

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

LIFE SKILLS

Difficult Conversations with Staff

Tuesday August 4th, 2026, 1:00pm - 3:00pm
teaches how to confidently and constructively
handle challenging workplace discussions

Mind-Body Mental Fitness

Module 1 Stress Resiliency

Thursday August 13th, 2026, 1:00pm – 3:00pm
Participants learn how to make stress a friend.

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



WHAT TOPICS
would you like to see taught?

WHAT IS THE BEST TIME
for you to attend?

DO YOU PREFER VIRTUAL VS IN PERSON?

Help us plan training that works for you!

Email us at **ffsc_nwpt@navy.mil**

WELCOME TO THE TEAM



Hello! My name is Lindsay Gerundio, and I am excited to join the team at Naval Station Newport as the new Family Advocacy Program (FAP) Victim Advocate/Educator.

Before coming to Naval Station Newport, I worked with the Rhode Island Department of Children, Youth & Families, where I supported children and families throughout the state. Prior to that, I worked in local hospitals, gaining experience serving individuals and families in a variety of settings.

I was born and raised in New England. I earned my bachelor's degree in psychology from Roger Williams University and have always been passionate about helping others and supporting our community.

When I'm not at work, I enjoy spending time with my husband and our two young daughters, who are the center of my world. I love traveling—especially to Disney destinations—and making lasting memories through family adventures, outdoor activities, and afternoons by the pool. Above all, I cherish being with my family and consider being a mom my greatest joy.

I look forward to meeting and working with the Naval Station Newport community!

TOGETHER WE CAN

Build Our Future!

Adventure Awaits!

Stronger TOGETHER

FOCUS PLAN ACHIEVE

Make Memories

Believe in Yourself

Glue Stick

WEDNESDAY, AUGUST 19, 2026
2:00 PM - 4:00 PM

NAVSTA Newport, RI

RESERVE YOUR FAMILY'S SPOT BY AUGUST 18, 2026

Build Your Vision. Inspire Your Future. Create It Together!

JOIN US FOR A FUN AND INSPIRING FAMILY GOAL-SETTING EXPERIENCE!

Create a personalized vision board by curating images, quotes, and affirmations that represent your family's personal aspirations.

THESE HANDS-ON COLLAGES ARE BUILT TO:

- ENHANCE FOCUS
- SPARK MOTIVATION
- ENCOURAGE COMMUNICATION SKILLS
- VISUALLY PRIME YOUR FAMILY FOR SUCCESS

SUPPLIES PROVIDED, just bring your CREATIVITY!

Include:

- ✓ Images
- ✓ Quotes
- ✓ Affirmations
- ✓ Family Goals
- ✓ Dreams

Email: jessica.l.hebert19.naf@us.navy.mil
OR
kaisa.e.clark.naf@us.navy.mil

Counseling Services
Family Advocacy Program
SAPR Program
Transition Assistance
Exceptional Family Member Program
Ombudsman
Life Skills Education Program
Relocation Assistance
Personal Financial Management
Family Employment Readiness/
Deployment Support
Command Support

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

Military OneSource
www.militaryonesource.mil
1 (800) 342-9647
SAPR Unit Victim Advocate
24/7: (401) 450-2327
DoD Safe Helpline 1 (877) 995-5247
Suicide/Crisis 24 Hotline Dial - 988
Military Crisis Line
1-800-273-TALK (option 1)
Text 838255
or live chat www.militarycrisisline.net

Download the
MyNavy Family app





ACE

THE INTERVIEW!

Your skills. Your story. Your success.

LEARN SKILLS THAT HELP YOU STAND OUT AND LAND THE JOB!

- MAKE A STRONG FIRST IMPRESSION**
Walk in with confidence and leave a lasting one!
- ANSWER LIKE A PRO**
Learn how to tackle tough questions with ease.
- SHOWCASE YOUR STRENGTHS**
Highlight what makes you the perfect fit!
- CONNECT & CONVINCE**
Build rapport and show why they need YOU on their team.
- LEAVE THEM WANTING MORE**
End strong and increase your chances of getting the offer!

DATE _____
Tuesday
August 11th 2026

TIME _____
11:00am to 12:00pm

LOCATION _____
Fleet and Family Support Center
1260 Peary Street,
NAVSTA Newport, RI 02841

**OPEN TO ALL
WITH BASE ACCESS**

FOR MORE INFORMATION OR TO REGISTER:

Call (401) 841-2283

Email Brittany.M.Clark20.civ@us.navy.mil

**Walk-ins
Welcome!**



NAVIGATING FEDERAL EMPLOYMENT

**AN INTERACTIVE WORKSHOP DESIGNED TO
DEMYSTIFY THE FEDERAL HIRING PROCESS!**

LEARN
how to effectively use the USAJOBS platform.

COMPLETE
the federal application with confidence.

UNDERSTAND
job announcements and what agencies are really looking for.

DECODE
job requirements and match your experience to the job.

DATE:
Wednesday
August 12th 2026

TIME:
10:00am - 11:30am

LOCATION:
Fleet and Family Support Center
1260 Peary Street
NAVSTA Newport, RI 02841

FOR MORE INFORMATION CONTACT:

(401) 841-2283
or email
Brittany.M.Clark20.civ@us.navy.mil

**TAKE CONTROL OF YOUR
FEDERAL CAREER!
YOUR FUTURE STARTS HERE.**

BUILD IT RIGHT. ★ SHARE IT PROUD. ★ GET HIRED.

RESUMES THAT GET RESULTS

**A WORKSHOP TO HELP YOU STAND OUT,
GET NOTICED & LAND OPPORTUNITIES.**

**DATE: THURSDAY
AUGUST 13TH 2026**

**TIME:
10:00AM - 11:00AM**

**LOCATION:
1260 PEARY STREET,
NAVSTA NEWPORT,
RI 02841**

COURSE OUTLINE

Designed to teach job seekers how to transform passive, task-oriented resumes into compelling, achievements-based documents. This workshop emphasizes using metrics, action verbs, and Applicant Tracking System (ATS) optimization to secure interviews.

**SUCCESS STARTS
WITH A STRONG RESUME.**

PROFESSIONAL EXPERIENCE

EDUCATION

SKILLS

**YOUR RESUME.
YOUR FUTURE.
MAKE IT
COUNT!**

★ TYPES OF RESUMES ★

- CHRONOLOGICAL RESUME**
Highlights your work history in order of date.
- FUNCTIONAL RESUME**
Focuses on skills and experience rather than dates.
- COMBINATION RESUME**
Combines skills and work history for maximum impact.
- TARGETED / CUSTOMIZED RESUME**
Tailored to a specific job or industry for better results.

**WALK AWAY WITH A STRONGER
RESUME AND MORE CONFIDENCE!**

**PREPARE TODAY.
SUCCEED TOMORROW.**

★ YOUR SERVICE. YOUR SKILLS. YOUR NEXT OPPORTUNITY. ★

QUESTIONS? CONTACT US!
(401) 841-2283
EMAIL:
Brittany.M.Clark20.civ@us.navy.mil

Transition Assistance Program

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



Sexual Assault Response and Prevention (SAPR) Presents:

Initial Victim Advocate Course

We are looking for empathetic and motivated individuals to join our SAPR team! This collateral duty is not only a great leadership opportunity, but also a chance to assist survivors through trauma-informed care. The VA role is about being a trusted, confidential person and helping the individual during their most difficult time so that they do not navigate alone.

APPLY NOW

Email us to receive your application, and submit by 10 Aug to reserve your spot

****Must be E-6 or above**

DATES:

24-28 Aug 2026

TIMES:

0800-1630

Support

Lead

Educate

***Must have Command approval prior to attending**

REGISTER NOW

Stephanie.n.martinez21.civ@us.navy.mil

OR

Theo.greenblatt.naf@us.navy.mil



SAPR 24/7 HOTLINE 401-450-2327



DoD Safe Helpline 877-995-5247

Training in Your Time

EASTERN AND CENTRAL TIMES

AUGUST 2026

DEPLOYMENT



Eastern Central

Am I Okay?	8/2	8:00 PM	7:00 PM
Homefront Ready: Family Care Planning	8/24	8:00 PM	7:00 PM
	8/26	9:00 AM	8:00 AM
	8/27	1:00 PM	12:00 PM
How is the Individual Augmentee Deployment Different?	8/26	11:00 AM	10:00 AM
Keeping it Together During Deployment	8/20	8:00 AM	7:00 AM
Kids & Deployment: The Roller Coaster Ride	8/7	9:00 AM	8:00 AM
Plan. Prepare. Deploy.	8/3	3:00 PM	2:00 PM
Stronger Together During Deployment	8/11	11:00 AM	10:00 AM

EMERGENCY PREPAREDNESS



Eastern Central

Disaster-Proof Insurance Coverage Essentials	8/3	8:00 PM	7:00 PM
	8/5	9:00 AM	8:00 AM
	8/6	1:00 PM	12:00 PM
Get Organized for Emergencies	8/19	2:00 PM	1:00 PM
Plan, Prepare, and Practice: Emergency Preparedness	8/20	3:00 PM	2:00 PM
Preparedness Starts With You: Emergency Preparedness	8/6	12:00 PM	11:00 AM
Resolve to Be Ready: Evacuation Planning	8/10	8:00 PM	7:00 PM
	8/12	9:00 AM	8:00 AM
	8/13	1:00 PM	12:00 PM

EXCEPTIONAL FAMILY MEMBER



Eastern Central

CLIFF Notes to Speech and Language Impairments Under IDEA	8/20	2:00 PM	1:00 PM
Moving with EFMP	8/25	12:00 PM	11:00 AM
Single.Serving.Parent: Special Needs	8/31	1:00 PM	12:00 PM

EMPLOYMENT



Eastern Central

Becoming Federal Resume Savvy	8/17	3:00 PM	2:00 PM
	8/23	9:00 PM	8:00 PM
Building the Modern Resume	8/16	9:00 PM	8:00 PM
	8/19	2:00 PM	1:00 PM
	8/28	8:00 AM	7:00 AM
Job Search Hacks	8/9	9:00 PM	8:00 PM
	8/13	3:00 PM	2:00 PM
Mastering Virtual Interviews	8/7	2:00 PM	1:00 PM
	8/11	2:00 PM	1:00 PM
	8/12	1:00 PM	12:00 PM
Pain Free Resume Writing	8/12	10:00 AM	9:00 AM
Remote Ready: A Spouse's Roadmap to a Virtual Career!	8/10	1:00 PM	12:00 PM
The ART of the Interview	8/19	10:00 AM	9:00 AM
Volunteer to Career	8/3	1:00 PM	12:00 PM
	8/14	11:00 AM	10:00 AM

NAVY LIFE



Eastern Central

Military Spouse 101	8/12	11:00 AM	10:00 AM
Mission Start: Military Spouse Orientation 101	8/19	12:00 PM	11:00 AM
Navy Spouse Life 101	8/25	7:00 PM	6:00 PM
Ombudsman Hot Topic	8/19	9:00 AM	8:00 AM
	8/26	6:00 PM	5:00 PM
Why OPSEC Matters	8/10	9:00 AM	8:00 AM

PARENTING



Eastern Central

Effects of Divorce on Children	8/20	2:00 PM	1:00 PM
Exploring Through the Senses	8/12	2:00 PM	1:00 PM
Helping Kids Thrive Through Change	8/4	5:00 PM	4:00 PM
Homefront Ready: Family Care Planning	8/24	8:00 PM	7:00 PM
	8/26	9:00 AM	8:00 AM
	8/27	1:00 PM	12:00 PM
How to Protect the Next Generation in the Digital Age	8/18	2:30 PM	1:30 PM
Kids & Deployment: The Roller Coaster Ride	8/7	9:00 AM	8:00 AM
Parenting to Prevent PSB: Parenting and Sexual Development Ages 2-4 (SHAPE Module 2)	8/4	9:00 AM	8:00 AM
Ages 5-9 (SHAPE Module 3)	8/11	9:00 AM	8:00 AM
Preteens (SHAPE Module 4)	8/18	9:00 AM	8:00 AM
Teens (SHAPE Module 5)	8/25	9:00 AM	8:00 AM
Problematic Sexual Behavior in Children and Youth	8/20	10:00 AM	9:00 AM
Self-Care: Parent Edition	8/31	12:00 PM	11:00 AM
Single.Serving.Parent: Deployed	8/11	1:00 PM	12:00 PM
	8/24	9:00 AM	8:00 AM
Single.Serving.Parent: Dual Mission	8/18	9:00 PM	8:00 PM
Single.Serving.Parent: Special Needs	8/31	1:00 PM	12:00 PM
Spotting the Signs of Youth Suicide	8/17	1:00 PM	12:00 PM
Tear Free Dinner	8/10	12:00 PM	11:00 AM
	8/26	2:00 PM	1:00 PM
The Big Three in the First Three Years	8/12	12:00 PM	11:00 AM
What About the Kids?	8/20	1:00 PM	12:00 PM

AUGUST VIRTUAL LEARNING SERIES

EMERGENCY PREPAREDNESS

PLAN TODAY. PROTECT TOMORROW.

WHAT YOU'LL LEARN

Learn practical steps to prepare before disaster strikes

Safeguard your household, finances, and critical records.

Strengthen your family's readiness and resilience.

MONDAYS | 8PM EDT

JAPAN TUESDAY 9AM

- Disaster Proof Insurance 8/3 EDT; 8/4 JST
- Resolve to Be Ready: Evacuation Planning 8/10 EDT; 8/11 JST
- Disaster Proof Your Wallet 8/17 EDT; 8/18 JST
- Homefront Ready: Family Care Planning 8/24 EDT; 8/25 JST

TUESDAYS | 5AM EDT

ITALY 11 AM | JAPAN 6PM

- Disaster Proof Insurance 8/4
- Resolve to Be Ready: Evacuation Planning 8/11
- Disaster Proof Your Wallet 8/18
- Homefront Ready: Family Care Planning 8/25

WEDNESDAYS | 9AM EDT

ITALY 3:00 PM

- Disaster Proof Insurance 8/5
- Resolve to Be Ready: Evacuation Planning 8/12
- Disaster Proof Your Wallet 8/19
- Homefront Ready: Family Care Planning 8/26

THURSDAYS | 1PM EDT

ITALY 7:00 PM

- Disaster Proof Insurance 8/6
- Resolve to Be Ready: Evacuation Planning 8/13
- Disaster Proof Your Wallet 8/20
- Homefront Ready: Family Care Planning 8/27

Go to **MyNavyFamily.com**
Log in or make a
new account to register.

PERSONAL
FINANCE

Eastern Central

Achieving Financial Empowerment while Experiencing IPV	8/12	2:00 PM	1:00 PM
Car Buying Strategies	8/28	12:00 PM	11:00 AM
Command Financial Specialist (CFS) Continuing Education (CE)	8/11	12:00 PM	11:00 AM
Consumer Awareness	8/20	10:00 AM	9:00 AM
Debt Freedom & Good Credit	8/6	1:00 PM	12:00 PM
Disaster-Proof Insurance Coverage Essentials	8/3	8:00 PM	7:00 PM
	8/5	9:00 AM	8:00 AM
	8/6	1:00 PM	12:00 PM
Disaster-Proof Your Wallet	8/17	8:00 PM	7:00 PM
	8/19	9:00 AM	8:00 AM
	8/20	1:00 PM	12:00 PM
Home Buying	8/12	8:00 AM	7:00 AM
Million Dollar Sailor Day 1	8/12	9:00 AM	8:00 AM
Million Dollar Sailor Day 2 (must attend both sessions)	8/13	9:00 AM	8:00 AM
Million Dollar Sailor Day 1	8/25	1:00 PM	12:00 PM
Million Dollar Sailor Day 2 (must attend both sessions)	8/26	1:00 PM	12:00 PM
Money Prep: Baby on Board	8/17	8:00 AM	7:00 AM
Navy Retirement...Is It Enough?	8/20	1:00 PM	12:00 PM
Planning your Financial Future	8/13	7:00 PM	6:00 PM
Ready, Set...Rent!	8/14	8:00 AM	7:00 AM
	8/25	9:00 AM	8:00 AM
Take a Bite Out of College Costs	8/24	3:00 PM	2:00 PM
	8/30	9:00 PM	8:00 PM
	8/31	8:00 AM	7:00 AM
Thrift Savings Plan: Choosing the Right Path	8/21	10:00 AM	9:00 AM
TSP Basics for Navy Life	8/27	8:00 AM	7:00 AM

RELOCATION



Eastern Central

Cultural Adaptation	8/5	12:00 PM	11:00 AM
Moving with EFMP	8/25	12:00 PM	11:00 AM
Smooth Move: Overseas	8/4	1:00 PM	12:00 PM
Stepping up Support: Sponsorship Training	8/12	9:00 PM	8:00 PM
	8/28	1:00 PM	12:00 PM
The PCS Process	8/25	4:00 PM	3:00 PM
	8/27	8:00 AM	7:00 AM

TRANSITION



Eastern Central

Conquering Civilian Interviews	8/6	7:00 PM	6:00 PM
Leveraging the VMET in Your Job Search	8/5	5:00 PM	4:00 PM
Life After Tricare	8/4	2:00 PM	1:00 PM
Mastering the Civilian Resume	8/31	1:00 PM	12:00 PM
Skillbridge Simplified	8/5	9:00 PM	8:00 PM
	8/18	1:00 PM	12:00 PM
Thrift Savings Plan: Choosing the Right Path	8/21	10:00 AM	9:00 AM
Transferable Skills Your Key to Career Mobility	8/18	2:00 PM	1:00 PM
	8/26	11:00 AM	10:00 AM
VTAP DOL Employment Fundamentals for Career Transition	8/5	7:00 PM	6:00 PM
	8/12	8:00 AM	7:00 AM
	8/19	11:00 AM	10:00 AM
VTAP Financial Planning for Transition	8/4	7:00 PM	6:00 PM
	8/11	1:00 PM	12:00 PM
	8/18	4:00 PM	3:00 PM
VTAP Managing Your Transition	8/3	9:15 PM	8:15 PM
	8/11	10:15 AM	9:15 AM
	8/18	1:15 PM	12:15 PM
	8/27	2:00 PM	1:00 PM
VTAP MOC Crosswalk	8/3	10:00 PM	9:00 PM
	8/11	11:00 AM	10:00 AM
	8/18	2:00 PM	1:00 PM
VTAP Pre-Separation Brief	8/3	7:00 PM	6:00 PM
	8/11	8:00 AM	7:00 AM
	8/18	11:00 AM	10:00 AM
VTAP SBA Entrepreneurship Track (Boots to Business)			
Day 1	8/13	11:00 AM	10:00 AM
Day 2	8/14	11:00 AM	10:00 AM

WARRIOR AND
FAMILY RESILIENCE

Eastern Central

Achieving Financial Empowerment while Experiencing IPV	8/12	2:00 PM	1:00 PM
Better Reactions, Better Outcomes	8/4	9:00 PM	8:00 PM
	8/14	11:00 AM	10:00 AM
	8/21	1:00 PM	12:00 PM
Building Bridges: Nurturing Healthy Relationships	8/26	2:30 PM	1:30 PM
Conflict Management	8/4	11:00 AM	10:00 AM
Effective Communication	8/26	11:00 AM	10:00 AM
Finding the Good in Conflict	8/10	12:00 PM	11:00 AM
How to Protect the Next Generation in the Digital Age	8/18	2:30 PM	1:30 PM
Mind Body Mental Fitness (MBMF)			
Mod 1: Stress Resilience	8/11	1:00 PM	12:00 PM
Mod 2: Mindfulness & Meditation	8/12	1:00 PM	12:00 PM
Mod 3: Living Core Values	8/13	1:00 PM	12:00 PM
Mod 4: Flexibility	8/18	1:00 PM	12:00 PM
Mod 5: Problem Solving	8/19	1:00 PM	12:00 PM
Mod 6: Connection	8/20	1:00 PM	12:00 PM
Mindful Practices During Stressful Times	8/26	4:00 PM	3:00 PM
Mission Ready, Mentally Strong	8/24	12:00 PM	11:00 AM
Motivating by Appreciation	8/24	12:00 PM	11:00 AM
Organize Your Life	8/17	1:00 PM	12:00 PM
Staying Safe: Vigilance and Awareness in Preventing Stalking in Intimate Partner Violence Relationships	8/3	9:00 AM	8:00 AM
Stress Management	8/18	10:00 AM	9:00 AM
Spotting the Signs of Youth Suicide	8/17	1:00 PM	12:00 PM
Suicide Prevention	8/26	2:00 PM	1:00 PM
The Bounce Back Blueprint	8/18	11:00 AM	10:00 AM
Understanding Anger	8/4	10:00 AM	9:00 AM

**Find a Fleet and Family
Support Center near you at**

[https://ffr.cnmc.navy.mil/Family-Readiness/
Fleet-And-Family-Support-Program/
FFSC-Directory](https://ffr.cnmc.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.**



Book a Free 1:1
Consultation with a
team member today



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.

AUGUST 2026

Schedule is Subject to Change

WEEK of 3-7 Aug		Date	EDT	Millington	San Diego	Hawaii		Bahrain		Japan	
2 hrs.	Pre-Separation Briefing	3 Aug	7:00 PM	6:00 PM	4:00 PM	3 Aug	1:00 PM	4 Aug	2:00 AM	4 Aug	8:00 AM
30 mins.	Managing Your Transition	3Aug	9:15 PM	8:15 PM	6:15 PM	3 Aug	3:15 PM	4 Aug	4:15 AM	4 Aug	10:15 AM
1.5 hrs.	MOC Crosswalk	3 Aug	10:00 PM	9:00 PM	7:00 PM	3 Aug	4:00 PM	4 Aug	5:00 AM	4 Aug	11:00 AM
4 hrs.	Financial Planning for Transition	4 Aug	7:00 PM	6:00 PM	4:00 PM	4 Aug	1:00 PM	5 Aug	2:00 AM	5 Aug	8:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	5 Aug	7:00 PM	6:00 PM	4:00 PM	5 Aug	1:00 PM	6 Aug	2:00 AM	6 Aug	8:00 AM
WEEK of 11-14 Jul		Date	EDT	Millington	San Diego	Hawaii		Bahrain		Japan	
2 hrs.	Pre-Separation Briefing	11 Aug	8:00 AM	7:00 AM	5:00 AM	11 Aug	2:00 AM	11 Aug	3:00 PM	12 Aug	9:00 PM
30 mins.	Managing Your Transition	11 Aug	10:15 AM	9:15 AM	7:15 AM	11 Aug	4:15 AM	11 Aug	5:15 PM	12 Aug	11:15 PM
1.5 hrs.	MOC Crosswalk	11 Aug	11:00 AM	10:00 AM	8:00 AM	11 Aug	5:00 AM	11 Aug	6:00 PM	13 Aug	12:00 AM
4 hrs.	Financial Planning for Transition	11 Aug	1:00 PM	12:00 PM	10:00 AM	11 Aug	7:00 AM	11 Aug	8:00 PM	13 Aug	2:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	12 Aug	8:00 AM	7:00 AM	5:00 AM	12 Aug	2:00 AM	12 Aug	3:00 PM	13 Aug	9:00 PM
8 hrs.	SBA (2Day) Entrepreneurship Day 1 11am-3pm Day 2 11am-3pm	13 Aug	11:00 AM	10:00 AM	8:00 AM	13 Aug	5:00 AM	13 Aug	6:00 PM	-	-
		14 Aug	11:00 AM	10:00 AM	8:00 AM	14 Aug	5:00 AM	14 Aug	6:00 PM	-	-
WEEK of 18-21 Jul		Date	EDT	Millington	San Diego	Hawaii		Bahrain		Japan	
2 hrs.	Pre-Separation Briefing	18 Aug	11:00 AM	10:00 AM	8:00 AM	18 Aug	5:00 AM	18 Aug	6:00 PM	19 Aug	12:00 AM
30 mins.	Managing Your Transition	18 Aug	1:15 PM	12:15 PM	10:15 AM	18 Aug	7:15 AM	18 Aug	8:15 PM	19 Aug	2:15 AM
1.5 hrs.	MOC Crosswalk	18 Aug	2:00 PM	1:00 PM	1100 AM	18 Aug	8:00 AM	18 Aug	9:00 PM	19 Aug	3:00 AM
4 hrs.	Financial Planning for Transition	18 Aug	4:00 PM	3:00 PM	1:00 PM	18 Aug	10:00 AM	18 Aug	11:00 PM	19 Aug	5:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	19 Aug	11:00 AM	10:00 AM	8:00 AM	19 Aug	2:00 AM	19 Aug	2:00 PM	19 Aug	12:00 AM



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>