

# 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

SEPTEMBER 2026

### DEPLOYMENT



|                                       |      | Pacific  | Hawaii   |
|---------------------------------------|------|----------|----------|
| Deploy Solo and Deploy Strong         | 9/15 | 6:00 AM  | 4:00 AM  |
| Equipping Your Kids During Deployment | 9/10 | 8:00 AM  | 6:00 AM  |
| IA Deployment 101                     | 9/9  | 1:00 PM  | 11:00 AM |
| Keeping it Together During Deployment | 9/1  | 10:00 AM | 8:00 AM  |
| Plan. Prepare. Deploy.                | 9/8  | 6:00 PM  | 4:00 PM  |
|                                       | 9/23 | 11:00 AM | 9:00 AM  |
| Single.Serving.Parent: Deployed       | 9/16 | 1:00 PM  | 11:00 AM |

### EMPLOYMENT



|                                                       |      | Pacific  | Hawaii   |
|-------------------------------------------------------|------|----------|----------|
| Building the Modern Resume                            | 9/1  | 6:00 PM  | 4:00 PM  |
|                                                       | 9/28 | 11:00 AM | 9:00 AM  |
| Conquering Civilian Interviews                        | 9/3  | 4:00 PM  | 2:00 PM  |
|                                                       | 9/18 | 11:00 AM | 9:00 AM  |
| Job Search Hacks                                      | 9/8  | 10:00 AM | 8:00 AM  |
|                                                       | 9/22 | 8:00 PM  | 6:00 PM  |
| Mastering the Civilian Resume                         | 9/24 | 8:00 AM  | 6:00 AM  |
| Mastering Virtual Interviews                          | 9/1  | 12:00 PM | 10:00 AM |
| Remote Ready: A Spouse's Roadmap to a Virtual Career! | 9/10 | 11:00 AM | 9:00 AM  |
| Skillbridge Simplified                                | 9/9  | 2:00 PM  | 12:00 PM |
| Thrift Savings Plan: Choosing the Right Path          | 9/14 | 8:00 AM  | 6:00 AM  |
|                                                       | 9/23 | 9:00 PM  | 7:00 PM  |
| Transferable Skills: Your Key to Career Mobility      | 9/25 | 1:00 PM  | 11:00 AM |
| Transferable Skills: Your Key to Career Mobility      | 9/25 | 1:00 PM  | 11:00 AM |
| Virtual Interview Techniques                          | 9/3  | 11:00 AM | 9:00 AM  |
| Volunteer to Career                                   | 9/11 | 9:00 AM  | 7:00 AM  |

### EMERGENCY PREPAREDNESS



|                                                |      | Pacific  | Hawaii  |
|------------------------------------------------|------|----------|---------|
| Be Ready, Be Confident: Emergency Preparedness | 9/23 | 8:00 AM  | 6:00 AM |
| Financial Preparation for Disasters            | 9/3  | 10:00 AM | 8:00 AM |

### EXCEPTIONAL FAMILY MEMBER



|                                                        |      | Pacific  | Hawaii  |
|--------------------------------------------------------|------|----------|---------|
| CLIFF Notes to Hearing Impairments/Deafness Under IDEA | 9/15 | 11:00 AM | 9:00 AM |
| Single.Serving.Parent: Special Needs                   | 9/29 | 6:00 PM  | 4:00 PM |
| The Road Ahead- Special Needs Future Planning          | 9/3  | 8:00 AM  | 6:00 AM |

### NAVY LIFE



|                                                                                               |      | Pacific | Hawaii  |
|-----------------------------------------------------------------------------------------------|------|---------|---------|
| Ombudsman Hot Topics - Supporting Navy Families Through Education: The School Liaison Program | 9/30 | 3:00 PM | 1:00 PM |
| Who Is an Ombudsman?                                                                          | 9/9  | 8:00 AM | 6:00 AM |

### PARENTING



|                                                                               |      | Pacific  | Hawaii   |
|-------------------------------------------------------------------------------|------|----------|----------|
| Equipping Your Kids During Deployment                                         | 9/10 | 8:00 AM  | 6:00 AM  |
| Healing Through Parenting: Strategies for Co-parenting with Domestic Violence | 9/3  | 11:00 AM | 9:00 AM  |
| Helping Kids Thrive Through Change                                            | 9/28 | 5:00 PM  | 3:00 PM  |
| How to Protect the Next Generation in the Digital Age                         | 9/23 | 10:00 AM | 8:00 AM  |
| Nine Steps To Positive Parenting                                              | 9/28 | 8:00 AM  | 6:00 AM  |
| Operation: Family Move                                                        | 9/10 | 8:00 AM  | 6:00 AM  |
| Parenting and Sexual Development (SHAPE Module 1)                             | 9/17 | 4:30 PM  | 2:30 PM  |
| Problematic Sexual Behavior in Children and Youth                             | 9/15 | 10:00 AM | 8:00 AM  |
| Single.Serving.Parent: Deployed                                               | 9/16 | 1:00 PM  | 11:00 AM |
| Single.Serving.Parent: Dual Mission                                           | 9/17 | 8:00 PM  | 6:00 PM  |
| Single.Serving.Parent: Special Needs                                          | 9/29 | 6:00 PM  | 4:00 PM  |
| Spotting the Signs of Youth Suicide                                           | 9/3  | 10:00 AM | 8:00 AM  |
| What About the Kids?                                                          | 9/17 | 10:00 AM | 8:00 AM  |

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



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



PERSONAL  
FINANCE

|                                                        |      | Pacific  | Hawaii   |
|--------------------------------------------------------|------|----------|----------|
| Achieving Financial Empowerment while Experiencing IPV | 9/28 | 9:00 AM  | 7:00 AM  |
| Banking and Financial Services                         | 9/22 | 10:00 AM | 8:00 AM  |
| Birth & Adoption of a Child Financial Workshop         | 9/24 | 10:00 AM | 8:00 AM  |
| Car Buying Strategies                                  | 9/18 | 11:00 AM | 9:00 AM  |
| Command Your Credit                                    | 9/2  | 6:00 PM  | 4:00 PM  |
| Consumer Awareness                                     | 9/17 | 8:00 AM  | 6:00 AM  |
| Financial Preparation for Disasters                    | 9/3  | 10:00 AM | 8:00 AM  |
| Home Buying                                            | 9/4  | 2:00 PM  | 12:00 PM |
|                                                        | 9/21 | 10:00 AM | 8:00 AM  |
| Maximize Your GI Bill                                  | 9/11 | 8:00 AM  | 6:00 AM  |
| Military Retirement Planning: Know the Facts           | 9/10 | 8:00 PM  | 6:00 PM  |
| Money Prep: Baby on Board                              | 9/8  | 11:00 AM | 9:00 AM  |
| Planning your Financial Future                         | 9/23 | 4:00 PM  | 2:00 PM  |
| The Financially Fit Holiday Blueprint                  | 9/17 | 11:00 AM | 9:00 AM  |
| TSP Basics for Navy Life                               | 9/3  | 12:00 PM | 10:00 AM |
| Your Money and Your Mindset                            | 9/29 | 10:00 AM | 8:00 AM  |

## RELOCATION



|                                           |      | Pacific  | Hawaii   |
|-------------------------------------------|------|----------|----------|
| Operation: Family Move                    | 9/10 | 8:00 AM  | 6:00 AM  |
| PCS Smooth Track                          | 9/22 | 9:00 AM  | 7:00 AM  |
| Smooth Move                               | 9/15 | 10:00 AM | 8:00 AM  |
| Stepping up Support: Sponsorship Training | 9/2  | 2:00 PM  | 12:00 PM |
|                                           | 9/15 | 6:00 PM  | 4:00 PM  |
| The PCS Process                           | 9/21 | 2:00 PM  | 12:00 PM |
|                                           | 9/27 | 8:00 PM  | 6:00 PM  |

## TRANSITION



|                                                        |      | Pacific  | Hawaii   |
|--------------------------------------------------------|------|----------|----------|
| Civilian Healthcare Foundations                        | 9/14 | 1:00 PM  | 11:00 AM |
|                                                        | 9/30 | 6:00 PM  | 4:00 PM  |
| Conquering Civilian Interviews                         | 9/3  | 4:00 PM  | 2:00 PM  |
|                                                        | 9/18 | 11:00 AM | 9:00 AM  |
| Leveraging the VMET in Your Job Search                 | 9/15 | 9:00 AM  | 7:00 AM  |
| Life After Tricare                                     | 9/4  | 11:00 AM | 9:00 AM  |
| Mastering the Civilian Resume                          | 9/24 | 8:00 AM  | 6:00 AM  |
| Retirement Ready Navy Spouse                           | 9/8  | 9:00 PM  | 7:00 PM  |
| Transferable Skills: Your Key to Career Mobility       | 9/25 | 1:00 PM  | 11:00 AM |
| VTAP DOL Employment Fundamentals for Career Transition | 9/16 | 11:00 AM | 9:00 AM  |
| VTAP Financial Planning for Transition                 | 9/15 | 11:00 AM | 9:00 AM  |
|                                                        | 9/22 | 10:00 AM | 8:00 AM  |
|                                                        | 9/29 | 11:00 AM | 9:00 AM  |
| VTAP Managing Your Transition                          | 9/14 | 1:15 PM  | 11:15 AM |
|                                                        | 9/29 | 8:15 AM  | 6:15 AM  |
| VTAP MOC Crosswalk                                     | 9/14 | 2:00 PM  | 12:00 PM |
|                                                        | 9/22 | 8:00 AM  | 6:00 AM  |
|                                                        | 9/29 | 9:00 AM  | 7:00 AM  |
| VTAP Pre-Separation Brief                              | 9/14 | 11:00 AM | 9:00 AM  |

WARRIOR AND  
FAMILY RESILIENCE

|                                                                                   |      | Pacific  | Hawaii   |
|-----------------------------------------------------------------------------------|------|----------|----------|
| Am I Okay?                                                                        | 9/19 | 9:00 PM  | 7:00 PM  |
| Anger Management                                                                  | 9/10 | 12:00 PM | 10:00 AM |
| Better Reactions, Better Outcomes                                                 | 9/7  | 5:00 PM  | 3:00 PM  |
|                                                                                   | 9/10 | 10:00 AM | 8:00 AM  |
| Bounce Back Better                                                                | 9/13 | 4:00 PM  | 2:00 PM  |
|                                                                                   | 9/25 | 11:00 AM | 9:00 AM  |
|                                                                                   | 9/30 | 12:00 PM | 10:00 AM |
| Can I Communicate Without Conflict?                                               | 9/23 | 8:00 AM  | 6:00 AM  |
| Healing Through Parenting: Strategies for Co-parenting with Domestic Violence     | 9/3  | 11:00 AM | 9:00 AM  |
| Healthy Behaviors: Expanded Operational Stress Control for Caregivers (EOSC_C)    | 9/9  | 11:00 AM | 9:00 AM  |
| How to Protect the Next Generation in the Digital Age                             | 9/23 | 10:00 AM | 8:00 AM  |
| Mindful Practices During Stressful Times                                          | 9/21 | 5:00 PM  | 3:00 PM  |
|                                                                                   | 9/24 | 10:00 AM | 8:00 AM  |
| Run for Resilience                                                                | 9/16 | 6:00 PM  | 4:00 PM  |
| Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships | 9/15 | 9:30 AM  | 7:30 AM  |
| Strangulation Training                                                            | 9/10 | 9:00 AM  | 7:00 AM  |
| Suicide Prevention                                                                | 9/17 | 8:00 AM  | 6:00 AM  |
|                                                                                   | 9/23 | 11:00 AM | 9:00 AM  |
| The Power of Connection: Building Support Systems                                 | 9/14 | 5:00 PM  | 3:00 PM  |
|                                                                                   | 9/17 | 10:00 AM | 8:00 AM  |
| Why Do I Get so Angry and Emotional?                                              | 9/9  | 8:00 AM  | 6:00 AM  |
| Spotting the Signs of Youth Suicide                                               | 9/3  | 10:00 AM | 8:00 AM  |

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

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

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

# 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](https://MyNavyFamily.com)

