

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:

Wed, Jan 11, 4-6pm
Wed, Feb 1, 3-5pm
Wed, Mar 28, 3-5pm

Military Basics for New Spouses:

Tue, Jan 17, 11-12:30am
Mon, Feb 13, 11am -12:30pm
Fri, Mar 9, 10-11:30pm

Parenting Education for School Age Children (ages 5-12):

Fri, Jan 6, 10am-12pm
Tue, Feb 14, 10am-12pm
Mon, Mar 12, 10am-12pm

Suicide Prevention Awareness:

Tue, Jan 10, 10am-12pm
Thu, Feb 9, 1-3pm
Thu, Mar 8, 10am-12pm

Stress/Time Management:

Fri, Jan 27, 10am-12pm
Wed, Feb 8, 3-5pm
Wed, Mar 7, 1-3pm

Anger Management:

Wed, Jan 25, 3-5pm
Mon, Feb 27, 10-12pm
Mon, Mar 26, 10am-12pm

EMPLOYMENT

Job Search Strategies:

Tue, Jan 3, 9-11am

Interviewing Skills:

Thu, Jan 5, 4-6pm
Thu, Feb 2, 4-6pm
Thu, Mar 1, 4-6pm

Resume Writing:

Thu, Jan 19, 4-6pm
Thu, Feb 16, 5-7pm
Thu, Mar 15, 4-6pm

Federal Employment System:

Tue, Jan 17, 9-11am

FINANCIAL MANAGEMENT

Million-Dollar Sailor:

Every Wednesday, 1pm-4pm ✕

Car Buying Strategies (New/Used):

Tue, Jan 24, 10am-12pm
Sat, Feb 25, 1-3pm ✕
Tue, Feb 28, 10am-12pm
Tue, Mar 27, 10am-12pm

Basic Savings and Investment:

Thu, Feb 2, 1-3pm
Thu, Feb 21, 4-5pm ✕

Credit Management:

Wed, Feb 23, 4-5pm ✕
Wed, Mar 28, 1-3pm

Investment and Saving II:

Wed, Jan 11, 1-3pm
Wed, Feb 8, 1-3pm
Thu, Feb 23, 4-5pm ✕
Wed, Mar 14, 1-3pm

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

- ✕ = Defense Language Institute, CIDD (Bldg 629A), Kendall Hall
- 🏠 = Naval Postgraduate School. Please call for the exact building.
- 🌐 = Hosted by FFSC, Presented by Navy Federal Credit Union.

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Preparing a Personal/Family Budget:
Fri, Feb 10, 1–3pm

Home-buying Seminar
Fri, Feb 24, 1:30–3:30pm

RELOCATION
Smart Move (Transferring/PCS):
Tue, Jan 24, 10-12pm
Wed, Feb 22, 2-4pm

DEPLOYMENT
Pre-Deployment /Mobility Briefing:
Fri, Jan 27, 1–3pm

Mid-Deployment/Mobility Briefing:
Fri, Feb 3, 1–3pm

Post-Deployment Return & Reunion:
Fri, Mar 23, 1–3pm

IA Spouse Discussion/Support Group Meeting:
Wed, Jan 11, 11am–12pm
Wed, Feb 8, 11am–12pm
Wed, Mar 14, 11am–12pm

TRANSITION
TAP (Transition Assistance Program) Workshop (Must Register to attend)
Tue-Fri Feb 14–17, 9am – 5pm

“TAP: CARIT Briefing” Mandatory for Navy personnel not retiring.
Fri, Nov 18, 9–11am

CONSEP I (Career Options & Navy Skills Evaluation Program). [4-day course]
Sat Oct 1, 8, 15, 22 8am–4pm

COMMAND SPECIFIC PROGRAMS

SEXUAL ASSAULT/DOMESTIC VIOLENCE

SAPR (SAVI) Advocate Refresher Training
Fri, Jan 13, 12-2pm
Fri, Feb 24, 10am-12pm
Fri, Mar 30, 10-12pm

SAPR (SAVI) Advocate Initial Training
Mon-Thu, March 19-22, 8am-4pm

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

SPONSOR

Sponsor Training:
Also available upon request

OMBUDSMAN

Available upon request

NEW PARENT SUPPORT HOME VISITOR

Available upon request

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