

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

September 2026

DEPLOYMENT



		Eastern	Central
Deployment-Ready Finances: Securing Your Future	9/22	10:00 AM	9:00 AM
Deploy Solo and Deploy Strong	9/15	9:00 AM	8:00 AM
Equipping Your Kids During Deployment	9/10	11:00 AM	10:00 AM
Homefront Ready: Family Care Planning	9/29	8:00 AM	7:00 AM
IA Deployment 101	9/9	4:00 PM	3:00 PM
Keeping it Together During Deployment	9/1	1:00 PM	12:00 PM
	9/18	8:00 AM	7:00 AM
Plan. Prepare. Deploy.	9/8	9:00 PM	8:00 PM
	9/23	2:00 PM	1:00 PM
Single.Serving.Parent: Deployed	9/16	4:00 PM	3:00 PM

EMPLOYMENT



		Eastern	Central
AI Prompt Engineering: From Idea to Output	9/9	10:30 AM	9:30 AM
AI Resume Building: A Paradigm Shift	9/2	10:30 AM	9:30 AM
Bounce Back From Job Rejection	9/2	8:30 AM	7:30 AM
Building the Modern Resume	9/1	9:00 PM	8:00 PM
	9/28	2:00 PM	1:00 PM
Conquering Civilian Interviews	9/3	7:00 PM	6:00 PM
	9/18	2:00 PM	1:00 PM
Demystifying Unemployment Compensation	9/14	9:00 AM	8:00 AM
Job Search Hacks	9/8	1:00 PM	12:00 PM
Leveraging AI for your 2026 Job Search	9/4	10:30 AM	9:30 AM
Mastering the Civilian Resume	9/24	11:00 AM	10:00 AM
Mastering Virtual Interviews	9/1	3:00 PM	2:00 PM
Remote Ready: A Spouse's Roadmap to a Virtual Career!	9/10	2:00 PM	1:00 PM
Transferable Skills: Your Key to Career Mobility	9/25	4:00 PM	3:00 PM

NAVY LIFE



		Eastern	Central
Ombudsman Hot Topics - Supporting Navy Families Through Education: The School Liaison Program	9/30	6:00 PM	5:00 PM
Who Is an Ombudsman?	9/9	11:00 AM	10:00 AM

EMERGENCY PREPAREDNESS



		Eastern	Central
Be Ready, Be Confident: Emergency Preparedness	9/23	11:00 AM	10:00 AM
Financial Preparation for Disasters	9/3	1:00 PM	12:00 PM

RELOCATION



		Eastern	Central
Operation: Family Move	9/10	11:00 AM	10:00 AM
PCS Smooth Track	9/22	12:00 PM	11:00 AM
Smooth Move	9/15	1:00 PM	12:00 PM
Stepping up Support: Sponsorship Training	9/2	5:00 PM	4:00 PM
	9/15	9:00 PM	8:00 PM
The PCS Process	9/21	5:00 PM	4:00 PM

**Go to
MyNavyFamily.com**
**Log in or make a
new account to register
for any of these sessions.**



EXCEPTIONAL FAMILY MEMBER



		Eastern	Central
CLIFF Notes to Hearing Impairments/Deafness Under IDEA	9/15	2:00 PM	1:00 PM
Single.Serving.Parent: Special Needs	9/29	9:00 PM	8:00 PM
The Road Ahead - Special Needs Future Planning	9/3	11:00 AM	10:00 AM

PARENTING



		Eastern	Central
Equipping Your Kids During Deployment	9/10	11:00 AM	10:00 AM
Helping Kids Thrive Through Change	9/28	8:00 PM	7:00 PM
	9/30	9:00 AM	8:00 AM
Healing Through Parenting: Strategies for Co-parenting with DV	9/3	2:00 PM	1:00 PM
How to Protect the Next Generation in the Digital Age	9/23	1:00 PM	12:00 PM
Nine Steps To Positive Parenting	9/28	11:00 AM	10:00 AM
Parenting and Sexual Development (SHAPE Module 1)	9/17	7:30 PM	6:30 PM
Problematic Sexual Behavior in Children and Youth	9/15	1:00 PM	12:00 PM
Single.Serving.Parent: Deployed	9/16	4:00 PM	3:00 PM
Single.Serving.Parent: Special Needs	9/29	9:00 PM	8:00 PM
Spotting the Signs of Youth Suicide	9/2	9:00 AM	8:00 AM
	9/3	1:00 PM	12:00 PM
What About the Kids?	9/17	1:00 PM	12:00 PM
Operation: Family Move	9/10	11:00 AM	10:00 AM

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



PERSONAL
FINANCE

Eastern Central

Achieving Financial Empowerment while Experiencing IPV	9/28	12:00 PM	11:00 AM
Banking and Financial Services	9/4	9:00 AM	8:00 AM
	9/22	1:00 PM	12:00 PM
Birth & Adoption of a Child Financial Workshop	9/24	1:00 PM	12:00 PM
Car Buying Strategies	9/2	8:00 AM	7:00 AM
	9/18	2:00 PM	1:00 PM
Command Your Credit	9/2	9:00 PM	8:00 PM
Consumer Awareness	9/9	8:00 AM	7:00 AM
	9/17	11:00 AM	10:00 AM
	9/28	8:00 AM	7:00 AM
Deployment-Ready Finances: Securing Your Future	9/22	10:00 AM	9:00 AM
Financial Preparation for Disasters	9/3	1:00 PM	12:00 PM
Home Buying	9/4	5:00 PM	4:00 PM
	9/21	1:00 PM	12:00 PM
Making the Most of Your Overseas Pay	9/25	9:00 AM	8:00 AM
Maximize Your GI Bill	9/11	11:00 AM	10:00 AM
Military Retirement Planning: Know the Facts	9/24	9:00 AM	8:00 AM
Million Dollar Sailor Day 1	9/16	8:00 AM	7:00 AM
Million Dollar Sailor Day 2	9/17	8:00 AM	7:00 AM
(Must attend both sessions)			
Money Prep: Baby on Board	9/8	2:00 PM	1:00 PM
	9/30	8:00 AM	7:00 AM
Planning your Financial Future	9/23	7:00 PM	6:00 PM
The Financially Fit Holiday Blueprint	9/17	2:00 PM	1:00 PM
Thrift Savings Plan: Choosing the Right Path	9/14	11:00 AM	10:00 AM
TSP Basics for Navy Life	9/3	3:00 PM	2:00 PM
Virtual Million Dollar Sailor Day 1	9/1	8:00 AM	7:00 AM
Virtual Million Dollar Sailor Day 2	9/2	8:00 AM	7:00 AM
(Must attend both sessions)			
Your Money and Your Mindset	9/29	1:00 PM	12:00 PM

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

TRANSITION



Eastern Central

Civilian Healthcare Foundations	9/14	4:00 PM	3:00 PM
	9/30	9:00 PM	8:00 PM
Conquering Civilian Interviews	9/3	7:00 PM	6:00 PM
	9/18	2:00 PM	1:00 PM
Demystifying Unemployment Compensation	9/14	9:00 AM	8:00 AM
Leveraging the VMET in Your Job Search	9/15	12:00 PM	11:00 AM
Life After Tricare	9/4	2:00 PM	1:00 PM
Mastering the Civilian Resume	9/24	11:00 AM	10:00 AM
Skillbridge Simplified	9/9	5:00 PM	4:00 PM
Transferable Skills: Your Key to Career Mobility	9/25	4:00 PM	3:00 PM
VTAP DOL Employment Fundamentals for Career Transition	9/16	2:00 PM	1:00 PM
	9/23	8:00 AM	7:00 AM
	9/30	9:00 AM	8:00 AM
VTAP DOL Vocational Track Day 1	9/24	8:00 AM	7:00 AM
VTAP DOL Vocational Track Day 2	9/25	8:00 AM	7:00 AM
VTAP Financial Planning for Transition	9/15	2:00 PM	1:00 PM
	9/22	1:00 PM	12:00 PM
	9/29	2:00 PM	1:00 PM
VTAP Managing Your Transition	9/14	4:15 PM	3:15 PM
	9/22	10:15 AM	9:15 AM
	9/29	11:15 AM	10:15 AM
VTAP MOC Crosswalk	9/14	5:00 PM	4:00 PM
	9/22	11:00 AM	10:00 AM
	9/29	12:00 PM	11:00 AM
VTAP Pre-Separation Brief	9/14	2:00 PM	1:00 PM
	9/22	8:00 AM	7:00 AM
	9/29	9:00 AM	8:00 AM

**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)

WARRIOR AND
FAMILY RESILIENCE

Eastern Central

Anger Management	9/10	3:00 PM	2:00 PM
Better Reactions, Better Outcomes	9/7	8:00 PM	7:00 PM
	9/9	9:00 AM	8:00 AM
	9/10	1:00 PM	12:00 PM
Bounce Back Better	9/13	7:00 PM	6:00 PM
	9/25	2:00 PM	1:00 PM
	9/30	3:00 PM	2:00 PM
Can I Communicate Without Conflict?	9/23	11:00 AM	10:00 AM
Healing Through Parenting: Strategies for Co-parenting with DV	9/3	2:00 PM	1:00 PM
Healthy Behaviors: Expanded Operational Stress Control for Caregivers (EOSC_C)	9/9	2:00 PM	1:00 PM
How to Protect the Next Generation in the Digital Age	9/23	1:00 PM	12:00 PM
Mind Body Mental Fitness (MBMF)			
Mod 1: Stress Resilience	9/15	9:00 AM	8:00 AM
Mod 2: Mindfulness & Meditation	9/16	9:00 AM	8:00 AM
Mod 3: Living Core Values	9/17	9:00 AM	8:00 AM
Mod 4: Flexibility	9/22	9:00 AM	8:00 AM
Mod 5: Problem Solving	9/23	9:00 AM	8:00 AM
Mod 6: Connection	9/24	9:00 AM	8:00 AM
Mindful Practices During Stressful Times	9/21	8:00 PM	7:00 PM
	9/23	9:00 AM	8:00 AM
	9/24	1:00 PM	12:00 PM
Navy Spouse Life 101	9/21	10:00 AM	9:00 AM
Run for Resilience	9/16	9:00 PM	8:00 PM
Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	9/15	12:30 PM	11:30 AM
Stoicism Principles and Stress Management	9/18	10:30 AM	9:30 AM
Strangulation Training	9/10	12:00 PM	11:00 AM
Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	9/10	9:00 AM	8:00 AM
Stress Management	9/29	10:00 AM	9:00 AM
Spotting the Signs of Youth Suicide	9/2	9:00 AM	8:00 AM
	9/3	1:00 PM	12:00 PM
Suicide Prevention	9/17	11:00 AM	10:00 AM
	9/23	2:00 PM	1:00 PM
The Power of Connection: Building Support Systems	9/14	8:00 PM	7:00 PM
	9/16	9:00 AM	8:00 AM
	9/17	1:00 PM	12:00 PM
Understanding Anger	9/15	10:00 AM	9:00 AM
Why Do I Get so Angry and Emotional?	9/9	11:00 AM	10:00 AM

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

