

Personal Financial Management (PFM) Workshops

- Tricare in Retirement - 20 FEB - 0900 - 1000
- Survivor Benefit Plan - 20 FEB - 1000 - 1100
- Tricare in Retirement (Virtual) - 20 FEB - 1300 - 1400
- Survivor Benefit Plan (Virtual) - 20 FEB - 1400 - 1515
- Home Buying and Selling - 26 FEB - 1630 - 1800

Transition Assistance Program (TAP) Workshops & Classes

- Retiree Workshop - 03 - 05 FEB - 0800 - 1600
- Separation Workshop - 10 - 12 FEB - 0800 - 1600
- My Education - 06 - 07 FEB - 0800 - 1600
- Entrepreneurship - 13 - 14 FEB - 0800 - 1600
- CAPSTONE - 20 FEB - 0800 - 1200

Family Employment Readiness Program (FERP) Workshops

- Fundamentals of LinkedIn - 18 FEB - 1030 - 1200
- Job Strategies at CAPSTONE - 20 FEB - 1030 - 1200

Ombudsman Program Workshops

- Ombudsman Basic Training - 24 - 28 FEB - 1800 - 2100

SAPR Program Classes

- SAPR Administrative Victim Advocate Training - 19 FEB - 0900 - 1100

Command Training

- SAPR, FAP, SAIL Commander's Toolkit Brief - 18 FEB - 1300 - 1430

Support Groups

- Deployment Support Group - 10 FEB & 24 FEB - 1800 - 2000
- EFMP Support Group - 11 FEB - 1500 - 1600

New Parent Support Program Workshops and Playgroups

- Expectant Parenting Class - 12 FEB - 1200 - 1600
- Little Ones Park Playgroup - 27 FEB - 0900 - 1100



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.
www.fsp.navy.mil

FFSC Mayport

FEBRUARY SCHEDULE

HIGHLIGHT CORNER

Personal Financial
Management (PFM)
Deployment Support
Teen Dating Violence

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.

- Retiree Workshop - 03 - 05 FEB - 0800 - 1600
- Separation Workshop - 10 - 12 FEB - 0800 - 1600
- My Education - 06 - 07 FEB - 0800 - 1600
- Entrepreneurship - 13 - 14 FEB - 0800 - 1600
- CAPSTONE - 20 FEB - 0800 - 1200

Tricare in Retirement/SBP - 20 FEB - 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.

Home Buying & Selling - 26 FEB - 1630 - 1800

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

SAPR Admin Victim Advocate Training - 19 FEB - 0900 - 1100

This two-hour course assists SAPR command-level designees in overseeing compliance with SAPR program policy onboard their units by providing guidance on roles and responsibilities, victim support services, reporting requirements, and awareness and prevention training.

Expectant Parent Workshop - 12 FEB - 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!

Little Ones Park Play Group - 27 FEB - 0900 - 1100

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

Fundamentals of LinkedIn - 18 FEB - 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 - 20 FEB - 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.

Deployment Support Group 10 FEB & 24 FEB - 1800 - 2000

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

EFMP Support Group - 11 FEB - 1500 - 1600

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

Ombudsman Basic Training - 24 - 28 FEB - 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.

SAPR/FAP/SAIL CO's Toolkit - 18 FEB - 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.

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:



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.fpsc.navy.mil