



NAS Jacksonville, Fleet and Family Support Center
Building 27 Ranger Street
(904) 542-5745
JAXS_NAS_FFSC_CONNECT@NAVY.MIL



Register for
workshops here!

FFSC NAS JAX WORKSHOP SCHEDULE 2026

Pre-registration is requested for all workshops. To register for our workshops, please call (904)-542-5745, email JAXS_NAS_FFSC_Connect@navy.mil or Scan QR Code.

All workshops are FREE and open to all active duty, reserve, retired personnel and their family members. Class description can be found on the back pages. If childcare is needed during an appointment, please call the Child Development Center at (904)-542-5529. If special accommodations or handicapped access is required, please notify us upon registration.

Deployment Support				
Pre, Mid, & Post Deployment Briefs Hours: TBD	Training available upon Command request.			
	To register please call 904-542-5745.			
Return and Reunion Hours: TBD	Training available upon Command request.			
	To register please call 904-542-5745.			
Single Sailor Deployment Briefs Hours: TBD	Training available upon Command request.			
	To register please call 904-542-5745.			
Exceptional Family Member Program (EFMP)				
EFMP Command POC Training Hours: 1300-1500	Jan 16	Apr 23	Jul 16	Oct 23
EFMP Roundtable Hours: 1300-1500	Mar 20	Jun 26	Sep 18	Dec 18
EFMP Overview Hours: TBD	Training available upon request.			
	To register please call 904-542-5745.			
EFMP Orientation Hours: 1300-1500	Training available upon request.			
	To register please call 904-542-5745.			
Family Employment Programs				
Civilian Resume and Cover Letters Hours: 1300-1600	Jan 20	Mar 23	May 21	Aug 24
	Oct 27	Dec 15		
Federal Employment Hours: 0800-1200	Feb 17	Mar 27	Apr 24	May 22
	Jun 25	Aug 25	Sep 25	Oct 28
	Dec 8			
Job Search and Interviewing Techniques Hours: 0830-1100	Jan 20	Mar 23	May 21	Aug 24
	Oct 27	Dec 15		
Myers Briggs Personality Assessment Hours: 0800-1200	Feb 11	Apr 21	Aug 27	Nov 23
Transition Employment Assistance for Military Spouses (TEAMS) Hours: 0800-1200	Feb 9-10	Sep 21-22		
Life Skills Education Programs				
7 Principles for Making Marriage Work Must Attend all 3 Meetings: Wednesdays Only Hours: 1200 - 1600	Jan 28 – Feb 11	Apr 29 – May 13	Jul 29– Aug 12	Sep 30 – Oct 14
Healthy Relationships Must Attend Both Meetings: Fridays Only Hours: 1330-1530	Jan 9 & 16	Feb 13 & 20	Mar 6 & 13	Apr 10 & 17
	May 8 & 15	Jun 5 & 12	Jul 24 & 31	Aug 14 & 21
	Sep 4 & 11	Oct 2 & 9	Nov 13 & 20	Dec 4 & 11



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Life Skills Education Programs Continued

Mind, Body, Mental Fitness Must Attend all 6 Meetings: Mondays Only Hours: 1330-1530	Feb 2 – Mar 16 Oct 5 – Nov 16	Apr 6– May 11	Jun 1 – Jul 6	Aug 3 – Sep 14
Personal Anger Control Group Must Attend all 6 Meetings: Thursdays Only Hours: 1300-1500	Jan 8 – Feb 12 Sep 3 – Oct 8	Mar 5 – Apr 9 Nov 5 – Dec 17	Apr 30 – Jun 4	July 9 – Aug 13
Professional Development in Anger Management Hours: 0800-1200	Jan 13 May 12 Nov 24	Feb 24 Jun 9 Dec 1	Mar 10 Aug 5	Apr 7 Sep 8
Professional Development in Extended Stress Management Hours: 0800-1200	Feb 9	June 2	Oct 6	
Professional Development in Individual Communication Hours: 1330-1530	Mar 2	June 1	Aug 24	Dec 7
Professional Development in Stress Management 101 Hours: 0830-1000	Jan 6 Sep 1	Mar 3 Nov 3	May 5	Jul 7

Military Family Support Programs

Caring for the Caregiver Hours: 1330-1500	Feb 19	Apr 16	Aug 20	Nov 19
DV Awareness Training Series Hours: TBD	Jan 29	Mar 23	May 4	Jul 23
Family Readiness Group Hours: TBD	Training available upon request. To register please call 904-542-5745.			
Internet Safety for Children Hours: 1000-1100	Sep 17			
Military Spouse 101 Hours: 1300-1430	Mar 24	Sep 15		
Ombudsman Basic Training Hours: 0800-1600	Mar 18 – 20	May 15 – 17	Jul 29 – 31	Oct 30 – Nov 1

Parenting Education Programs

Co-Parenting Workshop Hours: 0800-1200	Feb 6	May 1	Aug 7	Nov 13
Parent Bootcamp Hours: 1200-1500	Jan 28	Apr 22	Jun 10	Oct 14
Mothers to Be / New Mothers Social Hour Hours: 1030-1200	Jan 23 May 22 Sep 18	Feb 13 Jun 12 Oct 16	Mar 13 Jul 17 Nov 13	Apr 17 Aug 21 Dec 11
SHAPE Hours: 0800-1600	Jan 7 July 1	Feb 4 Aug 12	Apr 8 Oct 7	May 6 Oct 28
Survival Skills for Parents Must Attend all 3 Meetings Hours: 1300-1500	Jan 8 – 22 Oct 8 – 22	Feb 25 – Mar 11	May 20 – Jun 3	Aug 26 – Sep 9
What About the Kids Hours: 0900-1100	Jan 23	Mar 27	Jul 17	Oct 2



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Personal Financial Management Programs

Blended Retirement System Basics Hours: 1300-1430	Apr 21	July 30		
Car Buying Hours: 1300-1400	Apr 22	Sep 24		
Command Financial Specialist Refresher Hours: 0800-1600	Sep 9	Training also available upon request To register please call 904-542-5745.		
Command Financial Specialist Training Hours: 0730-1600	Mar 11 –13*	Jun 10 – 12 *	Aug 19 – 21*	Dec 9 – 11*
	*Classes held in VYSTAR training room			
Credit Basics Hours: 1300-1500	Feb 11	Mar 26		
Debt Destroyer Hours: 1300-1400	Feb 3	Apr 14	Jul 7	Oct 27
Develop your Budget Hours 1300-1430	Jan 21	May 19	Oct 14	
Home Buying Hours: 1300-1430	Feb 17	Jun 24	Sep 23	
Million Dollar Service Member Hours: 0800-1600	Mar 9 –10*	Jun 8 –9*	Aug 17 – 18*	Dec 7-8*
Pay Yourself First Saving and Investing Hours: 1300-1400	Mar 25	May 20		

Relocation Assistance Programs

Cultural Adaption and Immigration Workshop Hours: 1330-1530	Mar 25	Sep 2		
It's Your Move Workshop Hours: 1300-1530	Jan 22 May 27 Sep 25	Feb 18 Jun 17 Oct 28	Mar 24 Jul 22 Nov 24	Apr 23 Aug 25 Dec 16
Smooth Move Training Hours: 1330-1600	Feb 12	May 14	Aug 13	Nov 12
Sponsor Training Hours: 1330-1500	Mar 5 Dec 10	Apr 9	Jun 4	Sep 3
Welcome Aboard Tour Hours: 0800-1230	Training available upon request. To register please call 904-542-5745.			
Welcome Aboard Training (Indoc) Hours: TBD	Training available upon Command request. To register please call 904-542-5745.			

Sexual Assault Prevention and Response (SAPR)

Administrative Unit Victim Advocate Training Hours: 0900 - 1200	Apr 7	Jul 14	Oct 6	
SAPR, FAP, SAIL and MRE 514 Commander's Toolkit Training AUVAs must communicate with SARC for Registration Hours: 1300-1500	Jan 20 May 19 Sep 15	Feb 17 Jun 16 Oct 20	Mar 17 Jul 21 Nov 17	Apr 21 Aug 18 Dec 15
SAPR Victim Advocate (SAPR VA) Initial Training Hours: 0800-1730	Mar 23 – 27	Jun 22 – 26	Sep 21 – 25	Nov 2-6
SAPR Victim Advocate Refresher Training Hours: TBD	Scheduled on an as-needed basis.			



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Transition Assistance Program (TAP)

All TAP quotas require registration through
Command Career Counselors.

TAP Workshops for Retiree, Separatees, and Spouses		
Hours: 0645-1600		
*Denotes a class in the VYSTAR classroom		
Date	Type of Class	2 Day Advance Track (Covers Day 4 and 5)
05 - 09 JANUARY	Retirement	My Employment
12 - 16 JANUARY	Separation	My Employment
26 - 30 JANUARY	Retirement	My Employment
02 - 06 FEBRUARY	Separation	My Employment
23 - 27 FEBRUARY	Retirement	My Employment
02 - 06 MARCH	Separation	My Employment
16 - 20 MARCH	Retirement	My Employment
23 - 27 MARCH	Separation*	My Employment
30 MARCH - 03 APRIL	Separation	My Employment
06 - 10 APRIL	Retirement	My Entrepreneurship
13 - 17 APRIL	Separation	My Employment
20 - 24 APRIL	Separation*	My Employment
27 APR - 01 MAY	Separation	My Career and Credential Ex.
04 - 08 MAY	Retirement	My Employment
11 - 15 MAY	Separation	My Employment
01 - 05 JUNE	Separation	My Employment
08 - 12 JUNE	Retirement	My Employment
06 - 10 JULY	Separation	My Employment
13 - 17 JULY	Retirement	My Career and Credential Ex.
20 - 24 JULY	Separation*	My Employment
03 - 07 AUGUST	Retirement	My Employment
10 - 14 AUGUST	Separation	My Employment
17 - 21 AUGUST	Retirement	My Employment
24 - 28 AUGUST	Separation*	My Employment
31 AUGUST - 04 SEPTEMBER	Retirement	My Employment
14 - 18 SEPTEMBER	Separation	My Education
28 SEPTEMBER - 02 OCTOBER	Retirement	My Entrepreneurship
05 - 09 OCTOBER	Separation	My Career and Credential Ex.
19 - 23 OCTOBER	Retirement	My Employment
26 - 30 OCTOBER	Separation*	My Employment
02 - 06 NOVEMBER	Separation	My Entrepreneurship
16 - 20 NOVEMBER	Retirement	My Employment

CAPSTONE - By Appointment Only

Appointments will be scheduled
between 0730 - 1500

21 JAN 20 MAY 09 SEP

18 FEB 24 JUN 14 OCT

25 MAR 29 JUL 10 NOV

22 APR 26 AUG 09 DEC

2 Day Advance Tracks

0730-1600

My Education

22 - 23 JAN

12 - 13 NOV

My Entrepreneurship

12 - 13 FEB

27 - 28 JUL

Career and Credential

09 - 10 MAR

29 - 30 OCT

Career Options and Navy Skills Evaluation Program My-CNO

0730-1600

My CNO 1st Term

19 - 20 FEB

10 - 11 SEP

My CNO 2nd Term

12 - 13 MAR

15 - 16 OCT



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Deployment Support

Pre, Mid, & Post Deployment Briefs: Deployment Services are designed to empower military families by creating networks and developing tools to cope with deployment.

Exceptional Family Member Program (EFMP)

EFMP Command Point of Contact (POC) Training: This workshop is designed to provide Command EFMP POCs with information on the Exceptional Family Member Program, OPNAVINST requirements, enrollment process, and eligibility criteria, as well as an outline of responsibilities for their role as the Point of Contact (POC). A certificate is provided upon completion of the training.

Exceptional Family Member Program (EFMP) Orientation: Have questions about the Exceptional Family Member Program (EFMP)? This orientation provides a program overview as well as information on eligibility criteria, the enrollment process, myths versus realities, and application tips to help ensure successful use of the program. It is open to service members and family members.

EFMP Overview: This training provides incoming service members and their families with an overview of the Exceptional Family member Program (EFMP).

EFMP POC Roundtable: This class is for designated Exceptional Family Member Program Command Points of Contact and is designed as a way for EFMP POCs and EFMP Case Liaisons to maintain connection and allow EFMP POCs to stay current with updates regarding the EFMP program.

Family Employment Programs

Civilian Resume and Cover Letters: This workshop will help create effective resumes and cover letters that are designed to showcase skills, qualifications, and accomplishments in such a way that it attracts and entices prospective employers to offer the job or an opportunity for a job interview.

Federal Employment: In this single-session workshop, participants gain the advantage of understanding the entire Federal Employment Process. Individuals will learn; how to find vacancies, locate job listings, how to complete the application process, as well understand standard qualifications and testing requirements.

Job Search and Interviewing Techniques: Increase your chances of being hired; learn effective strategies and information to search for employment that aligns with personal skills and interests, online job search tools and match labor market statistics with employment goals. Learn dynamic interview techniques designed to show competencies throughout the interview process.

Myers Briggs Personality Assessment: The Myers-Briggs Type Indicator (MBTI) assessment is a psychometric questionnaire designed to measure psychological preferences in how people perceive the world and make decisions. It will help in understanding the world we live in and give us a better understanding how to interact with those close to us and those in our workplaces.

Transition Employment Assistance for Military Spouses (TEAMS): Transition Employment Assistance for Military Spouses and Caregivers (TEAMS) is a series of Department of Labor (DOL) employment workshops that extend the Department's Transition Assistance Program to assist military spouses and caregivers as they plan and prepare for their job search in pursuit of their employment.

Life Skills Education Programs

7 Principles for Making Marriage Work: Join our Couples Workshop based on the renowned "7 Principles of Making Marriage Work." In this transformative program, you and you partner will strengthen your relationship, enhance your communication, and build a lasting foundation of love and partnership. The only requirements are for both partners to attend a 3-hour weekly workshop for three consecutive weeks to complete the program.

Healthy Relationships: The Healthy Relationships Workshop is for couples and individuals. Learn how to communicate in a positive, respectful manner and obtain the keys to emotional intelligence for a successful, healthy relationship.

Mind-Body Mental Fitness (MBMF): Presented in six two-hour modules. The primary goal of MBMF is to enhance the mind, body, spirit, and social domains of one's life. Participants will learn pro-active pathways to achieving mental fitness, find balance within these domains, and gain practical skills that can be utilized daily.

Personal Anger Control Group: Control Anger Before it Controls You. This six-week program will help participants learn effective ways of managing and transforming the negative emotion of anger into a constructive emotion that can enhance participant's health, self-esteem, communication skills, and emotional awareness.

Professional Development in Anger Management: Anger as a feeling is neither "good" nor "bad." It is the behavior that can cause trouble when angry. If help is needed managing anger or if one has the need to understand anger, consider attending this workshop for professional growth.



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Life Skills Education Programs Continued

Professional Development in Extended Stress Management: This training delves into the deeper levels of managing stress utilizing various proven interactive techniques. It focuses on understanding stress, how it affects the body and mind and gives participants tools and resources for self-care.

Professional Development in Individual Communication: Each quarterly workshop focuses on increasing effectiveness in interpersonal communication through topics of identifying the difference between assertive and nonassertive communication, types of communication styles, and effective tools in communication.

Professional Development in Stress Management 101: This workshop helps learners measure the effect of the stressors in their lives against the symptoms and behaviors of the Operational Stress Control (OSC) Continuum Model and provides opportunities for learners to create work and life strategies to get them to a healthier zone.

Military Family Support Programs

Caring for the Caregiver: This training focuses on not only taking care of the caregiver but also other family members; as well as dealing with associated challenges. Some topics include family care plans, Power of Attorney, living wills and insurance. The end goal is to provide resources, reduce burnout and compassion fatigue, increase job satisfaction, retention, and family readiness.

Domestic Violence Awareness: This class is designed to help understand what domestic violence is and the effects it has on a family. Learn the different types of abuse, why victims stay, warning signs of abuse, and what you can do to help. Help be a part of the solution.

Family Readiness Group (FRG): This workshop provides FRG leadership teams with information on establishing and maintaining successful FRG groups. The information provided will help plan, coordinate, and conduct informational, care-taking, morale-building, and social activities to enhance preparedness, and command mission readiness and to increase the resiliency and well-being of Sailors and their families. Workshops are available upon request.

Mother's to Be/New Mothers Social Hour: a monthly support group, designed to foster connections, build a support network for military families, provide a safe place to share experiences, inspire, and encourage mothers and mothers to be.

Military Spouse 101: Workshop designed for the new military spouse gain a better understanding of military customs, terminology, and provide a variety of resources.

Ombudsman Basic Training (OBT): Navy leadership requires this training for all command ombudsmen. CO, XO, and CMC spouses, as well as other key command personnel are encouraged to sign-up for this training. Ombudsman attendees must have their designation letter in order to attend.

Parenting Education Programs

Co-Parenting Workshop: This 4-hour workshop will help your family survive the challenges of co-parenting; this way a child can thrive while living in two different homes. Learn skills to be an effective parent within an often turbulent situation.

Internet Safety for Children: This one-hour class is designed to provide information for parents and caregivers on safeguarding children when using the internet and social media

Parenting Boot Camp: This workshop is designed for new parents or parents who need a refresher. This workshop teaches the basics of becoming a new parent to include preparing for your newborn, safe sleep practices, diaper changing and feeding your baby. In addition, you will learn about the post-partum period and the best way to support new mothers as well as information about post-partum depression and how to spot the signs. Throughout this class you will have the opportunity to ask parenting questions and learn about parenting resources within the community.

SHAPE: Research indicates that parents and caregivers are the primary agents of change for children's behavior, including problematic sexual behavior (PSB), because they have the most contact with the child and are responsible for raising the child. Sexual Health Approachable Prevention and Education (SHAPE) curriculum is an interactive workshop that will empower parents and caregivers with the knowledge and tools to recognize and constructively address healthy sexual development and PSB with their child.

Survival Skills for Parents: Is presented in a series of three two-hour sessions. This parenting class is designed to help families develop healthy interaction patterns, improve communication, and strengthen family members' connections to each other and the community. Learn strategies to gain new skills and identify support systems to build on existing healthy patterns and add new ways of living and working together.

What About the Kids: This workshop promotes healthy families by providing practical information in an interactive format to reduce the risk of child abuse and neglect, as well as to educate parents on the impact of domestic violence on children. There is an emphasis on parenting techniques including discipline, impact of trauma on development, the importance of parent/child bond, and protective factors.



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Personal Financial Management Programs

Blended Retirement System Basics: Helps sailors and dependents understand the components of the Blended Retirement System and will include discussions on the Vesting in TSP and Continuation Pay Touchpoints.

Car Buying: The rising cost of vehicles makes it imperative to have a plan before you buy a car. Learn how to calculate how much your car will really cost, considerations for purchasing new or used, negotiating techniques, and more. Highly recommended for sailors who are purchasing their first vehicle.

Command Financial Specialist Training: The Command Financial Specialist is a key component of the Navy's Personal Financial Management (PFM) program which emphasizes a proactive, life-cycle approach to personal financial responsibility. This 3-day modernized CFS course will give CFS Candidates a better understanding of how financial readiness contributes to mission readiness and quality of life, as well as developing the skills needed to provide financial training to their commands, conduct financial counseling, and refer out to resources. CFS Candidates must be currently serving in the Armed Forces, E-5 or above with over 6 years of service, highly motivated, financially stable, and have command approval to be designated in writing. ** Million Dollar Sailor is a pre-requisite to take the Command Financial Specialist Training course.**

Command Financial Specialist Refresher: This workshop is for current CFS who have not attended CFS Training within the last 3 years and is required to maintain designation as a CFS.

Credit Basics: Credit has become a normal part of everyday personal financial management for most Americans. Used appropriately, it can be an excellent tool; poor credit management, though, can devastate a sailor's financial health. This course offers attendees information on how to review their credit report, interpret their past credit history, dispute errors, safeguard their personal information, and develop a plan to improve.

Debt Destroyer: This course is designed to empower you and your family to get (and stay) out of debt. You will learn proven techniques to overcome high-interest consumer debt, make the most of your money and get on track to a more secure financial future.

Develop Your Budget: Having a budget is essential to accomplishing your financial goals. Without a plan, you can find yourself spending your hard-earned income before your next paycheck. This workshop will teach the basics of money management by discussing how to create an effective budget, tips on cutting back expenses, and creating an action plan to help you reach your short- and long-term financial goals.

Home Buying: A home is one of the most complex and expensive purchases a person will make in their lifetime. This workshop will go in depth on the entire home-buying process, starting from planning and preparing to make the purchase, to researching and shopping for homes that fit your needs and budget, to closing on the home.

Million Dollar Sailor: This 2-day workshop will have interactive and in-depth discussions on a variety of foundational financial topics such as understanding your military pay and benefits, planning for your financial future, credit management, consumer awareness, home and car buying, wealth building, and more.

** Million Dollar Sailor is a pre-requisite to take the Command Financial Specialist Training course.*

Pay Yourself First: Savings & Investing: Take care of your future self and learn more about how you can build wealth. Topics to be discussed include savings techniques, foundational investing concepts, different types of investments and investing accounts, and more.

Relocation Assistance Programs

Cultural Adaption and Immigration Workshop: Cultural Adaptation is an introductory, pre-overseas departure training designed to minimize the severity and duration of cultural adaptation stress. This training helps service members and their families become more aware of the impact of culture on their behavior. It is designed for service members and their families in receipt of orders to overseas location.

It's Your Move Workshop: This workshop is intended for service members with hard-copy orders who would like assistance submitting their move. All service members and their families in receipt of Permanent Change of Station (PCS) orders, separation, or retirement orders are encouraged to attend.

Smooth Move Training: This workshop is designed to provide information to relocating service members and their families with Permanent Change of Station (PCS) orders. Topics include an overview of the moving process, entitlement and benefits, tips and techniques for coping, managing the move, moving with children, pets, and resources available throughout the relocation process.

Sponsor Training: Stresses the importance of sponsorship and educates sponsors on ways to ease the difficulties and apprehensions which may occur during a Permanent Change of Station (PCS) move.

Welcome Aboard Tour: This is a base-guided bus tour with stops along the way to areas of interest for those just reporting to a new duty station. Resources will be provided to help families seamlessly integrate into the new military community.

Welcome Aboard Training (Indoc): This training provides incoming service members and their families with current information on military and civilian resources available to them at their new duty stations.



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Sexual Assault Prevention and Response (SAPR)

SAPR Victim Advocate (SAPR VA) Initial Training: 40-hour training provide prospective SAPR VAs with the education, skills, and resources needed to deliver high-standard services directly to victims of sexual assault.

SAPR Victim Advocate (SAPR VA) Refresher Training: Continuing Education Units offered to D-SAACP certified Victim Advocates.

Transition Assistance Program (TAP)

Capstone: The Capstone Event is a mandatory component of Transition Assistance Program (TAP); designed to verify that service members have met Career Readiness Standards (CRS) and have a viable Individual Transition Plan (ITP). It evaluates service member's preparedness to successfully transition from a military to a civilian career and to facilitate a "warm hand-off" if the service member desires follow-up assistance.

Career & Credential Exploration (My Career and Credential Ex. 2 Day Advance Track C₂E): Offers a unique opportunity for participants to complete a personalized career development assessment of occupational interest and ability. This industry-standard assessment presents participants with a variety of tailored job recommendations (some of which are classified as high-demand or high-growth occupations) that align with interests and aptitudes. Participants are also guided through a variety of career considerations, including labor market projections, education, apprenticeships, certifications, and licensure requirements. Spouses are welcome to attend. Active duty service members must attend TAP first.

Career Options and Navy Skills Evaluation Program (My CNO): This workshop is designed to help sailors identify individual skills and talents, develop long-term professional and personal goals, and plan for personal financial stability. It enhances mission readiness by giving sailors the tools to make informed decisions about their educational and career options. First Term: For personnel on first enlistment or with less than 6 years of active duty service. Mid Term: For personnel with 6 to 12 years active duty service.

Department of Labor Employment Workshop (My Employment 2 Day Advance Track): Covers emerging best practices in career employment, including in-depth training to learn strategic interview and resume skills as well as the use of various networking sites to search for employment.

Entrepreneurship: "Boots to Business" (My Entrepreneurship 2 Day Advance Track): The Transition Advanced Track (also known as Boots-to-Business) provides valuable information for transitioning service members and their families considering starting a business after military service. It is a partnership with the Small Business Administration. Topics include elements of writing a business plan, choosing the right business, sources of funding, and relating military skills to business ownership.

Managing Your Education (My Education 2 Day Advance Track): Assists service members in identifying higher education requirements that support personal career goals. This two-day workshop is divided into the following topic areas: learning the basics, choosing a field of study, selecting an institution, gaining admission, and funding higher education. This workshop is beneficial for both service members attending college for the first time and those applying to graduate school programs.

Transition Assistance Program (TAP): This is a DoD mandatory workshop for those separating or retiring. This workshop provides instruction on skills assessment, resume writing, interview techniques, salary negotiations, financial considerations, and overview of Veteran benefits designed to build skills which allow service members to depart "career ready," having met mandatory Career Readiness Standards. Spouses are encouraged to attend. It is a joint venture by the Fleet and Family Support Center, the Department of Defense, Department of Labor and Veteran Affairs.



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workshops here!