

Fleet and Family Support Center Mayport

MAY 2026 SCHEDULE

SECURE YOUR SPOT IN ANY OF OUR UPCOMING CLASSES BY CALLING THE FLEET AND FAMILY SUPPORT CENTER AT 904-270-6600 (X1700/1701).

Personal Financial Management (PFM)

Workshops

- Tricare in Retirement - 28 MAY - 0900 - 1000
- Survivor Benefit Plan - 28 MAY - 1000 - 1100
- Tricare in Retirement (Virtual) 28 MAY - 1300 - 1400
- Survivor Benefit Plan (Virtual) - 28 MAY - 1400 - 1515

Transition Assistance Program (TAP)

Workshops & Classes

- Separation Workshop - 11 - 13 MAY - 0800 - 1600
- My Employment Workshop - 14 - 15 MAY - 0800 - 1600
- Combined Workshop - 18 - 20 MAY - 0800 - 1600
- My Education Workshop - 21 - 22 MAY - 0800 - 1600
- CAPSTONE - 28 MAY - 0800 - 1200

*****If you are interested in any of the TAP workshops scheduled for 2026, you must contact your career counselor for registration.*****

Family Employment Readiness Program (FERP)

Workshops

- Fundamentals of LinkedIn - 19 MAY - 1030 - 1200
- Job Strategies at CAPSTONE - 28 MAY - 1030 - 1200

Command Trainings

- Commander's Toolkit Brief (SAPR/IPPW/FAP/SAIL) - 26 MAY - 1300 - 1500
- Command Sponsorship Training - 26 MAY - 1000 - 1100

New Parent Support (NPS)

- Little Ones Park Playgroup - 28 MAY - 0900 - 1100
- Little Ones Playgroup - Blueberry Picking at Blu by U - 14 MAY - 0900 - 1030
- Expectant Parenting Workshop - 27 MAY - 1200 - 1600

Support Groups

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

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.



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:



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.

The Center www.ffsp.navy.mil

Fleet and Family Support Center Mayport

MAY 2026 SCHEDULE

Tricare in Retirement/SBP - 28 MAY - 0900 - 1100 (In-Person) 1300 - 1515 (Virtual)

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.

EFMP Support Group - 12 MAY - 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 MAY & 25 MAY - 1800 - 2000

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

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.

Little Ones Park Play Group - 28 MAY - 0900 - 1100

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

Little Ones Play Group Blueberry Picking at Blu By U - 14 MAY - 0900 - 1030

Come join us for a fun morning picking fresh Florida blueberries at Blu By U Farm.

Expectant Parent Workshop - 27 MAY - 1200 - 1600

This workshop helps you with basic baby care, bonding with baby, postpartum mental health, WIC info, early child development, and so much more!

Fundamentals of LinkedIn - 19 MAY - 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 - 28 MAY - 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.

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 - 11 - 13 MAY - 0800 - 1600
- My Employment Workshop - 14 - 15 MAY - 0800 - 1600
- Combined Workshop - 18 - 20 MAY - 0800 - 1600
- My Education Workshop - 21 - 22 MAY - 0800 - 1600
- CAPSTONE - 28 MAY - 0800 - 1200

SAPR/IPPW/FAP/SAIL CO's Toolkit - 26 MAY - 1300 - 1500

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

Command Sponsorship - 26 MAY - 1000 - 1100

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



CONTACT US FOR REGISTRATION OR MORE INFORMATION ABOUT THIS SCHEDULE

(904) 270 - 6600 X 1700/1701

HOURS OF OPERATION:

M-TH: 0730 - 1600 F: 0730 - 1500

Facebook:



Instagram:

