



Family CONNECTION

Your Link to the Navy Community since 2007

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Questions?



Tools to Pack in Your PCS Toolbox

Whether this is your first permanent change of station (PCS) or your 15th, moving is stressful. Equally stressful is trying to keep tabs on the abundance of support services available to you to make your move...



Making Summer Work: A Practical Guide For EFMP Families of All Ages

Strategies, resources and encouragement for navigating routine changes, maintaining support and building meaningful summer experiences.



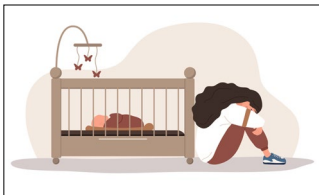
Continuing the Commitment: SAPR Support Beyond SAAPM

April's Sexual Assault Awareness and Prevention Month (SAAPM) may be over, but our commitment to supporting survivors and strengthening our military community continues every day.



Wellness Watch: Preventing Heat Exhaustion

Strategies, resources and encouragement for navigating routine changes, maintaining support and building meaningful summer experiences.



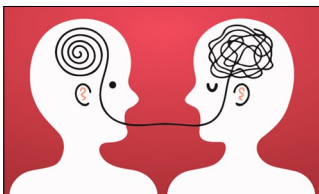
Facts About Perinatal Depression

Perinatal depression can occur during pregnancy, after a pregnancy loss or after giving birth. It is more prevalent than people realize. According to Postpartum Support International, this year, studies show...



What's Happening? Good News from Local Fleet and Family Support Centers

CNRSE Celebrates Stronger Support for Exceptional Families
Fleet and Family Support Program employees at Commander, Navy Region...



Understanding PTSD: Recognizing the Signs, Finding Support

Since 2014, June has been recognized as National PTSD Awareness Month, a campaign devoted to bringing greater understanding and knowledge about post-traumatic stress disorder to everyone.



Your Virtual FFSC Webinars

See the full list of webinars available on MyNavyFamily.com this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition...



5 Tools to Pack in Your PCS Toolbox

Whether this is your first permanent change of station (PCS) or your 15th, moving is stressful. Equally stressful is trying to keep tabs on the abundance of support services available to you to make your move easier. Below is a list of PCS resources to help get you started, courtesy of your Fleet and Family Support Program.



Your Installation's Fleet and Family Support Center (FFSC)

Each FFSC offers a myriad of PCS services through its Relocation Assistance Program. Attend a Smooth Move workshop, request a one-on-one appointment to discuss your upcoming move. Participate in a Welcome Aboard and so much more. You can begin by finding [your local FFSC](#) or by visiting the Commander, Navy Installations Command (CNIC) [Relocation Assistance webpage](#) directly.

Can't attend in person?

No worries! Your FFSCs also offer virtual services at all hours of the day to best accommodate your busy schedule. Visit [MyNavyFamily.com](#) for the latest webinar schedule and instructions on how to register for classes or [book a one-on-one appointment](#) with one of our virtual Work and Family Life Specialists.



Military OneSource

Military OneSource is so much more than just a way to look up a phone number for a building on base. For PCS topics alone, there are more than 15 resources available to assist you. Not using this website is like not using your notes on an open-book test. Sure, you could do it, but why would you? Begin exploring all they have to offer on the [Military OneSource website](#), and then explore these particularly helpful tools:

[Plan My Move](#): Create a custom checklist for your move and receive helpful hints on the tasks you need to complete and how to complete them.

[MilitaryINSTALLATIONS](#): Do a deep dive into your duty station to learn check-in procedures and details about what makes your community unique.



MyNavyHR's 2026 PCS Guide

Courtesy of the [MyNavy Career Center](#), this resource reflects the latest policy changes and process improvements to help you quickly identify what has changed since your last PCS and plan your move accordingly. Download your copy of the [2026 PCS Guide](#) on MyNavyHR.



Navy Household Goods

Hear from the moving experts themselves when you attend an upcoming webinar. Offered six times per month, learn about Moving Entitlements, Personally Procured (DITY) Moves or Retiree/Separatee Moves. Register on the [NAVSUP Household Goods website](#).



The Personal Property Activity (PPA)

Created last year, the PPA has a 24/7 call center to provide expert assistance with PCS-related issues, including shipment tracking and damage claims.

Contact Information

Phone: 1-833-MIL-MOVE (1-833-645-6683)

Email: PCSCallCenter@mail.mil

Final Thoughts

Set yourself up for success this PCS season by getting started early and checking in often. Many of these resources will encourage you to seek assistance from even more support providers. Remember, the better you prepare ahead of time, the less overwhelmed you will feel during the move itself.

May this PCS season be ever in your favor!

JUNE HOLIDAYS AND OBSERVANCES

- June 1 – Hurricane season begins
- June 6 – D-Day
- June 14 – Army's Birthday
- June 14 – Flag Day
- June 19 – Juneteenth
- June 21 – Father's Day
- June 21 – First day of summer
- June 27 – PTSD Awareness Month
- 101 Critical Days of Summer
- National Safety Month



D-Day
June 6th

Facts About Perinatal Depression

Perinatal depression can occur during pregnancy, after a pregnancy loss or after giving birth. It is more prevalent than people realize. According to Postpartum Support International, this year, studies show that 1 in 5 women and 1 in 10 men may experience depression and anxiety during the time between the 20th to 28th week of gestation, to the fourth week after delivery. However, the numbers are likely higher and increase for high-stress parenting groups.

As of early 2026, research indicates that military families experience perinatal mental health conditions, including depression and anxiety at two to three times the rate of their civilian counterparts.

According to Maternal Mental Health Leadership Alliance, approximately 35% of active-duty service women experience maternal mental health conditions from the year preceding their pregnancy through one year postpartum.

Symptoms of perinatal depression can manifest at various times during the perinatal period and differ in individuals.

Symptoms of perinatal depression may include:

- 🦋 Feeling sad, hopeless, irritable, angry or rage.
- 🦋 Crying and sadness more often than usual or for no reason.
- 🦋 Losing interest in activities that are usually enjoyable.
- 🦋 Sleep and appetite disturbances.
- 🦋 Having trouble bonding or no interest in the baby.
- 🦋 Feeling guilt or shame about your mindsets.
- 🦋 Thinking about harming yourself or your baby.

Perinatal help and treatments are available. There are effective treatments that a health care provider can determine, including psychotherapy treatment, talk therapy that could incorporate cognitive behavioral therapy (CBT) or interpersonal psychotherapy (IPT). In addition, there are medication treatment methods.

Most importantly, you are not alone. Perinatal depression is very common and very treatable. There are various support groups and resources available:

- 🦋 [Postpartum Support International](#)
- 🦋 [Maternal Mental Health Leadership Alliance Inc.](#)
- 🦋 [Military One Source](#)

1 in 5 women
and **1 in 10** men
may experience depression and anxiety during the time between the 20th to 28th week of gestation, to the fourth week after delivery.



Need to talk?
Your FFSC Offers Virtual Counseling

For Sailors & Families Computer or mobile device Wherever you are Convenient scheduling

1-855-205-6749





Understanding PTSD: Recognizing The Signs, Finding Support

Since 2014, June has been recognized as National PTSD Awareness Month, a campaign devoted to bringing greater understanding and knowledge about post-traumatic stress disorder to everyone.

While this month serves as the designated month of recognition, organizations like the Commander, Navy Installations Command (CNIC) work tirelessly to elevate awareness of mental health issues and highlight available support. The ultimate goal is to encourage open, honest discussions about mental health, helping service members and their families recognize the symptoms early so they can confidently seek and obtain the care they need.

PTSD is a mental health condition that some individuals develop after experiencing or witnessing a life-threatening or terrifying event, a situation where they may have felt deeply afraid and which was entirely out of control. A common myth is that PTSD is exclusively tied to combat and war zone experiences. In reality, symptoms can arise from a wide variety of severe traumas, including natural disasters, car accidents, sexual assaults, domestic violence or other violent crimes. While not everyone who goes through a traumatic event will develop the condition, it can affect anyone, regardless of age, gender, race, military rank or income level.

The signs of post-traumatic stress usually begin soon after the triggering event, though they can sometimes remain dormant for months or even years. Symptoms generally fall into a few main categories, though each person experiences them in their own unique way. Many individuals find themselves reliving the event through vivid nightmares, flashbacks or triggers that cause them to see, hear or smell things associated with the trauma. Others might actively avoid crowds, driving or any situations that remind them of the event because those situations suddenly feel dangerous. People may also experience a surge of negative thoughts, feeling emotionally numb, losing interest in favored activities or feeling overwhelmed by unwarranted guilt and shame.

Furthermore, they might feel constantly on edge, a state known as hyperarousal, leading to jitteriness, sudden anger, difficulty sleeping or turning to unhealthy coping mechanisms like substance abuse or aggressive driving. If these symptoms last longer than two months, cause significant distress or interfere with daily life, it is a strong indicator that professional help is needed.

If left unaddressed, PTSD extends far beyond the individual, severely impacting the entire family unit.

Just as it is often said that the whole family serves our country alongside the service member, a single person's mental health struggles inevitably ripple outward to affect their loved ones. Those suffering from PTSD often have a difficult time feeling emotions and may seem deeply detached from those around them. This emotional distance can create profound challenges in personal relationships, placing heavy strain on significant others and deeply affecting parenting dynamics.

Reaching out for help is a sign of immense strength, and it is vital to remember that PTSD treatment works. For active-duty service members, specialized treatment is provided at military treatment facilities (MTFs) through Behavioral Health, where members can self-refer or work with their chain of command and primary care providers to begin an assessment. Family members affected by a loved one's diagnosis can turn to Fleet and Family Support Centers (FFSC), which offer licensed clinical providers, nonmedical counseling, parenting classes and life skills education to benefit the entire military family.

If you or someone you know needs immediate assistance, the Veteran's Crisis Line is open to all veterans, active-duty personnel, and family members by calling or texting 1-800-273-8255. Additional support and resources are also available by visiting the [Military OneSource website](#) or calling them at 1-800-342-9647.

Greater understanding and proactive care can help ensure that no one has to navigate the challenges of PTSD alone.



The signs of post-traumatic stress usually begin soon after the triggering event, though they can sometimes remain dormant for months or even years.



Making Summer Work: A Practical Guide for EFMP Families of All Ages



Strategies, resources and encouragement for navigating routine changes, maintaining support and building meaningful summer experiences.

The last school bell rings and just like that, summer begins. For many families, this brings more freedom, greater flexibility and long days full of new possibilities. However, for families in the Exceptional Family Member Program (EFMP), summer can look different. Changing routines, paused services and the challenge of finding stability without the structure of the school year can make this time more difficult.

Whether you care for a child or support an adult exceptional family member, it is normal to feel both hopeful and unsure as summer starts. The goal is not to copy the school year, but to create a summer that fits your family's needs.

You do not need a perfect summer; you need a supported one.

Why Summer Feels Different

Structure plays a critical role for many exceptional family members. During the school year, routines provide predictability, access to therapies and regular social engagement.

When those systems pause, families may experience:

- Disruptions in therapy or developmental services.
- Loss of structured day programs or employment support.
- Increased caregiver demands.
- Reduced opportunities for social connection.

For adult exceptional family members, these changes can be especially noticeable if community programs or vocational supports scale back during the summer months. When you add the demands of military life, like permanent change of station moves and being far from extended support networks, summer can quickly feel overwhelming.

Building a Summer That Works

Each EFMP family will have their own approach. The goal is not perfection but finding a balance that offers structure and flexibility.

Recreate Routines Without Overloading Your Schedule

A predictable rhythm helps reduce stress for children and adults. Consider building a simple daily or weekly structure that includes:

- Regular wake-up and mealtimes.
- Planned activities or skill-building opportunities.
- Scheduled downtime.

Visual schedules, written checklists or timers can help reinforce expectations and provide consistency.

Create or Find Meaningful Opportunities

Accessible programs may not always be easy to find, but meaningful engagement can still happen in everyday life. Look for:

- Inclusive or adaptive camps on installation or in your local community.
- Sensory-friendly events or recreation programs.
- Library activities, classes or small group experiences.

[continued below]

At home, you can create structure through themed days, structured play or goal-based activities.

Small, thoughtful experiences often make the biggest difference.

Maintain Skills Through Daily Life

Even when formal therapies pause, progress can continue through everyday routines.

Opportunities include:

- Practicing communication through conversation or storytelling.
- Building independence through daily responsibilities.
- Supporting physical or sensory needs through play and movement.

If possible, connect with your family member's providers before summer to gather guidance or suggested activities.

Use EFMP and Military Resources

You do not have to face summer on your own. Navy installation programs and EFMP offices may offer:

- Resource referrals and program information.
- Respite care options.
- Family events or adaptive recreation activities.

Other EFMP families can also be a valuable source of insight and support. Shared experiences often lead to practical solutions.

Plan Ahead for PCS Moves and Transitions

Summer is a peak season for military moves, which can add additional stress for exceptional family members of all ages. To prepare:

- Gather medical, educational or therapy documentation early.
- Connect with your gaining EFMP office.
- Request continuity notes from current providers.

Transitions can be challenging both logistically and emotionally. Planning ahead can make the process easier for everyone.

Supporting Adult Exceptional Family Members

Summer can be especially challenging for adult exceptional family members when structured programs pause. Consider the following strategies to maintain engagement and support:

- Create a weekly participation plan. Include scheduled activities such as volunteering, classes or community outings.
- Focus on independence and life skills. Daily routines like cooking, errands or time management can reinforce long-term goals.
- Maintain social connections. Arrange regular meetups, small-group activities, or community visits during quieter hours.
- Explore flexible opportunities. Libraries, recreation centers and community programs may offer low-pressure environments for engagement.
- Communicate about changes. Prepare for schedule shifts in advance to reduce anxiety and support smoother transitions.

Remember that meaningful participation does not always require a formal program. What matters most is consistency and a sense of purpose.

[continued below]

Every year, from Armed Forces Day to Labor Day, our program offers free admission to active-duty military personnel, including the National Guard and Reserves, and their families. On average, more than 2,000 museums participate, including nature centers, zoos, and children's museums.

For more information on this program, visit the [National Endowment for the Arts FAQ page](#). Participating museums look forward to welcoming you soon!



Giving Yourself and Your Family Grace

Even with the best plans, summer will have its challenges.

There will be unexpected changes, hard days and times when plans do not work out. This is part of the experience and does not mean you have failed.

Focus on progress, not perfection:

- A successful outing.
- A maintained routine.
- A moment of calm or connection.

These small wins are meaningful, and they matter.

Final Thoughts

For EFMP families, summer is more than just a break. It is a time for adjustment, creativity and resilience. Take the time to build flexible routines, seek meaningful engagement and use available resources to support every family member this summer. Most importantly, remember to take the next steps by reaching out, connecting with available resources and sharing your experiences. You can also encourage other EFMP families by taking action, asking for help and accepting support throughout the summer.

Resources

- Your Installation's [EFMP office](#)
- [Military OneSource](#)
- Installation [Morale, Welfare, and Recreation](#) programs



Wellness Watch

Preventing Heat Exhaustion

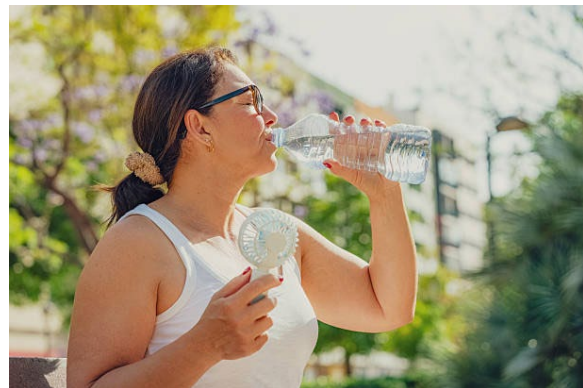
As temperatures rise, so does the risk of heat-related illnesses. Whether you are standing watch, exercising outdoors, attending summer events or simply spending time in the sun, it is important to recognize the signs of heat exhaustion and take steps to prevent it.

Heat exhaustion occurs when the body overheats and cannot cool itself effectively. It can develop quickly, especially in hot, humid weather and may lead to heat stroke if left untreated.

Warning Signs of Heat Exhaustion

Be alert for symptoms such as:

- ☀ Heavy sweating
- ☀ Dizziness or lightheadedness
- ☀ Headache
- ☀ Muscle cramps
- ☀ Weakness or fatigue
- ☀ Nausea or vomiting
- ☀ Cool, pale or clammy skin
- ☀ Rapid heartbeat



If you or someone else experiences these symptoms, move to a cool location immediately, loosen clothing, sip water slowly and rest. Seek medical attention if symptoms worsen or do not improve.

Tips to Stay Safe in the Heat

- **Hydrate Early and Often** — Do not wait until you feel thirsty to drink water. Increase fluid intake throughout the day, especially if you are working or exercising outdoors.
- **Dress for the Weather** — Wear lightweight, loose-fitting and light-colored clothing to help your body stay cool.
- **Take Breaks** — If working outside, rest periodically in shaded or air-conditioned areas to allow your body time to recover.
- **Avoid Peak Heat Hours** — When possible, limit strenuous outdoor activities during the hottest part of the day, typically between 10 a.m. and 4 p.m.
- **Know Your Risk** — Children, older adults, pregnant individuals and people with certain medical conditions may be more vulnerable to heat-related illness.
- **Never Leave People or Pets in Vehicles** — Temperatures inside a parked vehicle can rise dangerously within minutes, even with windows cracked.

Stay Mission Ready

Preventing heat exhaustion is not just about comfort, it is about readiness, safety and taking care of yourself and those around you. A few simple precautions can help ensure everyone stays healthy and enjoys the summer safely.

Stay cool, stay hydrated and look out for one another this season!



CNRSE Celebrates Stronger Support for Exceptional Families

Fleet and Family Support Program employees at Commander, Navy Region Southeast celebrated in April the anniversary of the Enhanced Special Education Support within the Exceptional Family Member Program (EFMP) at a proclamation signing ceremony at the region. The event included a presentation on the program's three-tiered support structure, a review of data regarding families served since the enhancements began, and a ceremonial cake cutting to commemorate the milestone. For more information on EFMP and other support programs, visit your installation's Fleet and Family Support Center.

Special Thanks to this Month's Contributors:

- Sonia C. Blyther, Naval District Washington
- Katie Stratchko, CNIC Fleet and Family Support Program
- Marisa Keeler, CNIC Fleet and Family Support Program
- Molly Ryan, CNIC Fleet and Family Support Program
- Fran Jackson, CNIC Fleet and Family Support Program
- Tim McGough, CNIC Fleet and Family Support Program



Training in Your Time

EASTERN AND CENTRAL TIMES

JUNE 2026

DEPLOYMENT



Eastern Central

		Eastern	Central
Deploy Solo and Deploy Strong	6/16	12:00 PM	11:00 AM
Deployment Extended: What's Next?	6/23	11:00 AM	10:00 AM
Equipping Your Kids During Deployment	6/2	4:00 PM	3:00 PM
	6/8	1:00 PM	12:00 PM
Homefront Ready: Family Care Planning	6/11	11:00 AM	10:00 AM
	6/17	4:00 PM	3:00 PM
	6/22	8:00 AM	7:00 AM
IA Deployment 101	6/18	1:30 PM	12:30 PM
Keeping Together During Deployment	6/9	2:00 PM	1:00 PM
Kids & Deployment: The Roller Coaster Ride	6/5	1:00 PM	12:00 PM
	6/22	7:00 AM	6:00 AM
Miles Apart, Close at Heart	6/1	9:00 AM	8:00 AM
Plan. Prepare. Deploy.	6/9	1:00 PM	12:00 PM
Stronger Together During Deployment	6/9	11:00 AM	10:00 AM

PARENTING



Eastern Central

		Eastern	Central
Hard Headlines, Steady Parenting	6/26	9:00 AM	8:00 AM
Nine Steps To Positive Parenting	6/4	8:00 PM	7:00 PM
Parenting to Prevent PSB: Parenting and Sexual Development (SHAPE Module 1)	6/5	8:30 AM	7:30 AM
	6/3	6:30 PM	5:30 PM
Teens (SHAPE Module 5)	6/3	6:30 PM	5:30 PM
Roots of Success: Building Skills in the Early Years	6/10	12:00 PM	11:00 AM
Single.Serving.Parent: Deployed	6/2	8:00 AM	7:00 AM
Single.Serving.Parent: Dual Mission	6/3	8:00 AM	7:00 AM
Single.Serving.Parent: Special Needs	6/4	8:00 AM	7:00 AM
What About the Kids?	6/25	1:00 PM	12:00 PM

NAVY LIFE



Eastern Central

		Eastern	Central
Military Spouse 101	6/18	2:00 PM	1:00 PM
Navy Life 101	6/15	8:00 AM	7:00 AM
Ombudsman Hot Topic: Settling in After the Move	6/17	9:00 AM	8:00 AM
Why OPSEC Matters	6/24	6:00 PM	5:00 PM
	6/1	1:00 PM	12:00 PM
	6/11	10:00 PM	9:00 PM

RELOCATION



Eastern Central

		Eastern	Central
Calming Cultural Shock	6/29	7:00 PM	6:00 PM
Moving with EFMP	6/3	12:00 PM	11:00 AM
Moving with Exceptional Family Member	6/16	1:00 PM	12:00 PM
	6/3	9:00 AM	8:00 AM
	6/4	1:00 PM	12:00 PM
Stepping up Support: Sponsorship Training	6/5	9:00 AM	8:00 AM
	6/15	7:00 PM	6:00 PM
Planning the Perfect PCS	6/17	9:00 AM	8:00 AM
	6/18	1:00 PM	12:00 PM
	6/22	12:00 PM	11:00 AM
The PCS Process	6/10	9:00 AM	8:00 AM
	6/11	1:00 PM	12:00 PM

EMPLOYMENT



Eastern Central

		Eastern	Central
Becoming Federal Resume Savvy	6/3	5:00 PM	4:00 PM
	6/12	7:00 AM	6:00 AM
	6/15	3:00 PM	2:00 PM
	6/22	9:00 AM	8:00 AM
Building the Modern Resume	6/9	3:00 PM	2:00 PM
	6/25	3:00 PM	2:00 PM
Job Search Hacks	6/29	7:00 AM	6:00 AM
	6/10	3:00 PM	2:00 PM
	6/15	2:00 PM	1:00 PM
Mastering Virtual Interviews	6/17	8:00 PM	7:00 PM
	6/11	9:00 AM	8:00 AM
	6/21	8:00 PM	7:00 PM
The Road to Remote Job Success	6/17	1:00 PM	12:00 PM
Understanding USAJOBS	6/4	1:00 PM	12:00 PM
	6/16	9:00 AM	8:00 AM
	6/28	9:00 PM	8:00 PM

EMERGENCY PREPAREDNESS



Eastern Central

		Eastern	Central
Resolve to Be Ready: Evacuation Planning	6/10	8:00 PM	7:00 PM
	6/18	3:00 PM	2:00 PM
Safety is No Accident: Emergency Preparedness	6/11	12:00 PM	11:00 AM
	6/25	12:00 PM	11:00 AM

EXCEPTIONAL FAMILY MEMBER



Eastern Central

		Eastern	Central
Permanent Change of Duty Station from Special Education into Adulthood; The Transition Process	6/23	1:00 PM	12:00 PM
The Road Ahead: Special Needs Future Planning	6/4	11:00 AM	10:00 AM

June registration opens May 18th on the **NEW FFSP LMS.**

Go to **MyNavyFamily.com**

to make a new account and click Live Training.



PERSONAL FINANCE



		Eastern	Central
Are You Home Buying Ready?	6/18	1:00 PM	12:00 PM
Baby Breaks the Bank!	6/29	4:30 PM	3:30 PM
Back Home and Bank Ready	6/12	9:00 AM	8:00 AM
Banking and Financial Services	6/5	2:00 PM	1:00 PM
	6/30	6:00 PM	5:00 PM
Car Buying Strategies	6/1	8:00 AM	7:00 AM
	6/10	9:00 AM	8:00 AM
	6/29	4:00 PM	3:00 PM
	6/30	1:00 PM	12:00 PM
Command Your Credit	6/1	10:00 AM	9:00 AM
Communicating about Finances	6/30	2:00 PM	1:00 PM
Consumer Awareness	6/2	9:00 PM	8:00 PM
Deployment-Ready Finances: Securing Your Future	6/11	8:00 AM	7:00 AM
Disaster-Proof Insurance Coverage Essentials	6/29	3:00 PM	2:00 PM
Home Buying	6/4	9:00 AM	8:00 AM
	6/15	1:00 PM	12:00 PM
Making the Most of Your Overseas Pay	6/18	8:00 AM	7:00 AM
Money Prep: Baby on Board	6/9	9:00 PM	8:00 PM
	6/23	5:00 PM	4:00 PM
	6/30	9:00 AM	8:00 AM
Now I'm the Landlord	6/25	1:00 PM	12:00 PM
PCS and your Pocketbook	6/22	7:00 PM	6:00 PM
	6/24	9:00 AM	8:00 AM
	6/25	1:00 PM	12:00 PM
Planning your Financial Future	6/8	10:00 AM	9:00 AM
Ready, Set... Rent!	6/4	2:00 PM	1:00 PM
	6/14	9:00 PM	8:00 PM
	6/23	1:00 PM	12:00 PM
Take a Bite Out of College Costs	6/18	9:00 AM	8:00 AM
Thrift Savings Plan: Choosing the Right Path	6/9	8:00 AM	7:00 AM
Tools to Grow Your Money	6/26	1:00 PM	12:00 PM
TSP Basics for Navy Life	6/17	12:00 PM	11:00 AM

TRANSITION



		Eastern	Central
DOL Employment Fundamental for Transition	6/3	2:00 PM	1:00 PM
	6/10	8:00 AM	7:00 AM
	6/24	11:00 AM	10:00 AM
DOL Employment Track Day 1	6/11	8:00 AM	7:00 AM
DOL Employment Track Day 2	6/12	8:00 AM	7:00 AM
Financial Planning for Transition	6/2	2:00 PM	1:00 PM
	6/9	1:00 PM	12:00 PM
	6/23	4:00 PM	3:00 PM
Leveraging the VMET in Your Job Search	6/25	8:00 AM	7:00 AM
Life After Tricare	6/12	12:00 PM	11:00 AM
	6/24	3:00 PM	2:00 PM
Managing Your Transition	6/1	4:15 PM	3:15 PM
	6/9	10:15 AM	9:15 AM
	6/23	1:15 PM	12:15 PM
Mastering the Civilian Resume	6/7	9:00 PM	8:00 PM
	6/8	8:00 AM	7:00 AM
Military Retirement Planning: Know the Facts	6/16	9:00 PM	8:00 PM
	6/17	3:00 PM	2:00 PM
	6/24	4:00 PM	3:00 PM
	6/26	8:00 AM	7:00 AM
MOC Crosswalk	6/1	5:00 PM	4:00 PM
	6/9	11:00 AM	10:00 AM
	6/23	2:00 PM	1:00 PM
Pre-Separation	6/1	2:00 PM	1:00 PM
	6/9	8:00 AM	7:00 AM
	6/23	11:00 AM	10:00 AM
Retirement Ready Navy Spouse	6/2	3:00 PM	2:00 PM
Skillbridge Simplified	6/3	11:00 PM	10:00 PM
	6/10	12:00 PM	11:00 AM
	6/24	12:00 PM	11:00 AM
Transferable Skills: Your Key to Career Mobility	6/8	12:00 PM	11:00 AM
	6/25	11:00 AM	10:00 AM

WARRIOR AND FAMILY RESILIENCE



		Eastern	Central
Achieving Financial Empowerment while Experiencing IPV	6/9	9:00 AM	8:00 AM
Building Bridges: Nurturing Healthy Relationships	6/30	1:00 PM	12:00 PM
Building Healthy Relationships	6/2	11:00 AM	10:00 AM
Conflict Management	6/10	11:00 AM	10:00 AM
Finding the Good in Conflict	6/16	11:00 AM	10:00 AM
	6/25	9:00 PM	8:00 PM
How to Protect the Next Generation in the Digital Age	6/16	9:00 AM	8:00 AM
How to Protect the Next Generation in the Digital Age	6/16	9:00 AM	8:00 AM
MindBodyMental Fitness (MBMF) Mod 2: Mindfulness & Meditation	6/9	11:00 PM	10:00 PM
MBMF Mod 3: Living Core Values	6/10	11:00 PM	10:00 PM
MBMF Mod 4: Flexibility	6/15	11:00 PM	10:00 PM
MBMF Mod 5: Problem Solving	6/16	11:00 PM	10:00 PM
MBMF Mod 6: Connection	6/17	11:00 PM	10:00 PM
Spotting the Signs of Youth Suicide	6/10	11:00 AM	10:00 AM
Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	6/1	2:00 PM	1:00 PM
Stress Management	6/16	11:00 AM	10:00 AM
	6/23	10:00 AM	9:00 AM
The Power of Connection: Building Support Systems	6/3	3:00 PM	2:00 PM
	6/15	9:00 AM	8:00 AM
Understanding Anger	6/9	10:00 AM	9:00 AM

Need to talk? For virtual clinical counseling services Call 1-855-205-6749 to book an appointment.

Find a Fleet and Family Support Center near you at

<https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory>

Scan to schedule a one on one appointment to discuss personal financial management, employment, deployment, relocation, parenting, and more.



Book a Free 1:1 Consultation with a team member today

