

## Relocation Classes:

### [Command Sponsor & Indoctrination Program Training](#)

February 6 from 0900-1000

Commands should ensure 100% Sponsor assignment. After completing the required training, Sponsors are prepared to provide reliable information to incoming personnel and their families.

### [First Move](#)

February 13 from 1130-1330 at Corry Station or February 19 from 1430-1530 at NASP

Open to everyone who will be moving. Terminology explained and all questions answered. If you have orders you can use our computers and set up your move!

### [Mid-Deployment](#)

February 13 from 0900-1000

Congratulations, you are halfway through a deployment. Check in with your rollercoaster ride of emotions and find some tools to help reach the best part-your service member comes home.

## Life Skills Classes:

### [You Matter-Suicide Awareness and Prevention](#)

February 3 from 1300-1400

Suicide is a preventable personnel loss that impacts unit readiness, morale, and mission effectiveness .

### [Under the Influence of Social Media](#)

February 7 from 1000-1100

Find out what social media addiction is, why its harmful, and how to prevent it.

### [Mind-Body Mental Fitness \(MBMF\) - Problem Solving, Module 5](#)

February 10 from 0900-1100

Understand the basics of problem solving; build coping skills and healthy relationships.

### [Bored No More](#)

February 12 from 1000-1100

A deep-dive into the world of boredom, exploring its causes and effects, and equipping participants with simple and effective strategies.

### [Cultivating Healthy Relationships](#)

February 24 from 0900-1100

This course will provide an overview of what healthy and unhealthy relationships look like, and how to avoid getting signals crossed, which can lead to domestic violence.

## Exceptional Family Member Program:

### [Command EFMP POC Training \(Offered Quarterly Or By Appointment\)](#)

February 12 from 0900-1100

This two hour training provides information that enables newly designated EFMP POCs to assist members in their commands. Per OPNAVINST 1754.2F, each command is responsible to appoint an EFMP POC.

## Transition Assistance:

### [VA Claims 101](#)

February 7 from 1000-1100

Are you separating or retiring from the service? Come learn from the local military service coordinator about the forms and claims process so you are prepared to file your disability claim.

### [Intro to SkillBridge](#)

February 18 from 1300-1500

Interested in the DoD SkillBridge program, or unsure of what it is? Sign-up to attend this 1-hour class that will teach you what the program is, who is eligible, and how to apply.

### [Capstone Workshop](#)

February 27 from 1330-1530

This workshop will ensure transitioning service members have met the TAP Career Readiness Standards (CRS) and are prepared to transition back to civilian life.

## Employment Assistance:

### [LinkedIn: Networking](#)

February 6 from 1300-1500

This workshop gives you the basics of LinkedIn and how to use it for networking and job search purposes.

### [USA JOBS & Resume Writing/Interviewing Skills](#)

February 18 from 0800-1200

Attendees will receive information on creating both federal and civilian resumes. Review different types of Federal Employment Hiring Preferences and Special Hiring Authorities as well as when to apply them respectively. Attendees will also learn tips and tricks on how to make their best first impression before, during and after their interview.

## Personal Financial Management:

### [Renting](#)

February 7 from 1400-1500

This class is designed to increase the knowledge and comfort level of first-time renters, and to serve as a refresher for repeat renters. Upon completion of this class, learners should be able to research rental options, determine affordability, and locate an appropriate rental property.

### [Your Insurance Needs](#)

February 21 from 1400-1500

This class is designed to develop the knowledge and skills that will enable learners to make informed consumer decisions on typical types of insurance and their personal insurance needs. Upon completion of this class, learners should be able to make informed choices when selecting insurance products to manage risk, safeguard wealth, and protect assets.

The Fleet and Family Support Center  
Offices will be closed on February 17 in  
observance of Presidents' Day.