

FFSC Mayport

DECEMBER SCHEDULE

Personal Financial Management (PFM)

Workshops

- Million Dollar Sailor - 02 - 03 DEC - 0730 - 1600
- TRICARE in Retirement - 04 DEC - 0900 - 100
- Survivor Benefit Plan - 04 DEC - 1000 - 1100
- Financial Leadership Seminar - 16 DEC - 0900 - 1000

Transition Assistance Program (TAP)

Workshops & Classes

- Separation Workshop - 08 - 10 DEC - 0800 - 1600
- My Employment - 11 - 12 DEC - 0800 - 1600
- CAPSTONE - 04 DEC - 0800 - 1200

Family Employment Readiness Program (FERP)

Workshops

- Resume Writing - 16 DEC - 1030 - 1200
- Job Strategies at CAPSTONE - 04 DEC - 1030 - 1200

Command Trainings

- SAPR, FAP, SAIL Commander's Toolkit Brief - 16 DEC - 1300 - 1430
- Command Sponsorship Training - 18 DEC - 1000 - 1100
- Ombudsman Basic Training - 08 - 12 DEC - 1800 - 2100

Support Groups

- Deployment Support Group - 08 DEC and 22 DEC - 1800 - 2000
- EFMP Support Group - 09 DEC - 1500 - 1600

New Parent Support Program

Playgroups

- Little Ones Playgroup at Deck The Chairs - 06 DEC - 1500 - 1700

Switching GEARS

REGULATING THOUGHTS, FEELINGS, AND BEHAVIORS

WEEKLY TUESDAY MEETINGS: 1400 - 1530
(9-WEEK SESSION)

Join us to learn effective techniques for cultivating a positive mindset, managing stress, and enhancing your resilience. This supportive group will help you develop healthier ways to respond to life's ups and downs.



CONTACT US FOR REGISTRATION OR
MORE INFORMATION ABOUT THESE
EVENTS
(904) 270 - 6600 X 1700/1701

HOURS OF OPERATION:
M-TH: 0730 - 1600 F: 0730 - 1500

Instagram:



FFSC Mayport

DECEMBER SCHEDULE

Million Dollar Sailor - 02 - 03 DEC - 0730 - 1600

This two-day course is designed to teach sound financial practices. Learn the secrets for creating and building wealth.

Tricare in Retirement/SBP - 04 DEC - 0900 - 1100

Understand the process of enrolling in TRICARE retiree health plan and ensure there is no gap in coverage. Pros/Cons of the Survivor Benefit Plan will be discussed.

SAPR/FAP/SAIL CO's Toolkit - 16 DEC - 1300 - 1430

This training fulfills command leadership's training requirements per OPNAVINST 1752.1C and 1752.2C to be completed within the first 30/90 days of command check-in. This training is focused on the CO's Toolkit for SAPR, FAP, and SAIL.

Command Sponsorship - 18 DEC - 1000 - 1100

The sponsorship training provided command personnel with information and training to successfully fulfill their roles as command sponsors.

Ombudsman Basic Training - 08 - 12 DEC - 1800 - 2100

Covers the Navy's Family Ombudsman Program and the skills needed to do the job, and is a requirement for all appointed ombudsmen.

Transition Assistance Program (TAP)

The classes are designed for military personnel who are within 24 months of retiring or 90-180 days of separating from completion of military services. It helps Service Members understand the overall transition program, the requirements to meet Career Readiness Standards, and to identify common issues Service Members and their families experience during the transition process.

Contact your Career Counselor to verify qualifications and for registration.

- Separation Workshop - 08 - 10 DEC - 0800 - 1600
- My Employment - 11 - 12 DEC - 0800 - 1600
- CAPSTONE - 04 DEC - 0800 - 1200

Resume Writing - 16 DEC - 1030 - 1200

This course helps you with resume writing, highlighting transferrable skills, translating experience for new opportunities, and executing cover letters.

Job Strategies at CAPSTONE - 04 DEC - 1030 - 1200

You will work with an employment specialist on customized resume review, relieving transition worries, realigning skills for future success, and connecting directly with hiring employees.

EFMP Support Group - 09 DEC - 1500 - 1600

Comfortable environment to share resources and experiences with other special needs families. General information provided about the program and its benefits.

Deployment Support Group - 08 DEC & 22 DEC - 1800 - 2000

Coming together to talk about how we can help each other: before, during, and after deployment.

Little Ones Park Play Group at Deck the Chairs - 06 DEC - 1500 - 1700

Come out, play, and meet other moms and kiddos during this play group hosted by New Parent Support.

SEAWALK PAVILION -
75 1st St N,
Jacksonville Beach, FL 32250

Switching Gears: Regulating Thoughts, Feelings, and Behaviors **Every Tuesday - 1400 - 1530**

Join us to learn effective techniques for cultivating a positive mindset, managing stress, and enhancing your resilience. This supportive group will help you develop healthier ways to respond to life's ups and downs.

FFSC Virtual Clinical Counseling CONNECT to GET CARE

The Fleet and Family Support Center (FFSC) now provides in-person and virtual clinical counseling!

To schedule an appointment, call 1-855-205-6749.

If calling outside of regular business hours, leave a message. Your call will be returned within one business day.



Facebook:



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