

FFSC Mayport

DECEMBER SCHEDULE

HIGHLIGHT CORNER

Stress Management
Family Resilience
Beating the Holiday Blues

Personal Financial Management (PFM)

Workshops

- Million Dollar Sailor - 03 - 04 DEC - 0730 - 1600
- Tricare in Retirement - 05 DEC - 0900 - 1000
- Survivor Benefit Plan - 05 DEC - 1000 - 1100

Transition Assistance Program (TAP)

Workshops & Classes

- Separation Workshop - 09 DEC - 11 DEC - 0800 - 1600
- My Employment - 12 DEC - 13 DEC - 0800 - 1600
- CAPSTONE - 05 DEC - 0800 - 1200

Family Employment Readiness Program (FERP)

Workshops

- Resume Writing - 10 DEC - 1030 - 1200
- Job Strategies at CAPSTONE - 05 DEC - 1030 - 1200

Command Trainings

- SAPR/FAP/SAIL Commander's Toolkit - 17 DEC - 1300 - 1430
- Command Sponsorship Training - 17 DEC - 1000 - 1100

Support Groups

- Deployment Support Group - 02 DEC & 16 DEC - 1800 - 2000
- EFMP Support Group - 10 DEC - 1500 - 1600

New Parent Support Program (NPS)

Workshops

- Family Playgroup Deck the Chairs - 07 DEC - 1500 - 1700
- Little Ones Park Playgroup - 12 DEC - 0900 - 1100

HOLIDAYS AROUND THE WORLD

WED, 18 DECEMBER
1600 - 1800
BLDG 1 MASSEY AVE, RM 1616

Join us for a festive holiday celebration! Enjoy our ornament-making craft station, delightful holiday stories for kids, and engaging sensory bins. Don't miss the FFSC Gingerbread House Contest to judge our staffs creative skills. Warm up with hot chocolate and apple cider. Create magical memories with us this season!

AND A SPECIAL VISIT FROM SANTA!



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.ffsp.navy.mil



FFSC Mayport

DECEMBER SCHEDULE

HIGHLIGHT CORNER

Stress Management
Family Resilience
Beating the Holiday Blues

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 - 09 DEC - 11 DEC - 0800 - 1600
- My Employment - 12 DEC - 13 DEC - 0800 - 1600
- CAPSTONE - 05 DEC - 0800 - 1200

Million Dollar Sailor - 03 - 04 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 - 05 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.

Family Playgroup - 07 DEC - 1500 - 1700

Our usual playgroup is taking a trip to Jacksonville Beach for their free event Deck the Chairs on Saturday, December 7th!

Little Ones Park Play Group - 12 DEC - 0900 - 1100

Come out, play, and meet other parents 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

Join us every Tuesday for this new group 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.

Resume Writing- 10 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 - 05 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.

SAPR/FAP/SAIL CO's Toolkit - 17 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 - 17 DEC - 1000 - 1100

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

Deployment Support Group 02 DEC & 16 DEC - 1800 - 2000

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

EFMP Support Group - 10 DEC - 1500 - 1600

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



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.ffsp.navy.mil 