



# Fleet and Family Support Center Metro San Diego March - April Virtual Class Schedule

If you are interested in attending one of these virtual classes, please call our Centralized Scheduling Center at 866-923-6478.  
If you would like to connect with someone regarding a command-specific training, please email [FFSCSDTrainingRequest@navy.mil](mailto:FFSCSDTrainingRequest@navy.mil).

## Career Services

### Finding Federal Employment

Tuesday, March 9 | 0700 - 0830

Friday, April 9 | 0800 - 1000

### Resume Writing

Thursday, March 11 | 1400 - 1600

Thursday, April 1 | 0900 - 1100

Thursday, April 8 | 0900 - 1030

### Spouse Employment, Empowerment, and Development

Tuesday, April 27 | 1400 - 1600

### Winning Interview Techniques

Tuesday, March 16 | 1400 - 1600

Tuesday, April 6 | 0900 - 1030

Wednesday, April 14 | 1400 - 1600



FLEET AND FAMILY SUPPORT CENTER

**METRO SAN DIEGO  
VIRTUAL JOB FAIR**

Explore your options.  
Decide your future.

**MARCH 24, 1100 - 1400 PST  
APAN VIRTUAL PLATFORM**

Call 866-923-6478 or email  
[FFSCSDWorkshops@navy.mil](mailto:FFSCSDWorkshops@navy.mil) to register!

## **Relationship Enrichment**

### **Couples Communication**

Wednesday, April 28 | 1430 - 1630

## **Deployment Support**

### **NBSD Homecoming Planning Meeting**

Wednesday, April 7 | 1300 - 1500

## **Parenting Support**

### **Active Duty Pregnancy Resources**

Friday, March 26 | 0900 - 1200

Thursday, April 29 | 0900 - 1200



## **Special Interests**

### **Ask Your FFSC Specialist**

Tuesday, March 30 | 0900 - 1000

Thursday, April 29 | 1300 - 1400

### **Be the Best You (3 Sessions)**

Wednesday, Feb 24, Mar 3 & 10 | 1300 - 1500

Tuesday, March 2, 9 & 16 | 0900 - 1100

Tuesday, March 9, 16 & 23 | 1300 - 1500

Wednesday, March 10, 17 & 24 | 0800 - 1000

## **Be the Best You (3 Sessions) Cont.**

Tuesday, March 23, 30 & April 6 | 0900 - 1100

Tuesday, March 30, April 6 & 13 | 1300 - 1500

Wednesday, March 31, April 7 & 14 | 0800 - 1000

Wednesday, April 7, 14, & 21 | 1300 - 1500

Tuesday, April 13, 20, & 27 | 0900 - 1100

Tuesday, April 20, 27 & May 4 | 1300 - 1500

Wednesday, April 21, 28, & May 5 | 0800 - 1000

Wednesday, April 28, May 5 & 12 | 1300 - 1500

## **Building Effective Anger Management Skills (BEAMS)**

Wednesday, March 24 | 1430 - 1630

Wednesday, April 21 | 1430 - 1630

## **Fleet and Family Support Center Overview**

Thursday, March 18 | 0900 - 1000

## **Life After the Uniform: The Resilient Spouse**

Tuesday, March 9 | 1400 - 1600

## **Mind Body Mental Fitness (MBMF)**

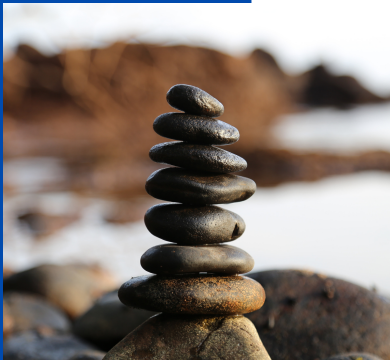
Monday, March 29 | 1300 - 1500

Tuesday, March 30 | 1300 - 1500

Wednesday, March 31 | 1300 - 1500

Thursday, April 1 | 1300 - 1500

Friday, April 2 | 1300 - 1500



## **Mind Body Mental Fitness (MBMF) Cont.**

Monday, April 26 | 1300 - 1500

Tuesday, April 27 | 1300 - 1500

Wednesday, April 28 | 1300 - 1500

Thursday, April 29 | 1300 - 1500

Friday, April 30 | 1300 - 1500

## **Organize Your Life**

Tuesday, March 2 | 1400 - 1530

Tuesday, April 6 | 1400 - 1530

## **Responsible Anger Management (RAM) (2 Sessions)**

Thursday, March 11 | 0900 - 1600

Friday, March 12 | 0900 - 1600

## **Stress Management**

Wednesday, March 10 | 1430 - 1630

Wednesday, April 7 | 1430 - 1630

## **Time Management**

Tuesday, April 20 | 1100 - 1300





## **Relocation Support**

### **PCSing with Kids**

Tuesday, March 23 | 0900 - 1030

### **Sailors and Families on the Move**

Thursday, March 25 | 1400 - 1600

Tuesday, April 20 | 1000 - 1200

### **Welcome to San Diego**

Thursday, March 4 | 0900 1030

## **Sexual Assault Prevention and Response**

### **SAPR Victim Advocate (VA)**

#### **Initial Training**

Monday - Friday, March 15 - 19 | 0730 - 1630

### **SAPR POC/ Primary Supplemental**

#### **Initial Training**

Wednesday, March 3 | 0730 - 1630

### **SAPR VA Continuing Education Units (CEU) Training**

Friday, March 26 | 0730 - 1630

## Command Programs

### **Command Family Advocacy Point of Contact Initial Training**

Thursday, April 8 | 0800 - 1600

### **Command Family Care Plan Coordinator Training**

Tuesday, March 9 | 1300 - 1500

### **Command Sponsor Coordinator Training**

Thursday, March 11 | 0900 - 1030

Wednesday, April 7 | 0900 - 1030

### **Leadership Spouse Symposium**

Thursday, March 25 | 0900 - 1400

### **Leadership Resource Training**

Thursday, April 22 | 0800 - 1200

FLEET AND FAMILY SUPPORT CENTER

**VIRTUAL**

## **LEADERSHIP RESOURCE TRAINING**

April 22, 2021 0800-1200 PST

Join us virtually to learn more  
about the many resources  
available to help promote Sailor  
and family resiliency!

Call 866-923-6478 or email  
[FFSCSDLRT@navy.mil](mailto:FFSCSDLRT@navy.mil) to register today!