

Training in Your Time

Zone

Wherever you are in the world, access valuable programs and services to support your personal and professional growth. We're bringing the resources to your screen — anytime, anywhere. FFSP is just a click away.

EASTERN AND CENTRAL TIMES

JULY 2026

DEPLOYMENT



		Eastern	Central
Am I Okay?	7/8	4:00 PM	3:00 PM
	7/29	8:00 PM	7:00 PM
Back Home and Bank Ready	7/8	1:00 PM	12:00 PM
	7/10	2:00 PM	1:00 PM
Deploy Solo and Deploy Strong	7/24	1:00 PM	12:00 PM
Deployment Extended: What's Next?	7/13	10:00 AM	9:00 AM
How is the Individual Augmentee Deployment Different?	7/21	11:00 AM	10:00 AM
Keeping it Together During Deployment	7/15	9:00 PM	8:00 PM
	7/30	8:00 AM	7:00 AM
Kids & Deployment: The Roller Coaster Ride	7/2	9:00 AM	8:00 AM
	7/20	12:00 PM	11:00 AM
Plan. Prepare. Deploy.	7/6	3:00 PM	2:00 PM
Sleep Tight - Deploy Right	7/27	11:00 AM	10:00 AM
Weathering an Unpredictable Deployment	7/7	12:00 PM	11:00 AM

EMPLOYMENT



		Eastern	Central
AI Prompt Engineering: From Idea to Output	7/8	9:00 AM	8:00 AM
AI Resume Building: A Paradigm Shift	7/1	9:00 AM	8:00 AM
Becoming Federal Resume Savvy	7/27	8:00 PM	7:00 PM
	7/29	9:00 AM	8:00 AM
	7/30	1:00 PM	12:00 PM
Job Search Hacks	7/20	8:00 PM	7:00 PM
	7/22	9:00 AM	8:00 AM
	7/23	1:00 PM	12:00 PM
Leveraging AI for Your 2026 Job Search	7/2	9:00 AM	8:00 AM
Mastering Virtual Interviews	7/6	8:00 PM	7:00 PM
	7/8	9:00 AM	8:00 AM
	7/9	1:00 PM	12:00 PM
Understanding USAJOBS	7/1	8:00 PM	7:00 PM
	7/16	9:00 AM	8:00 AM
USAJobs 2026	7/10	9:00 AM	8:00 AM
Volunteer to Career	7/14	3:00 PM	2:00 PM

NAVY LIFE



		Eastern	Central
Mission Start: Military Spouse Orientation 101	7/15	3:00 PM	2:00 PM
Ombudsman Hot Topic: Teaching Navy Families OPSEC, Smart Sharing Starts at Home	7/22	9:00 AM	8:00 AM
	7/29	6:00 PM	5:00 PM
Why OPSEC Matters	7/13	11:00 AM	10:00 AM

EMERGENCY PREPAREDNESS



		Eastern	Central
Disaster-Proof Your Wallet	7/29	12:00 PM	11:00 AM
Get Organized for Emergencies	7/29	2:00 PM	1:00 PM
Know The Risks, Limit the Loss: Emergency Preparedness	7/9	3:00 PM	2:00 PM
	7/23	3:00 PM	2:00 PM

RELOCATION



		Eastern	Central
Calming Cultural Shock	7/22	8:00 PM	7:00 PM
Cultural Adaptation	7/8	12:00 PM	11:00 AM
Moving with EFMP	7/29	12:00 PM	11:00 AM
PCS and Your Pocketbook	7/21	9:00 AM	10:00 AM
Planning the Perfect PCS	7/2	1:00 PM	12:00 PM
Stepping up Support: Sponsorship Training	7/7	9:00 AM	8:00 AM
	7/10	2:00 PM	1:00 PM
	7/21	10:00 PM	9:00 PM
	7/27	5:00 PM	4:00 PM
The PCS Process	7/14	1:00 PM	12:00 PM
	7/17	12:00 PM	11:00 AM
	7/28	4:00 PM	3:00 PM

PARENTING



		Eastern	Central
Exploring Through the Senses	7/22	2:00 PM	1:00 PM
Hard Headlines, Steady Parenting	7/6	9:00 AM	8:00 AM
Helping Kids Thrive Through Change	7/20	10:00 AM	9:00 AM
Parenting and Sexual Development (SHAPE Module 1)	7/2	11:00 AM	10:00 AM
	7/28	9:00 AM	8:00 AM
Problematic Sexual Behavior in Youth and Children	7/22	2:00 PM	1:00 PM
Screens and Young Minds	7/15	12:00 PM	11:00 AM
Self-Care: Parent Edition	7/27	12:00 PM	11:00 AM
Single.Serving.Parent: Deployed	7/22	10:00 AM	9:00 AM
Single.Serving.Parent: Dual Mission	7/20	2:00 PM	1:00 PM
	7/31	3:00 PM	2:00 PM
Single.Serving.Parent: Special Needs	7/2	3:00 PM	2:00 PM
	7/13	5:00 PM	4:00 PM
Tear Free Dinner	7/13	12:00 PM	11:00 AM
What About the Kids?	7/16	1:00 PM	12:00 PM

Find all these trainings
and more on the
NEW
FFSP LMS

Go to
MyNavyFamily.com



PERSONAL
FINANCE

Eastern Central

Back Home and Bank Ready	7/8	1:00 PM	12:00 PM
	7/10	2:00 PM	1:00 PM
Car Buying Strategies	7/1	2:00 PM	1:00 PM
	7/9	10:00 AM	9:00 AM
	7/16	3:00 PM	2:00 PM
	7/21	1:00 PM	12:00 PM
Christmas in July: Saving for the Holidays.	7/29	12:00 PM	11:00 AM
Consumer Awareness	7/28	3:00 PM	2:00 PM
Disaster-Proof Your Wallet	7/29	11:00 AM	10:00 AM
Financial Confidence Through Life's Changes	7/8	10:00 PM	9:00 PM
	7/17	8:00 AM	7:00 AM
Home Buying	7/14	3:00 PM	2:00 PM
	7/23	2:00 PM	1:00 PM
	7/29	1:00 PM	12:00 PM
Home Selling	7/9	1:00 PM	12:00 PM
Making the Most of Your Overseas Pay	7/10	8:00 AM	7:00 AM
Maximize Your GI Bill	7/14	9:00 AM	8:00 AM
Military Retirement Planning: Know the Facts	7/22	12:00 PM	11:00 AM
Million Dollar Sailor Day 1	7/13	7:00 PM	6:00 PM
Million Dollar Sailor Day 2	7/14	7:00 PM	6:00 PM
(Must attend both sessions)			
Million Dollar Sailor Day 1	7/15	7:00 PM	6:00 PM
Million Dollar Sailor Day 2	7/16	7:00 PM	6:00 PM
(Must attend both sessions)			
Money Prep: Baby on Board	7/23	9:00 AM	8:00 AM
PCS and your Pocketbook	7/21	9:00 AM	8:00 AM
Planning your Financial Future	7/28	9:00 PM	8:00 PM
Ready, Set... Rent!	7/17	11:00 AM	10:00 AM
Stretching Budgets and Maximizing Nutrition	7/24	9:00 AM	8:00 AM
Take a Bite Out of College Costs	7/12	10:00 PM	9:00 PM
Tools to Grow Your Money	7/31	1:00 PM	12:00 PM
TSP Basics for Navy Life	7/15	1:00 PM	12:00 PM

**Find a Fleet and Family
Support Center near you at**

[https://ffr.cnmc.navy.mil/Family-Readiness/
Fleet-And-Family-Support-Program/
FFSC-Directory](https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory)

TRANSITION



Eastern Central

Conquering Civilian Interviews	7/28	10:00 AM	9:00 AM
Life After Tricare	7/7	2:00 PM	1:00 PM
	7/21	6:00 PM	5:00 PM
Retirement Ready Navy Spouse	7/16	8:00 PM	7:00 PM
	7/31	9:00 AM	8:00 AM
Skillbridge Simplified	7/15	11:00 AM	10:00 AM
	7/30	10:00 PM	9:00 PM
Transferable Skills: Your Key to Career Mobility	7/13	8:00 PM	7:00 PM
	7/15	9:00 AM	8:00 AM
	7/16	1:00 PM	12:00 PM
	7/29	6:00 PM	5:00 PM
VTAP DOL Employment Fundamentals for Career Transition	7/15	8:00 AM	7:00 AM
	7/22	9:00 AM	8:00 AM
VTAP DOW My Education Track Day 1	7/16	8:00 AM	7:00 AM
Day 2	7/17	8:00 AM	7:00 AM
VTAP Financial Planning for Transition	7/14	1:00 PM	12:00 PM
	7/21	2:00 PM	1:00 PM
VTAP Managing Your Transition	7/6	9:15 AM	8:15 AM
	7/14	10:15 AM	9:15 AM
	7/21	11:15 AM	10:15 AM
VTAP MOC Crosswalk	7/6	10:00 AM	9:00 AM
	7/14	11:00 AM	10:00 AM
	7/21	12:00 PM	11:00 AM
VTAP Pre-Separation Brief	7/14	8:00 AM	7:00 AM
	7/20	9:00 AM	8:00 AM

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

WARRIOR AND
FAMILY RESILIENCE

Eastern Central

Anger Management	7/7	11:00 AM	10:00 AM
Better Reaction, Better Outcomes	7/9	9:00 AM	8:00 AM
Building Healthy Relationships	7/23	2:00 PM	1:00 PM
Coping Skills	7/29	3:00 PM	2:00 PM
Finding the Good in Conflict	7/6	1:00 PM	12:00 PM
	7/23	8:00 PM	7:00 PM
Healing Through Parenting: Strategies for Co-parenting with DV	7/16	9:00 AM	8:00 AM
Mind Body Mental Fitness (MBMF)			
Mod 1: Stress Resilience			
Mod 2: Mindfulness & Meditation	7/14	4:00 PM	3:00 PM
Mod 3: Living Core Values	7/15	4:00 PM	3:00 PM
Mod 4: Flexibility	7/16	4:00 PM	3:00 PM
Mod 5: Problem Solving	7/21	4:00 PM	3:00 PM
Mod 6: Connection	7/22	4:00 PM	3:00 PM
	7/23	4:00 PM	3:00 PM
Motivating by Appreciation	7/20	12:00 PM	11:00 AM
Organize Your Life	7/15	2:00 PM	1:00 PM
Run for Resilience	7/19	10:00 PM	9:00 PM
Stoicism Principles and Stress Management	7/17	9:00 AM	8:00 AM
Strength Through Struggle: A case study on Resilience and Recovery from Domestic Violence	7/7	1:00 PM	12:00 PM
Stress Management	7/15	11:00 AM	10:00 AM
	7/21	10:00 AM	9:00 AM
The Bounce Back Blueprint	7/28	8:00 AM	7:00 AM
The Coordinated Community Response	7/16	10:00 AM	9:00 AM
The Power of Connection: Building Support Systems	7/30	5:00 PM	4:00 PM
Understanding Anger	7/7	10:00 AM	9:00 AM

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