

Training in Your Time

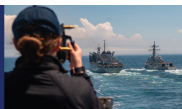
Zone

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.

JAPAN AND GUAM

September 2026

DEPLOYMENT



		Japan	Guam
Deploy Solo and Deploy Strong	9/15	10:00 PM	11:00 PM
Homefront Ready: Family Care Planning	9/29	9:00 PM	10:00 PM
Keeping it Together During Deployment	9/18	9:00 PM	10:00 PM
Plan. Prepare. Deploy.	9/9	10:00 AM	11:00 AM

EMPLOYMENT



		Japan	Guam
Becoming Federal Resume Savvy	9/3	6:00 PM	7:00 PM
Building the Modern Resume	9/2	10:00 AM	11:00 AM
Conquering Civilian Interviews	9/4	8:00 AM	9:00 AM
	9/11	6:00 PM	7:00 PM
Federal Job Mastery	9/15	7:00 PM	8:00 PM
	9/28	7:00 PM	8:00 PM
Job Search Hacks	9/23	12:00 PM	1:00 PM
Skillbridge Simplified	9/10	6:00 AM	7:00 AM
Understanding USAJOBS	9/17	9:00 PM	10:00 PM

EMERGENCY PREPAREDNESS



		Japan	Guam
Disaster-Proof Your Wallet	9/16	8:00 PM	9:00 PM

WARRIOR AND FAMILY RESILIENCE



		Japan	Guam
Am I Okay?	9/20	1:00 PM	2:00 PM
Better Reactions, Better Outcomes	9/8	9:00 AM	10:00 AM
	9/8	6:00 PM	7:00 PM
Bounce Back Better	9/14	8:00 AM	9:00 AM
Mindful Practices During Stressful Times	9/22	9:00 AM	10:00 AM
	9/22	6:00 PM	7:00 PM
Run for Resilience	9/17	10:00 AM	11:00 AM
The Power of Connection: Building Support Systems	9/15	9:00 AM	10:00 AM
	9/15	6:00 PM	7:00 PM

PARENTING



		Japan	Guam
Helping Kids Thrive Through Change	9/29	9:00 AM	10:00 AM
	9/29	6:00 PM	7:00 PM
Parenting and Sexual Development (SHAPE Module 1)	9/18	8:30 AM	9:30 AM
Single.Serving.Parent: Dual Mission	9/18	12:00 PM	1:00 PM
Single.Serving.Parent: Special Needs	9/30	10:00 AM	11:00 AM

RELOCATION



		Japan	Guam
Stepping up Support: Sponsorship Training	9/1	6:00 PM	7:00 PM
	9/3	6:00 AM	7:00 AM
	9/16	10:00 AM	11:00 AM
	9/23	8:00 PM	9:00 PM
The PCS Process	9/22	6:00 AM	7:00 AM
	9/28	12:00 PM	1:00 PM

NAVY LIFE



		Japan	Guam
Ombudsman Hot Topics - Supporting Navy Families Through Education: The School Liaison Program	10/1	7:00 AM	8:00 AM

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



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

PERSONAL FINANCE



		Japan	Guam
Car Buying Strategies	9/2	9:00 PM	10:00 PM
Command Your Credit	9/3	10:00 AM	11:00 AM
Consumer Awareness	9/9	9:00 PM	10:00 PM
	9/28	9:00 PM	10:00 PM
Disaster-Proof Your Wallet	9/16	8:00 PM	9:00 PM
Home Buying	9/5	6:00 AM	7:00 AM
Military Retirement Planning: Know the Facts	9/11	12:00 PM	1:00 PM
Million Dollar Sailor Day 1	9/16	9:00 PM	10:00 PM
Million Dollar Sailor Day 2 (must attend both sessions)	9/17	9:00 PM	10:00 PM
Money Prep: Baby on Board	9/30	9:00 PM	10:00 PM
Planning your Financial Future	9/24	8:00 AM	9:00 AM
Thrift Savings Plan: Choosing the Right Path	9/24	1:00 PM	2:00 PM
Virtual Million Dollar Sailor Day 1	9/1	9:00 PM	10:00 PM
Virtual Million Dollar Sailor Day 2 (must attend both sessions)	9/2	9:00 PM	10:00 PM

TRANSITION



		Japan	Guam
Civilian Healthcare Foundations	10/1	10:00 AM	11:00 AM
Conquering Civilian Interviews	9/4	8:00 AM	9:00 AM
	9/11	6:00 PM	7:00 PM
Retirement Ready Navy Spouse	9/9	1:00 PM	2:00 PM
Thrift Savings Plan: Choosing the Right Path	9/24	1:00 PM	2:00 PM
VTAP DOL Employment Fundamentals for Career Transition	9/23	9:00 PM	10:00 PM
VTAP DOL Vocational Track Day 1	9/24	9:00 PM	10:00 PM
VTAP DOL Vocational Track Day 2	9/25	9:00 PM	10:00 PM
VTAP Managing Your Transition	9/15	5:15 AM	6:15 AM
VTAP MOC Crosswalk	9/15	6:00 AM	7:00 AM
VTAP Pre-Separation Brief	9/22	9:00 PM	10:00 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>

Go to MyNavyFamily.com Log in or make a new account to register.

Resilience & Readiness



SEPTEMBER IS SUICIDE PREVENTION MONTH

Join us for virtual workshops that build resilience, connection, and coping skills.

WHAT YOU'LL LEARN

Learn to identify suicide warning signs
and connect others with support

Explore mindfulness and healthy coping
strategies for managing stress

Build stronger connections that foster
resilience and hope

MONDAYS | 8PM EDT

JAPAN TUESDAY 9AM

- Better Reactions, Better Outcomes (9/7)
- The Power of Connection: Building Support Systems (9/14)
- Mindful Practices During Stressful Times (9/21)
- Helping Kids Thrive Through Change (9/28)

TUESDAYS | 5AM EDT

ITALY 11 AM | JAPAN 6PM

- Better Reactions, Better Outcomes (9/8)
- The Power of Connection: Building Support Systems (9/15)
- Mindful Practices During Stressful Times (9/22)
- Helping Kids Thrive Through Change (9/29)

WEDNESDAYS | 9AM EDT

ITALY 3:00 PM

- Spotting the Signs of Youth Suicide (9/2)
- Better Reactions, Better Outcome (9/9)
- The Power of Connection: Building Support Systems (9/16)
- Mindfulness Practices During Stressful Times (9/23)
- Helping Kids Thrive Through Change (9/30)

THURSDAYS | 1PM EDT

ITALY 7:00 PM

- Better Reactions, Better Outcomes (9/7)
- The Power of Connection: Building Support Systems (9/14)
- Mindful Practices During Stressful Times (9/21)
- Helping Kids Thrive Through Change (9/28)

To register scan the QR Code
or visit: MyNavyFamily.com

