10 – 11:30am
- Tue, Jan 13, 10 – 11:30am

Suicide Prevention Awareness
- Tue, Oct 21, 10 – 11:30am
- Tue, Nov 18, 10 – 11:30am
- Tue, Dec 16, 10 – 11:30am
- Tue, Jan 20, 10 – 11:30am

Stress/Time Management Techniques
- Mon, Oct 20, 3 – 4:30pm
- Mon, Nov 17, 3 – 4:30pm
- Mon, Dec 15, 3 – 4:30pm
- Tue, Jan 20, 3 – 4:30pm

Responsible Anger Management
- Thu, Oct 16, 10 – 11:30am
- Thu, Nov 20, 10 – 11:30am
- Thu, Dec 18, 10 – 11:30am
- Thu, Jan 22, 10 – 11:30am

Parenting Education
- Available Upon request, tailored to your needs

EMPLOYMENT

Job Search Strategies
- Thu, Oct 9, 9 – 11am
- Tue, Jan 6, 9 - 11am

Interviewing Skills
- Thu, Oct 2, 4 – 6pm
- Thu, Nov 6, 4 – 6pm
- Thu, Dec 4, 4 – 6pm
- Thu, Jan 8, 4 – 6pm

Resume Writing
- Thu, Oct 16, 4 – 6pm
- Tue, Nov 4, 4 – 6pm
- Thu, Dec 18, 4 – 6pm
- Thu, Jan 15, 4 – 6pm

Federal Employment System
- Wed, Oct 15, 9 – 11am
- Wed, Jan 14, 9 – 11am

FINANCIAL MANAGEMENT

Million-Dollar Sailor
- Saturdays, 8am–4pm

Car Buying Strategies (New/Used)
- Wed, Oct 22, 10am – 12pm
- Sat, Nov 15, 1 – 3pm
- Tue, Nov 25, 10am – 12pm
- Thu, Dec 18, 1 – 3pm
- Wed, Jan 21, 10am – 12pm

Planning for Retirement
- Wed, Oct 1, 1–3pm
- Wed, Nov 19, 1–3pm
- Wed, Dec 17, 1–3pm
- Wed, Jan 14, 1-3pm

Home-buying Seminar
- Fri, Oct 17, 1:30–3:30pm
- Fri, Jan 16, 1:30-3:30pm

Saving and Investing
- Thu, Nov 13, 1 – 3pm

Our business hours are 8:00-4:30 Monday-Friday.

= Defense Language Institute, CID (Bldg 630A), Computer Lab
= Naval Postgraduate School. Please call for the exact building.
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Credit Management
Wed, Jan 21, 1 – 3pm

Preparing a Personal/Family Budget
Fri, Nov 7, 1 – 3pm

How to Survive the Holidays Financially
Thu, Nov 20, 1 – 2:30pm

RELOCATION
Smart Move (Transferring/PCS)
Thu, Oct 9, 2 – 3:30pm
Mon, Nov 24, 10 – 11:30am
Thu, Jan 22, 10 – 11:30am

DEPLOYMENT
Pre-Deployment /Mobility Briefing
Fri, Oct 10, 1–3pm

Mid-Deployment/Mobility Briefing
Fri, Nov 14, 1–3pm

Post-Deployment Return & Reunion
Fri, Dec 12, 1–3pm

IA Spouse Discussion/Support Group Meeting
Wed, Oct 8, 11am – 12pm
Wed, Nov 12, 11am – 12pm
Wed, Dec 10, 11am – 12pm
Wed, Jan 14, 11am – 12 pm

TRANSITION ASSISTANCE PROGRAM
Transition GPS (Goals, Plans Success) Workshop
Mon-Fri, Oct 20-24, 8am–5pm
Mon-Fri, Nov 17-21, 8am–5pm
Mon-Fri, Dec 15-19, 8am–5pm
Mon-Fri, Jan 12-16, 8am–5pm

Transition GPS (Goals, Plans, Success) Capstone Workshop
Wed, Nov 5, 1pm – 4pm
Wed, Dec 3, 1pm – 4pm
Wed, Jan 7, 1pm – 4pm

Transition GPS (Goals, Plans Success) – Entrepreneurship Workshop
Mon-Tue, Oct 6-7, 8am – 4pm
Mon-Tue, Jan 26-27, 8am – 4pm

Transition GPS (Goals, Plans Success) – Higher Education Workshop
Mon-Tue, Dec 8-9, 8am – 4pm

Transition GPS (Goals, Plans Success) – Technical Workshop
Tue-Wed, Oct 28-29, 8am – 4pm

COMMAND SPECIFIC PROGRAMS:
SAPR Advocate Refresher Training
Fri, Oct 3, 9am-12pm
Fri, Nov 7, 9am-12pm
Fri, Dec 5, 9am-12pm
Fri, Jan 9, 9am-12pm

SAPR Advocate Initial Training
Mon-Fri, Oct 20-24, 8am – 4:30pm

For Command Appointed personnel:
SAPR POC Training
Also available upon request
SAPR Liaison Training
Also available upon request
SAPR DCC Training
Also available upon request

Command Financial Specialist (CFS) Training
Mon-Fri, Dec 8-12, 8am – 4 pm

Sponsor Training
Wed, Oct 22, 1pm – 3pm
*Also available upon request

OMBUDSMAN
Also available upon request

NEW PARENT SUPPORT HOME VISITOR
Also available upon request

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