

The NAVSTA Newport Fleet and Family Support Center Newsletter is created monthly. All active duty, family members, reservists, National Guard, retirees and DoW employees are welcome to attend any of the classes we offer. For assistance to register for a class or to schedule a counseling appointment please call our office at (401) 841-2283

Unless otherwise noted - All classes listed below are in-person at FFSC 1260 Peary Street, NAVSTA Newport, RI



My name is Grace Park, and I am a Licensed Clinical Counselor originally from Queens, New York. I previously worked as a Military and Family Life Counselor at RAF Mildenhall supporting Air Force service members and their families. Before that, I worked as a trauma counselor with refugee families who had recently arrived in the US.

I've always been drawn to trauma work and love learning about it. I've recently completed a Master's degree in Neuroscience to better understand more of the biology of trauma. Currently, I'm interested in the impact of loneliness in the military and continue to explore that through ongoing research.

Outside of work, you can find me running (very slowly) or, if it's nice out, on a patio at a pub. I'm excited to be here and looking forward to getting to know and supporting the Newport NAVSTA community.



Whether you just received orders or are packing up, the War Department is ready to assist. See how we can get you mission ready for your move.

NAVSTA Newport Personal Property Office
690 Peary Street, Newport, RI 02841
Office Phone (401) 841-4896

Services: Household goods movement, storage information, entitlement counseling, and pet transportation

For additional assistance, contact the 24/7 call center at 833-MIL-MOVE (833-645-6683)

Download the latest PCS Guidebook at
www.mynavyhr.navy.mil

Every military move is different. Whether it's your first move or your fifth, Military OneSource can connect you to relocation tools, expert 24/7 support and up-to-date information — wherever and whenever duty calls.

For official, up-to-date documentation on your move, always consult the Military INSTALLATIONS website
www.militaryonesource.com

MORE GOOD DAYS *together*

May is Mental Health Awareness Month – a reminder that mental wellness is essential to resilience, readiness, and overall well-being. Service members and their families often experience unique and demanding challenges, making it especially important to prioritize our mental health. Building healthy coping skills, maintaining supportive connections, and seeking help when needed all contribute to our overall well-being.

Fleet &
Family
Support
Center
presents:

Mindfulness for the workplace

In a fast-paced work environment, mindful awareness can help us stay grounded, focused, and emotionally balanced






When & Where

Friday May 8th
12:00pm -12:30pm

1260 Peary Street
NAVSTA Newport, RI

What You'll Experience:

-  Guided breathing techniques
-  Meditation simple tools
-  Group reflection



WALK & TALK FOR MENTAL HEALTH HELP BREAK THE STIGMA

Join us for a Walk & Talk focused on strengthening mental wellness and community connection.

Take time to step away, get moving, and engage in supportive conversation with others in a relaxed outdoor setting. Fleet and Family Support Center counselors will provide conversation prompts designed to encourage connection, resilience, and open discussion about mental health.

Open to all with base access. We encourage our community to join us in prioritizing mental health this month and beyond.

MENTAL HEALTH



AWARENESS

WHEN:

MAY 19th, 2026,
12:00PM - 1:00PM

WHERE:

NAVAL ACADEMY PREPARATORY
SCHOOL OUTDOOR TRACK

FOR MORE INFORMATION:

Call (401) 841-2283 or
Email COLLEEN.D.SCHWESINGER.CIV@US.NAVY.MIL



Life Skills

Public Speaking

Friday May 8th 10:30am – 11:30pm

Join us to learn proven techniques, practice and improve various types of speeches (introductory, informative, persuasive, special occasion, extemporaneous, and debate) through feedback from other orators.

LUNCH & LEARN

Mind-Body Mental Fitness Module 4

Flexible Thinking

LUNCH & LEARN

Wednesday May 13th 12:00pm – 2:00pm

Teaches participants how to practice flexible

thinking with their thoughts, behaviors and emotions while helping to defeat negative thinking.

Anger Management

Friday May 15th 1:00pm – 3:00pm

Participants learn how to strengthen focus and decrease harmful reactivity to external events.

Mind-Body Mental Fitness Module 1 Stress Resiliency

Wednesday May 20th 2:00pm – 4:00pm

Discover how stress affects the four domains of resilience; (mind, body, spirit, and social) as well as how to recognize it and turn it into an opportunity for growth.

LUNCH & LEARN

Mind-Body Mental Fitness Module 2

Mindfulness and Meditation

LUNCH & LEARN

Friday May 22nd 11:00 – 1:00pm

Participants acquire skills to strengthen focus, awareness, and decreasing harmful reactivity to external events.

For more information or to register email
katherine.e.goktepe.naf@us.navy.mil

While Sexual Assault Awareness and Prevention Month (SAAPM) has concluded, the Sexual Assault Prevention and Response (SAPR) program is available year-round, 24/7.

If you have experienced sexual assault:

Our SAPR team can offer services and take reports regardless of when/where the assault took place

- You do not need to file an “official” report in order to speak with our team or to receive supportive services
- The SAPR team is confidential—we do not tell anyone what you share with us (including your command)
- We can offer resources for counseling, legal support, medical treatment, safety concerns, and more.
- YOU are in the driver seat and decide what path feels safest for you

If you are supporting someone who has been sexually assaulted:

- Don't ask questions about the assault (who, what, when, where, why); let them share what they are comfortable with.
- Believe them
- Validate their feelings
- Ask if they are/feel safe
- Ask if you can connect them to confidential SAPR resources
- Ask the individual how you can support them

We are here to support you through this difficult time.

Please contact us:

24/7 Victim Advocate Hotline: (401) 450-2327

Civilian Victim Advocates:

(401) 314-5894 or (401) 528-9542

SARC: (401) 450-4212.



The SAPR team is pleased to announce our new lending library!

Interested in more SAPR-related reading, but don't want to invest in books?
Come on over to Fleet and Family Support Center and borrow a book from us.

For more information email stephanie.n.martinez21.civ@us.navy.mil or theo.greenblatt.naf@us.navy.mil



National Preparedness Month

Preparedness Starts At Home



National Preparedness Month is a great time to take small steps to make a big difference in being prepared. Getting yourself, your family and your home ready for emergencies like home fires, power outages and local floods means you're more prepared for disasters like wildfires, flash flooding, hurricanes and more.

Different seasons bring different challenges. As we enter hurricane season, make sure you're ready with a checklist of disaster supplies. What's on your list?

Resources to assist you in being storm ready.

www.ready.gov/kit

Download DoW Emergency Preparedness Guide
www.militaryonesource.com

Download the FEMA app to receive notifications real-time alerts from the National Weather Service for up to five locations

Rhode Island Special Needs Emergency Registry (RISNER) lets police, fire, and other first responders in your community better prepare for and respond to your needs during a hurricane, storm, or other emergency.

Many people may need extra help during a time of emergency, including people who:

- Use life support systems such as oxygen, respirator, ventilator, dialysis, pacemaker, or who have chronic conditions and require treatment (e.g., have diabetes and require insulin)
- Have mobility needs and use a wheelchair, scooter, walker, cane, or other mobility device.
- Are visually impaired, blind, hard of hearing, or Deaf.
- Have speech, cognitive, developmental or behavioral health disabilities.
- Use assistive animals or a prosthesis.

Register with RISNER at

www.kidsnet.health.ri.gov/emregistry/form.html

The information submitted to RISNER is shared with local and state first responders and emergency management officials.



HURRICANE SEASON

Hurricanes are among nature's most powerful and destructive phenomena. On average, 14 tropical storms, 7 of which become hurricanes form over the Atlantic Ocean, Caribbean Sea, or Gulf of America during the hurricane season which runs from June 1 to November 30 each year.

When a **HURRICANE WATCH** is issued, it means that hurricane conditions are possible within the watch area. The hurricane watch is issued 48 hours in advance of the anticipated onset of tropical-storm-force winds. This watch should trigger your family's disaster plan, and proactive measures should be initiated especially those actions that require extra time such as securing a boat, leaving a barrier island, etc.

When a **HURRICANE WARNING** is issued, it means that hurricane conditions are expected within the warning area. The hurricane warning is issued 36 hours in advance of the anticipated onset of tropical-storm-force winds. Once this warning has been issued, your family should be in the process of completing proactive actions and deciding the safest location to be during the storm.

For more information www.weather.gov/safety/hurricane

RELIEF SUPPORT



In need of Disaster Assistance

The quickest way to apply for assistance is online at www.disasterassistance.gov.

If you don't have access to the internet, you can apply by phone call (800) 621-3362.

You can also reach out to your service relief organization. Service relief organizations offer emergency financial assistance, at times, in response to natural disasters and emergencies.

- Navy-Marine Corps Relief Society visit www.nmcrs.org
- Army Emergency Relief visit www.armyemergencyrelief.org
- Air Force Aid Society visit www.afas.org
- Coast Guard Mutual Assistance visit www.mycgma.org

Depending on the circumstances, these organizations can provide help with interest-free loans, grants or a combination of loans and grants.

Overcoming EFMP Employment Barriers

May 28th 0930-1030am

Virtual TEAMS Discussion



Email Jessica Hebert at
Jessica.L.Hebert19.NAF@us.navy.mil
for more information or to sign up today.

Transition Assistance Program

May 11th – 15th 2026

July 13th -17th 2026

September 21st – 25th 2026

November 16th -20th 2026



TAP classes conducted in
MWR Conference Room
656 Whipple Street
NAVSTA Newport, RI



For more information or to register email
brittany.m.clark20.civ@us.navy.mil

Call 401-841-2283 or email

Brittany.M.Clark20.civ@us.navy.mil to sign up today!

Open to anyone with access to Naval Station Newport.

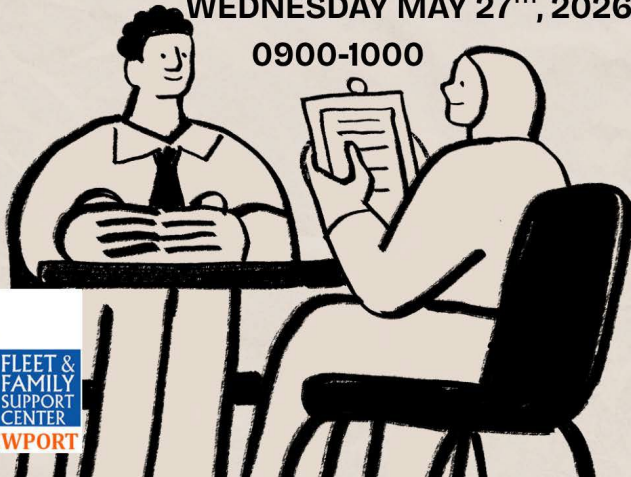
ACE THE INTERVIEW!

FFSC CONFERENCE ROOM

1260 PEARY STREET

WEDNESDAY MAY 27TH, 2026

0900-1000



1260 Peary Street, (401) 841-2283
NAVSTA Newport ffsc_nwpt@navy.mil

RESOURCES

Counseling Services	Military OneSource
Family Advocacy Program	www.militaryonesource.mil
SAPR Program	1 (800) 342-9647
Transition Assistance	SAPR Unit Victim Advocate
Exceptional Family Member Program	24/7: (401) 450-2327
Ombudsman	DoD Safe Helpline 1 (877) 995-5247
Life Skills Education Program	Suicide/Crisis 24 Hotline Dial - 988
Relocation Assistance	Military Crisis Line
Personal Financial Management	1-800-273-TALK (option 1)
Family Employment Readiness/	Text 838255
Deployment Support	or live chat www.militarycrisisline.net
Command Support	



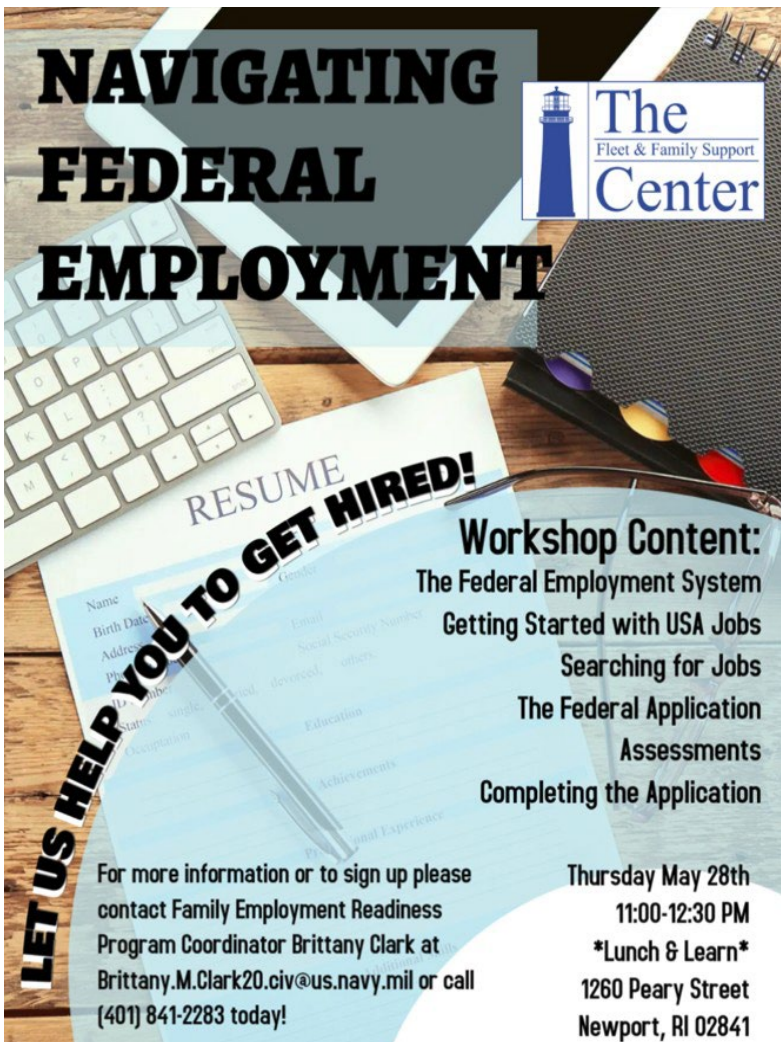
COURSE OUTLINE

Purpose of the Resume
Types of Resumes
Resume Components
Targeting Your Resume
Accomplishment Statements
Formatting Your Resume
Marketing Your Resume

FFSC Conference Room
1260 Peary Street
Newport, RI 02841
19 May, 2026;
20 May, 2026
9:00-10:00 AM;
11:00-12:00 PM
Lunch & Learn

For more information or to sign up please contact Family Employment Readiness Program (FERP) Coordinator Brittany Clark at Brittany.M.Clark20.civ@us.navy.mil or call 401-841-2283 today!

NAVIGATING FEDERAL EMPLOYMENT



RESUME
LET US HELP YOU TO GET HIRED!

Workshop Content:
The Federal Employment System
Getting Started with USA Jobs
Searching for Jobs
The Federal Application
Assessments
Completing the Application

For more information or to sign up please contact Family Employment Readiness Program Coordinator Brittany Clark at Brittany.M.Clark20.civ@us.navy.mil or call (401) 841-2283 today!
Thursday May 28th
11:00-12:30 PM
Lunch & Learn
1260 Peary Street
Newport, RI 02841

Training in Your Time

EASTERN AND CENTRAL TIMES

MAY 2026



DEPLOYMENT

		Eastern	Central
Deploy Solo and Deploy Strong	5/8	7:00 AM	6:00 AM
	5/14	9:00 PM	8:00 PM
	5/20	5:00 PM	4:00 PM
Equipping Your Kids During Deployment	5/1	1:00 PM	12:00 PM
	5/8	10:00 AM	9:00 AM
	5/13	10:00 PM	9:00 PM
	5/22	2:00 PM	1:00 PM
Homefront Ready: Family Care Planning	5/8	12:00 PM	11:00 AM
	5/15	7:00 AM	6:00 AM
	5/18	1:00 PM	12:00 PM
Plan. Prepare. Deploy.	5/15	10:00 AM	9:00 AM
	5/29	7:00 AM	6:00 AM
Sleep Tight – Deploy Right	5/31	9:00 PM	8:00 PM
Stronger Together During Deployment	5/4	11:00 AM	10:00 AM



PARENTING

		Eastern	Central
Mental Health Begins at Birth	5/11	12:00 PM	11:00 AM
Nine Steps To Positive Parenting	5/7	1:00 PM	12:00 PM
	5/14	1:00 PM	12:00 PM
Parenting and Sexual Development (SHAPE Module 1)	5/6	6:30 PM	5:30 PM
Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)	5/13	6:30 PM	5:30 PM
	5/20	6:30 PM	5:30 PM
Preteens (SHAPE Module 4)	5/27	6:30 PM	5:30 PM
Spotting the Signs of Youth Suicide	5/27	10:00 AM	9:00 AM
What About the Kids?	5/21	1:00 PM	12:00 PM



WARFIGHTER AND FAMILY RESILIENCE

		Eastern	Central
Anger Management	5/7	10:00 AM	9:00 AM
	5/13	11:00 AM	10:00 AM
Building Bridges: Nurturing Healthy Relationships	5/11	10:00 AM	9:00 AM
Communication Skills	5/5	11:00 AM	10:00 AM
Finding the Good in Conflict	5/4	8:00 AM	7:00 AM
	5/26	12:00 PM	11:00 AM
Healing Through Parenting: Strategies for Co-parenting with DV	5/20	1:00 PM	12:00 PM
Healthy Relationships	5/20	2:00 PM	1:00 PM
How to Protect the Next Generation in the Digital Age	5/22	10:00 AM	9:00 AM
Intimate Partner Violence: Identification and Reporting	5/13	10:00 AM	9:00 AM
Power of Connection: Building Support Systems	5/28	1:00 PM	12:00 PM
Run for Resilience	5/5	9:00 PM	8:00 PM
Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	5/5	8:00 AM	7:00 AM
	5/22	9:00 AM	8:00 AM
Stoicism Principles and Stress Management	5/22	9:00 AM	8:00 AM
Staying Steady and Strong in the Face of Uncertainty	5/4	4:00 PM	3:00 PM
	5/21	2:00 PM	1:00 PM
Stress Management	5/19	10:00 AM	9:00 AM
	5/26	9:00 AM	8:00 AM
Transferable Skills: Your Key to Career Mobility	5/26	9:00 AM	8:00 AM
Understanding Anger	5/5	10:00 AM	9:00 AM



NAVY LIFE

		Eastern	Central
Mission Start: Military Spouse Orientation 101	5/20	12:00 PM	11:00 AM
Navy Spouse Life 101	5/26	12:00 PM	11:00 AM
Why OPSEC Matters	5/1	9:00 AM	8:00 AM
	5/26	10:00 PM	9:00 PM



EFMP

		Eastern	Central
FBA, BIP, MDR etc.: Demystifying the Acronyms and Supports for Students with Behavioral	5/21	1:00 PM	12:00 PM



EMERGENCY PREPAREDNESS

		Eastern	Central
Be Ready, Be Confident: Emergency Preparedness	5/5	3:00 PM	2:00 PM
	5/26	3:00 PM	2:00 PM
Resolve to Be Ready: Evacuation Planning	5/7	9:00 PM	8:00 PM
	5/19	9:00 AM	8:00 AM

Register for these and more at [MyNavyFamily.com](https://www.mynavyfamily.com)



- 1 Go to [MyNavyFamily.com](https://www.mynavyfamily.com) to log in or create a free account.
- 2 Select the category on the home page, then select your webinar.
- 3 Confirm the start time and click "Enroll Me."

The FFSP LMS also has comprehensive resources like Navy Family Emergency Hub.



	Eastern Central		
AI Prompt Engineering: From Idea to Output	5/13	9:00 AM	8:00 AM
AI Resume Building: A Paradigm Shift	5/5	9:00 AM	8:00 AM
Job Search Hacks	5/5	12:00 PM	11:00 AM
	5/29	2:00 PM	1:00 PM
Leveraging AI for Your 2026 Job Search	5/8	9:00 AM	8:00 AM
Mastering Virtual Interviews	5/18	9:00 PM	8:00 PM
	5/20	11:00 AM	10:00 AM
Pain Free Resume Writing	5/13	3:00 PM	2:00 PM
Power Up Your Resume for Remote Jobs	5/27	1:00 PM	12:00 PM
Remote Ready: A Spouse's Roadmap to a Virtual Career!	5/18	8:00 AM	7:00 AM
The ART of the Interview	5/20	3:00 PM	2:00 PM
Understanding USAJOBS	5/7	4:00 PM	3:00 PM
USAJobs 2026	5/15	9:00 AM	8:00 AM



	Eastern Central		
Calming Cultural Shock	5/5	9:00 AM	8:00 AM
Final Move	5/13	1:00 PM	12:00 PM
Moving with EFMP	5/12	12:00 PM	11:00 AM
Planning the Perfect PCS	5/13	1:00 PM	12:00 PM
	5/21	10:00 AM	9:00 AM
	5/21	10:00 PM	9:00 PM
Stepping up Support: Sponsorship Training	5/11	2:00 PM	1:00 PM
	5/12	9:00 AM	8:00 AM
	5/17	9:00 PM	8:00 PM



	Eastern Central		
Civilian Healthcare Foundations	5/11	9:00 AM	8:00 AM
Financial Confidence Through Life's Changes	5/4	1:00 PM	12:00 PM
Leveraging Websites for Career Transition Research	5/3	9:00 PM	8:00 PM
	5/4	9:00 PM	8:00 PM
	5/14	7:00 AM	6:00 AM
Life After Tricare	5/5	3:00 PM	2:00 PM
	5/14	1:00 PM	12:00 PM
Mastering the Civilian Resume	5/6	1:00 PM	12:00 PM
Retirement Ready Navy Spouse	5/20	8:00 AM	7:00 AM
	5/28	9:00 PM	8:00 PM
Skillbridge Simplified	5/10	10:00 PM	9:00 PM
	5/12	1:00 PM	12:00 PM
vTAP DOL Employment Fundamental for Transition	5/6	7:00 PM	6:00 PM
	5/13	8:00 AM	7:00 AM
	5/20	9:00 AM	8:00 AM
vTAP DOL Vocational Track Day 1	5/14	8:00 AM	7:00 AM
vTAP DOL Vocational Track Day 2	5/15	8:00 AM	7:00 AM
vTAP Financial Planning for Transition	5/5	7:00 PM	6:00 PM
	5/12	1:00 PM	12:00 PM
	5/19	2:00 PM	1:00 PM
vTAP Managing Your Transition	5/4	9:15 PM	8:15 PM
	5/12	10:15 AM	9:15 AM
	5/19	11:15 AM	10:15 AM
vTAP MOC Crosswalk	5/4	10:00 PM	9:00 PM
	5/12	11:00 AM	10:00 AM
	5/19	12:00 PM	11:00 AM
vTAP Pre-Separation	5/4	7:00 PM	6:00 PM
	5/12	8:00 AM	7:00 AM
	5/19	9:00 AM	8:00 AM



	Eastern Central		
Banking and Financial Services	5/13	8:00 AM	7:00 AM
Car Buying Strategies	5/6	6:00 AM	5:00 AM
	5/19	2:00 PM	1:00 PM
Consumer Awareness	5/11	1:00 PM	12:00 PM
	5/27	6:00 AM	5:00 AM
Deployment-Ready Finances: Securing Your Future	5/22	11:00 AM	10:00 AM
Disaster-Proof Your Wallet	5/15	2:00 PM	1:00 PM
Home Buying	5/5	1:00 PM	12:00 PM
	5/6	10:00 PM	9:00 PM
	5/7	9:00 AM	8:00 AM
	5/28	9:00 AM	8:00 AM
Making the Most of Your Overseas Pay	5/13	3:00 PM	2:00 PM
Military Retirement Planning: Know the Facts	5/11	8:00 PM	7:00 PM
	5/19	10:00 PM	9:00 PM
Million Dollar Sailor (Must attend both days)	5/13	8:00 AM	7:00 AM
	5/14	8:00 AM	7:00 AM
Money Prep: Baby on Board	5/18	2:00 PM	1:00 PM
Money, Money, You're Ruining My Honey!	5/18	10:00 AM	9:00 AM
Navy Retirement . . . Is It Enough?	5/14	1:00 PM	12:00 PM
Ready, Set...Rent!	5/7	8:00 PM	7:00 PM
	5/15	12:00 PM	11:00 AM
	5/22	8:00 AM	7:00 AM
Stay Mission Ready - Know Your Rights Under SCRA	5/29	10:00 AM	9:00 AM
Take a Bite Out of College Costs	5/27	1:00 PM	12:00 PM
Tools to Grow Your Money	5/19	11:00 AM	10:00 AM
	5/21	4:00 PM	3:00 PM

Find a Fleet and Family Support Center near you at

<https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory>

**Need to talk? For virtual clinical counseling services
Call 1-855-205-6749 to book an appointment.**

Scan to schedule a one on one appointment to discuss personal financial management, employment, deployment, relocation, parenting, and more.





VTAP

Navy Virtual Transition Assistance Program



TRANSITION ASSISTANCE PROGRAM



The Navy provides interactive virtual webinars through the Virtual Transition Assistance Program (VTAP) for all eligible service members preparing to transition back to civilian life. Service members must complete their required congressional-mandated training at no less than 365 days before their official retirement or separation from military service. VTAP is designed for Service members who are unable to attend in-person training sessions in a timely manner. VTAP webinar classes are available to Service members and their spouses at any stage of their career and at any time zone.

MAY 2026

Schedule is Subject to Change

WEEK of 4-8 MAY		Date	EDT	Millington	San Deigo	Hawaii	Bahrain	Japan			
2 hrs.	Pre-Separation Briefing	4 MAY	7:00 PM	6:00 PM	4:00 PM	4 MAY	1:00 PM	5 MAY	2:00 AM	5 MAY	8:00 AM
30 mins.	Managing Your Transition	4 MAY	9:15 PM	8:15 PM	6:15 PM	4 MAY	3:15 PM	5 MAY	4:15 AM	5 MAY	10:15 AM
1.5 hrs.	MOC Crosswalk	4 MAY	10:00 PM	9:00 PM	7:00 PM	4 MAY	4:00 PM	5 MAY	5:00 AM	5 MAY	11:00 AM
4 hrs.	Financial Planning for Transition	5 MAY	7:00 PM	6:00 PM	4:00 PM	5 MAY	1:00 PM	6 MAY	2:00 AM	6 MAY	8:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	6 MAY	7:00 PM	6:00 PM	4:00 PM	6 MAY	1:00 PM	7 MAY	2:00 AM	7 MAY	8:00 AM
WEEK of 11-15 MAY		Date	EDT	Millington	San Deigo	Hawaii	Bahrain	Japan			
2 hrs.	Pre-Separation Briefing	12 MAY	8:00 AM	7:00 AM	5:00 AM	12 MAY	2:00 AM	12 MAY	3:00 PM	12 MAY	9:00 PM
30 mins.	Managing Your Transition	12 MAY	10:15 AM	9:15 AM	7:15 AM	12 MAY	4:15 AM	12 MAY	5:15 PM	12 MAY	11:15 PM
1.5 hrs.	MOC Crosswalk	12 MAY	11:00 AM	10:00 AM	8:00 AM	12 MAY	5:00 AM	12 MAY	6:00 PM	13 MAY	12:00 AM
4 hrs.	Financial Planning for Transition	12 MAY	1:00 PM	12:00 PM	10:00 AM	12 MAY	7:00 AM	12 MAY	8:00 PM	13 MAY	2:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	13 MAY	8:00 AM	7:00 AM	5:00 AM	13 MAY	2:00 AM	13 MAY	3:00 PM	14 MAY	9:00 PM
8 hrs.	DOL (2Day) Vocational Day 1 8am-4pm Day 2 8am-4pm	14 MAY	8:00 AM	7:00 AM	5:00 AM	14 MAY	2:00 AM	14 MAY	3:00 PM	-	-
		15 MAY	8:00 AM	7:00 AM	5:00 AM	15 MAY	2:00 AM	15 MAY	3:00 PM	-	-
WEEK of 18-22 MAY		Date	EDT	Millington	San Deigo	Hawaii	Bahrain	Japan			
2 hrs.	Pre-Separation Briefing	19 MAY	9:00 AM	8:00 AM	6:00 AM	19 MAY	3:00 AM	19 MAY	4:00 PM	19 MAY	11:00 PM
30 mins.	Managing Your Transition	19 MAY	11:15 AM	10:15 AM	8:15 AM	19 MAY	5:15 AM	19 MAY	6:15 PM	20 MAY	12:100 AM
1.5 hrs.	MOC Crosswalk	19 MAY	12:00 PM	11:00 AM	9:00 AM	19 MAY	6:00 AM	19 MAY	7:00 PM	20 MAY	1:00 AM
4 hrs.	Financial Planning for Transition	19 MAY	2:00 PM	1:00 PM	11:00 AM	19 MAY	8:00 AM	19 MAY	9:00 PM	20 MAY	3:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	20 MAY	9:00 AM	8:00 AM	6:00 AM	20 MAY	3:00 AM	20 MAY	4:00 PM	20 MAY	11:00 PM



www.ffsp.navy.mil

CNIC's Learning Management System (LMS)

Regardless of a sailor's career stage or time zone, VTAP webinar classes are available. To register for any session, log in to <https://mynavyfamily.com>