

# Training in Your Time

Zone

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## ITALY AND BAHRAIN TIMES

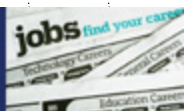
JULY 2026

### DEPLOYMENT



|                                                       |      | Italy   | Bahrain  |
|-------------------------------------------------------|------|---------|----------|
| Back Home and Bank Ready                              | 7/8  | 7:00 PM | 8:00 PM  |
|                                                       | 7/10 | 8:00 PM | 9:00 PM  |
| Deploy Solo and Deploy Strong                         | 7/24 | 7:00 PM | 8:00 PM  |
| Deployment Extended: What's Next?                     | 7/13 | 4:00 PM | 5:00 PM  |
| Equipping Your Kids During Deployment                 | 7/16 | 1:00 PM | 2:00 PM  |
| How is the Individual Augmentee Deployment Different? | 7/21 | 5:00 PM | 6:00 PM  |
| Keeping it Together During Deployment                 | 7/23 | 1:00 PM | 2:00 PM  |
|                                                       | 7/30 | 2:00 PM | 3:00 PM  |
| Kids & Deployment: The Roller Coaster Ride            | 7/2  | 3:00 PM | 4:00 PM  |
|                                                       | 7/9  | 1:00 PM | 2:00 PM  |
|                                                       | 7/15 | 8:00 AM | 9:00 AM  |
|                                                       | 7/20 | 6:00 PM | 7:00 PM  |
| Plan. Prepare. Deploy.                                | 7/6  | 9:00 PM | 10:00 PM |
| Sleep Tight - Deploy Right                            | 7/27 | 5:00 PM | 6:00 PM  |
| Weathering an Unpredictable Deployment                | 7/7  | 6:00 PM | 7:00 PM  |

### EMPLOYMENT



|                                            |      | Italy    | Bahrain  |
|--------------------------------------------|------|----------|----------|
| AI Prompt Engineering: From Idea to Output | 7/8  | 3:00 PM  | 4:00 PM  |
| AI Resume Building: A Paradigm Shift       | 7/1  | 3:00 PM  | 4:00 PM  |
| Becoming Federal Resume Savvy              | 7/28 | 11:00 AM | 12:00 PM |
|                                            | 7/29 | 3:00 PM  | 4:00 PM  |
|                                            | 7/30 | 7:00 PM  | 8:00 PM  |
| Job Search Hacks                           | 7/21 | 11:00 AM | 12:00 PM |
|                                            | 7/22 | 3:00 PM  | 4:00 PM  |
|                                            | 7/23 | 7:00 PM  | 8:00 PM  |
| Leveraging AI for Your 2026 Job Search     | 7/2  | 3:00 PM  | 4:00 PM  |
|                                            | 7/7  | 11:00 AM | 12:00 PM |
|                                            | 7/8  | 3:00 PM  | 4:00 PM  |
| Mastering Virtual Interviews               | 7/9  | 7:00 PM  | 8:00 PM  |
|                                            | 7/2  | 11:00 AM | 12:00 PM |
|                                            | 7/16 | 3:00 PM  | 4:00 PM  |
| USAJobs 2026                               | 7/10 | 3:00 PM  | 4:00 PM  |
| Volunteer to Career                        | 7/14 | 9:00 PM  | 10:00 PM |
|                                            | 7/22 | 11:00 AM | 12:00 PM |

### EMERGENCY PREPAREDNESS



|                                                        |      | Italy   | Bahrain  |
|--------------------------------------------------------|------|---------|----------|
| Disaster-Proof Your Wallet                             | 7/29 | 5:00 PM | 6:00 PM  |
| Get Organized for Emergencies                          | 7/29 | 8:00 PM | 9:00 PM  |
| Know The Risks, Limit the Loss: Emergency Preparedness | 7/9  | 9:00 PM | 10:00 PM |
| Know the Risks, Limit the Loss: Emergency Preparedness | 7/23 | 9:00 PM | 10:00 PM |

### NAVY LIFE



|                                                                                 |      | Italy    | Bahrain  |
|---------------------------------------------------------------------------------|------|----------|----------|
| Mission Start: Military Spouse Orientation 101                                  | 7/15 | 9:00 PM  | 10:00 PM |
| Navy Spouse Life 101                                                            | 7/15 | 11:00 AM | 12:00 PM |
| Ombudsman Hot Topic: Teaching Navy Families OPSEC, Smart Sharing Starts at Home | 7/22 | 3:00 PM  | 4:00 PM  |
| Why OPSEC Matters                                                               | 7/13 | 5:00 PM  | 6:00 PM  |

### PARENTING



|                                                   |      | Italy   | Bahrain  |
|---------------------------------------------------|------|---------|----------|
| Exploring Through the Senses                      | 7/22 | 8:00 PM | 9:00 PM  |
| Hard Headlines, Steady Parenting                  | 7/6  | 3:00 PM | 4:00 PM  |
| Helping Kids Thrive Through Change                | 7/20 | 4:00 PM | 5:00 PM  |
| Parenting and Sexual Development (SHAPE Module 1) | 7/2  | 5:00 PM | 6:00 PM  |
|                                                   | 7/28 | 3:00 PM | 4:00 PM  |
| Problematic Sexual Behavior in Youth and Children | 7/22 | 8:00 PM | 9:00 PM  |
| Screens and Young Minds                           | 7/15 | 6:00 PM | 7:00 PM  |
| Self-Care: Parent Edition                         | 7/27 | 6:00 PM | 7:00 PM  |
| Single.Serving.Parent: Deployed                   | 7/6  | 6:00 AM | 7:00 AM  |
|                                                   | 7/22 | 4:00 PM | 5:00 PM  |
| Single.Serving.Parent: Dual Mission               | 7/20 | 8:00 PM | 9:00 PM  |
|                                                   | 7/31 | 9:00 PM | 10:00 PM |
| Single.Serving.Parent: Special Needs              | 7/2  | 9:00 PM | 10:00 PM |
| Tear Free Dinner                                  | 7/13 | 6:00 PM | 7:00 PM  |
| What About the Kids?                              | 7/16 | 7:00 PM | 8:00 PM  |

### RELOCATION



|                                           |      | Italy    | Bahrain  |
|-------------------------------------------|------|----------|----------|
| Calming Cultural Shock                    | 7/6  | 11:00 AM | 12:00 PM |
| Cultural Adaptation                       | 7/8  | 6:00 PM  | 7:00 PM  |
| Moving with EFMP                          | 7/29 | 6:00 PM  | 7:00 PM  |
| PCS and Your Pocketbook                   | 7/21 | 3:00 PM  | 4:00 PM  |
| Planning the Perfect PCS                  | 7/2  | 7:00 PM  | 8:00 PM  |
|                                           | 7/20 | 11:00 AM | 12:00 PM |
| Stepping up Support: Sponsorship Training | 7/7  | 3:00 PM  | 4:00 PM  |
|                                           | 7/10 | 8:00 PM  | 9:00 PM  |
| The PCS Process                           | 7/14 | 7:00 PM  | 8:00 PM  |
|                                           | 7/17 | 6:00 PM  | 7:00 PM  |

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and more on the  
**NEW** FFSP LMS

Go to  
**MyNavyFamily.com**



PERSONAL  
FINANCE



|                                              |      | Italy    | Bahrain  |
|----------------------------------------------|------|----------|----------|
| Back Home and Bank Ready                     | 7/8  | 7:00 PM  | 8:00 PM  |
|                                              | 7/10 | 8:00 PM  | 9:00 PM  |
| Car Buying Strategies                        | 7/1  | 8:00 PM  | 9:00 PM  |
|                                              | 7/9  | 4:00 PM  | 5:00 PM  |
|                                              | 7/16 | 9:00 PM  | 10:00 PM |
|                                              | 7/21 | 7:00 PM  | 8:00 PM  |
| Christmas in July: Saving for the Holidays.  | 7/29 | 6:00 PM  | 7:00 PM  |
| Command Your Credit                          | 7/8  | 11:00 AM | 12:00 PM |
| Consumer Awareness                           | 7/28 | 9:00 PM  | 10:00 PM |
| Disaster-Proof Your Wallet                   | 7/29 | 5:00 PM  | 6:00 PM  |
| Financial Confidence Through Life's Changes  | 7/17 | 2:00 PM  | 3:00 PM  |
|                                              | 7/14 | 9:00 PM  | 10:00 PM |
|                                              | 7/23 | 8:00 PM  | 9:00 PM  |
| Home Buying                                  | 7/29 | 7:00 PM  | 8:00 PM  |
|                                              | 7/9  | 7:00 PM  | 8:00 PM  |
| Making the Most of Your Overseas Pay         | 7/10 | 2:00 PM  | 3:00 PM  |
| Maximize Your GI Bill                        | 7/14 | 3:00 PM  | 4:00 PM  |
| Military Retirement Planning: Know the Facts | 7/22 | 6:00 PM  | 7:00 PM  |
| Money Prep: Baby on Board                    | 7/23 | 3:00 PM  | 4:00 PM  |
| Money Talks - Teen Edition                   | 7/24 | 11:00 AM | 12:00 PM |
| PCS and your Pocketbook                      | 7/21 | 3:00 PM  | 4:00 PM  |
| Ready, Set... Rent!                          | 7/17 | 5:00 PM  | 6:00 PM  |
| Stretching Budgets and Maximizing Nutrition  | 7/24 | 3:00 PM  | 4:00 PM  |
| Take a Bite Out of College Costs             | 7/30 | 11:00 AM | 12:00 PM |
| Tools to Grow Your Money                     | 7/31 | 7:00 PM  | 8:00 PM  |
| TSP Basics for Navy Life                     | 7/15 | 7:00 PM  | 8:00 PM  |

TRANSITION



|                                                        |      | Italy    | Bahrain  |
|--------------------------------------------------------|------|----------|----------|
| Financial Confidence Through Life's Changes            | 7/17 | 2:00 PM  | 3:00 PM  |
|                                                        | 7/8  | 7:00 AM  | 8:00 AM  |
| Leveraging the VMET in Your Job Search                 | 7/7  | 8:00 PM  | 9:00 PM  |
| Life After Tricare                                     | 7/31 | 3:00 PM  | 4:00 PM  |
| Retirement Ready Navy Spouse                           | 7/15 | 5:00 PM  | 6:00 PM  |
| Skillbridge Simplified                                 | 7/27 | 11:00 AM | 12:00 PM |
|                                                        | 7/14 | 11:00 AM | 12:00 PM |
| Transferable Skills: Your Key to Career Mobility       | 7/15 | 3:00 PM  | 4:00 PM  |
|                                                        | 7/16 | 7:00 PM  | 8:00 PM  |
|                                                        | 7/8  | 1:00 PM  | 2:00 PM  |
| VTAP DOL Employment Fundamentals for Career Transition | 7/15 | 2:00 PM  | 3:00 PM  |
|                                                        | 7/22 | 3:00 PM  | 4:00 PM  |
| VTAP DOW My Education Track                            |      |          |          |
| Day 1                                                  | 7/16 | 2:00 PM  | 3:00 PM  |
| Day 2                                                  | 7/17 | 2:00 PM  | 3:00 PM  |
| VTAP Financial Planning for Transition                 | 7/7  | 1:00 PM  | 2:00 PM  |
|                                                        | 7/14 | 7:00 PM  | 8:00 PM  |
|                                                        | 7/21 | 8:00 PM  | 9:00 PM  |
| VTAP Managing Your Transition                          | 7/6  | 3:15 PM  | 4:15 PM  |
|                                                        | 7/14 | 4:15 PM  | 5:15 PM  |
|                                                        | 7/21 | 5:15 PM  | 6:15 PM  |
| VTAP MOC Crosswalk                                     | 7/6  | 4:00 PM  | 5:00 PM  |
|                                                        | 7/14 | 5:00 PM  | 6:00 PM  |
|                                                        | 7/21 | 6:00 PM  | 7:00 PM  |
| VTAP Pre-Separation Brief                              | 7/6  | 1:00 PM  | 2:00 PM  |
|                                                        | 7/14 | 2:00 PM  | 3:00 PM  |
|                                                        | 7/20 | 3:00 PM  | 4:00 PM  |

WARRIOR AND  
FAMILY RESILIENCE



|                                                                                           |      | Italy    | Bahrain  |
|-------------------------------------------------------------------------------------------|------|----------|----------|
| Anger Management                                                                          | 7/7  | 5:00 PM  | 6:00 PM  |
| Better Reaction, Better Outcomes                                                          | 7/9  | 3:00 PM  | 4:00 PM  |
|                                                                                           | 7/27 | 6:00 AM  | 7:00 AM  |
| Building Healthy Relationships                                                            | 7/23 | 8:00 PM  | 9:00 PM  |
| Coping Skills                                                                             | 7/29 | 9:00 PM  | 10:00 PM |
| Finding the Good in Conflict                                                              | 7/6  | 7:00 PM  | 8:00 PM  |
|                                                                                           | 7/13 | 11:00 AM | 12:00 PM |
| Healing Through Parenting: Strategies for Co-parenting with DV                            | 7/16 | 3:00 PM  | 4:00 PM  |
| Motivating by Appreciation                                                                | 7/20 | 6:00 PM  | 7:00 PM  |
| Organize Your Life                                                                        | 7/15 | 8:00 PM  | 9:00 PM  |
| Stoicism Principles and Stress Management                                                 | 7/17 | 3:00 PM  | 4:00 PM  |
| Strength Through Struggle: A case study on Resilience and Recovery from Domestic Violence | 7/7  | 7:00 PM  | 8:00 PM  |
|                                                                                           | 7/15 | 5:00 PM  | 6:00 PM  |
| Stress Management                                                                         | 7/21 | 4:00 PM  | 5:00 PM  |
|                                                                                           | 7/28 | 2:00 PM  | 3:00 PM  |
| The Bounce Back Blueprint                                                                 | 7/16 | 4:00 PM  | 5:00 PM  |
| The Coordinated Community Response                                                        | 7/10 | 7:00 AM  | 8:00 AM  |
| The Power of Connection: Building Support Systems                                         | 7/16 | 1:00 PM  | 2:00 PM  |
|                                                                                           | 7/7  | 4:00 PM  | 5:00 PM  |
| Understanding Anger                                                                       | 7/7  | 4:00 PM  | 5:00 PM  |

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

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