

FFSC Mayport

AUGUST SCHEDULE

Personal Financial Management (PFM)

Workshops

- CFS/PFM Forum - 01 AUG - 0900 - 1000
- Home Buying and Selling - 13 AUG 1130 - 1300
- TRICARE in Retirement (In-Person) - 14 AUG - 0900 - 1000
- Survivor Benefit Plan (In-Person) - 14 AUG - 1000 - 1100
- TRICARE in Retirement (Virtual) - 14 AUG - 1300 - 1400
- Survivor Benefit Plan (Virtual) - 14 AUG - 1400 - 1515

Transition Assistance Program (TAP)

Workshops & Classes

- Separation Workshop - 04 - 06 AUG - 0800 - 1600
- Combined Workshop - 18 - 20 AUG - 0800 - 1600
- Entrepreneurship - 07 - 08 AUG - 0800 - 1600
- My Education - 21 - 22 AUG - 0800 - 1600
- CAPSTONE - 14 AUG - 0800 - 1200

Family Employment Readiness Program (FERP)

Workshops

- Fundamentals of LinkedIn - 13 AUG - 1030 - 1200
- Job Strategies at CAPSTONE - 14 AUG - 1030 - 1200

Command Training

- SAPR, FAP, SAIL Commander's Toolkit Brief - 12 AUG - 1300 - 1430

Life Skills

Workshops

- Anger Management - 06 AUG - 1300 - 1500
- Stress Management - 20 AUG - 1300 - 1500

Support Groups

- Deployment Support Group - 11 AUG & 25 AUG - 1800 - 2000
- EFMP Support Group - 12 AUG - 1500 - 1600

New Parent Support Program

Workshops and Playgroups

- Little Ones Park Playgroup - 14 AUG & 28 AUG - 0900 - 1100
- Little Ones Playgroup at the Beefare 6th Annual Honeybee Festival- 16 AUG - 1000 - 1300

Tri-Base Career Expo - 03 SEPTEMBER 2025 - 0900 - 1400

ELIGIBLE JOB SEEKERS:

- **Active Duty Military**
- **Separating, Retiring, or Retired Service Members**
- **Military Spouses and Dependents**
- **National Guard and Reservists**

University of North Florida -
Adam W. Herbert University Center
12000 Alumni Dr. Jacksonville, FL 32224 - 2620

OVER 100 COMPANIES WILL BE IN ATTENDANCE!

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.



Facebook:



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:



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AUGUST SCHEDULE

CFS/PFM Forum - 01 AUG - 1100 - 1200

The CFS/PFM Forum is a quarterly event designed to assemble area Command Financial Specialists and leaders together to network and discuss the most recent trends in the financial industry affecting our Sailors and their families.

Home Buying & Selling - 13 AUG - 1130 - 1300

Get the latest information on purchasing and selling a home, or refresh your skills for your next home purchase.

Tricare in Retirement/SBP - 14 AUG - Virtual/In-Person

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 - 12 AUG - 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.

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 - 04 - 06 AUG - 0800 - 1600
- Combined Workshop - 18 - 20 AUG - 0800 - 1600
- Entrepreneurship - 07 - 08 AUG - 0800 - 1600
- My Education - 21 - 22 AUG - 0800 - 1600
- CAPSTONE - 14 AUG - 0800 - 1200

Anger Management - 06 AUG - 1300 - 1500

Join us for an engaging workshop designed to help you build the resilience you need to thrive in any stressful situation. Discover effective and proven anger management techniques that will empower you to take control of your emotions and respond positively to challenges.

Stress Management - 20 AUG - 1300 - 1500

This engaging session will help you identify your personal stressors and improve how you manage stress. You'll learn to recognize stress signs, understand its effects, and gain practical tools for handling work pressures and personal challenges.

Fundamentals of LinkedIn - 13 AUG - 1030 - 1200

This course helps you create your own strategies and implement tactics to grow your network, improve individual relations and share your brand appropriately.

Job Strategies at CAPSTONE - 14 AUG - 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 - 12 AUG - 1500 - 1600

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

Deployment Support Group - 11 AUG & 25 AUG - 1800 - 2000

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

Little Ones Park Play Group - 14 & 28 AUG - 0900 - 1100

Come out, play, and meet other moms and kiddos during this play group hosted by New Parent Support. Now offered twice a month, including one Saturday!

Sunshine Playground at South Beach Park
2514 S Beach Pkwy,
Jacksonville Beach, FL 32250

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

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