

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.

PACIFIC AND HAWAII TIMES

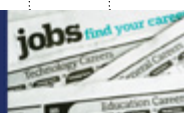
JULY 2026

DEPLOYMENT



		Pacific	Hawaii
Am I Okay?	7/8	1:00 PM	11:00 AM
	7/29	5:00 PM	3:00 PM
Back Home and Bank Ready	7/8	10:00 AM	8:00 AM
	7/10	11:00 AM	9:00 AM
Deploy Solo and Deploy Strong	7/24	10:00 AM	8:00 AM
How is the Individual Augmentee Deployment Different?	7/21	8:00 AM	6:00 AM
Keeping it Together During Deployment	7/15	6:00 PM	4:00 PM
Kids & Deployment: The Roller Coaster Ride	7/20	9:00 AM	7:00 AM
Plan. Prepare. Deploy.	7/6	12:00 PM	10:00 AM
Sleep Tight - Deploy Right	7/27	8:00 AM	6:00 AM
Weathering an Unpredictable Deployment	7/7	9:00 AM	7:00 AM

EMPLOYMENT



		Pacific	Hawaii
Becoming Federal Resume Savvy	7/27	5:00 PM	3:00 PM
	7/30	10:00 AM	8:00 AM
Job Search Hacks	7/20	5:00 PM	3:00 PM
	7/23	10:00 AM	8:00 AM
Mastering Virtual Interviews	7/6	5:00 PM	3:00 PM
	7/9	10:00 AM	8:00 AM
Understanding USAJOBS	7/1	5:00 PM	3:00 PM
Volunteer to Career	7/14	12:00 PM	10:00 AM

PARENTING



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

EMERGENCY PREPAREDNESS



		Pacific	Hawaii
Disaster-Proof Your Wallet	7/29	8:00 AM	6:00 AM
Get Organized for Emergencies	7/29	11:00 AM	9:00 AM
Know The Risks, Limit the Loss: Emergency Preparedness	7/9	12:00 PM	10:00 AM
	7/23	12:00 PM	10:00 AM

NAVY LIFE



		Pacific	Hawaii
Mission Start: Military Spouse Orientation 101	7/15	12:00 PM	10:00 AM
Ombudsman Hot Topic: Teaching Navy Families OPSEC, Smart Sharing Starts at Home	7/29	3:00 PM	1:00 PM
Why OPSEC Matters	7/13	8:00 AM	6:00 AM

RELOCATION



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

Find all these trainings and more on the
NEW FFSP LMS

Go to
MyNavyFamily.com



PERSONAL
FINANCE

		Pacific	Hawaii
Back Home and Bank Ready	7/8	10:00 AM	8:00 AM
	7/10	11:00 AM	9:00 AM
Car Buying Strategies	7/1	11:00 AM	9:00 AM
	7/16	12:00 PM	10:00 AM
	7/21	10:00 AM	8:00 AM
Christmas in July: Saving for the Holidays.	7/29	9:00 AM	7:00 AM
Consumer Awareness	7/28	12:00 PM	10:00 AM
Disaster-Proof Your Wallet	7/29	8:00 AM	6:00 AM
Financial Confidence Through Life's Changes	7/8	7:00 PM	5:00 PM
Home Buying	7/14	12:00 PM	10:00 AM
	7/23	11:00 AM	9:00 AM
	7/29	10:00 AM	8:00 AM
Home Selling	7/9	10:00 AM	8:00 AM
Military Retirement Planning: Know the Facts	7/22	9:00 AM	7:00 AM
NRJ Million Dollar Sailor Day 1	7/13	4:00 PM	2:00 PM
NRJ Million Dollar Sailor Day 2	7/14	4:00 PM	2:00 PM
Must attend both sessions)			
Million Dollar Sailor Day 1	7/15	4:00 PM	2:00 PM
Million Dollar Sailor Day 2	7/16	4:00 PM	2:00 PM
Must attend both sessions)			
Planning your Financial Future	7/28	6:00 PM	4:00 PM
Ready, Set... Rent!	7/17	8:00 AM	6:00 AM
Take a Bite Out of College Costs	7/12	7:00 PM	5:00 PM
Tools to Grow Your Money	7/31	10:00 AM	8:00 AM
TSP Basics for Navy Life	7/15	10:00 AM	8:00 AM

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

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

TRANSITION



		Pacific	Hawaii
Financial Confidence Through Life's Changes	7/8	7:00 PM	5:00 PM
Leveraging the VMET in Your Job Search	7/7	10:00 PM	8:00 PM
Life After Tricare	7/7	11:00 AM	9:00 AM
	7/21	3:00 PM	1:00 PM
Retirement Ready Navy Spouse	7/16	5:00 PM	3:00 PM
Skillbridge Simplified	7/15	8:00 AM	6:00 AM
	7/30	7:00 PM	5:00 PM
Transferable Skills: Your Key to Career Mobility	7/13	5:00 PM	3:00 PM
	7/16	10:00 AM	8:00 AM
	7/29	3:00 PM	1:00 PM
VTAP Financial Planning for Transition	7/14	10:00 AM	8:00 AM
	7/21	11:00 AM	9:00 AM
VTAP Managing Your Transition	7/21	8:15 AM	6:15 AM
VTAP MOC Crosswalk	7/14	8:00 AM	6:00 AM
	7/21	9:00 AM	7:00 AM

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

WARRIOR AND
FAMILY RESILIENCE

		Pacific	Hawaii
Anger Management	7/7	8:00 AM	6:00 AM
Better Reaction, Better Outcomes	7/25	9:00 PM	7:00 PM
Building Healthy Relationships	7/23	11:00 AM	9:00 AM
Coping Skills	7/29	12:00 PM	10:00 AM
Finding the Good in Conflict	7/6	10:00 AM	8:00 AM
	7/23	5:00 PM	3:00 PM
Mind Body Mental Fitness (MBMF)			
Mod 1: Stress Resilience	7/14	1:00 PM	11:00 AM
Mod 2: Mindfulness & Meditation	7/15	1:00 PM	11:00 AM
Mod 3: Living Core Values	7/16	1:00 PM	11:00 AM
Mod 4: Flexibility	7/21	1:00 PM	11:00 AM
Mod 5: Problem Solving	7/22	1:00 PM	11:00 AM
Mod 6: Connection	7/23	1:00 PM	11:00 AM
Motivating by Appreciation	7/20	9:00 AM	7:00 AM
Organize Your Life	7/15	11:00 AM	9:00 AM
Run for Resilience	7/19	7:00 PM	5:00 PM
Strength Through Struggle: A case study on Resilience and Recovery from Domestic Violence	7/7	10:00 AM	8:00 AM
Stress Management	7/15	8:00 AM	6:00 AM
The Power of Connection: Building Support Systems	7/9	10:00 PM	8:00 PM
	7/30	2:00 PM	12:00 PM

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