

# Training in Your Time

**EASTERN AND CENTRAL TIMES**

**JUNE 2026**

## DEPLOYMENT



		Eastern	Central
Deploy Solo and Deploy Strong	6/16	12:00 PM	11:00 AM
Deployment Extended: What's Next?	6/23	11:00 AM	10:00 AM
Equipping Your Kids During Deployment	6/2	4:00 PM	3:00 PM
	6/8	1:00 PM	12:00 PM
Homefront Ready: Family Care Planning	6/11	11:00 AM	10:00 AM
	6/17	4:00 PM	3:00 PM
	6/22	8:00 AM	7:00 AM
	6/18	1:30 PM	12:30 PM
IA Deployment 101	6/18	1:30 PM	12:30 PM
Keeping It Together During Deployment	6/9	2:00 PM	1:00 PM
Kids & Deployment: The Roller Coaster Ride	6/5	1:00 PM	12:00 PM
	6/22	7:00 AM	6:00 AM
Miles Apart, Close at Heart	6/1	9:00 AM	8:00 AM
Plan. Prepare. Deploy.	6/9	1:00 PM	12:00 PM
Stronger Together During Deployment	6/9	11:00 AM	10:00 AM

## EMPLOYMENT



		Eastern	Central	
Becoming Federal Resume Savvy	6/3	5:00 PM	4:00 PM	
	6/12	7:00 AM	6:00 AM	
	6/15	3:00 PM	2:00 PM	
	6/22	9:00 AM	8:00 AM	
Building the Modern Resume	6/9	3:00 PM	2:00 PM	
	Job Search Hacks	6/25	3:00 PM	2:00 PM
6/29		7:00 AM	6:00 AM	
Mastering Virtual Interviews	6/10	3:00 PM	2:00 PM	
	6/15	2:00 PM	1:00 PM	
	6/17	8:00 PM	7:00 PM	
	6/11	9:00 AM	8:00 AM	
Remote Ready: A Spouse's Roadmap to a Virtual Career!	6/21	8:00 PM	7:00 PM	
	The Road to Remote Job Success	6/17	1:00 PM	12:00 PM
Understanding USAJOBS		6/4	1:00 PM	12:00 PM
		6/16	9:00 AM	8:00 AM
6/28	9:00 PM	8:00 PM		

## NAVY LIFE



		Eastern	Central
Military Spouse 101	6/18	2:00 PM	1:00 PM
Navy Life 101	6/15	8:00 AM	7:00 AM
Ombudsman Hot Topic: Settling in After the Move	6/17	9:00 AM	8:00 AM
	6/24	6:00 PM	5:00 PM
Why OPSEC Matters	6/1	1:00 PM	12:00 PM
	6/11	10:00 PM	9:00 PM

## EMERGENCY PREPAREDNESS



		Eastern	Central
Resolve to Be Ready: Evacuation Planning	6/10	8:00 PM	7:00 PM
	6/18	3:00 PM	2:00 PM
Safety is No Accident: Emergency Preparedness	6/11	12:00 PM	11:00 AM
	6/25	12:00 PM	11:00 AM

## RELOCATION



		Eastern	Central
Calming Cultural Shock	6/29	7:00 PM	6:00 PM
	6/3	12:00 PM	11:00 AM
Moving with Exceptional Family Member	6/16	1:00 PM	12:00 PM
Planning the Perfect PCS	6/1	7:00 PM	6:00 PM
	6/3	9:00 AM	8:00 AM
	6/4	1:00 PM	12:00 PM
	6/5	9:00 AM	8:00 AM
Stepping up Support: Sponsorship Training	6/15	7:00 PM	6:00 PM
	6/17	9:00 AM	8:00 AM
	6/18	1:00 PM	12:00 PM
	6/22	12:00 PM	11:00 AM
The PCS Process	6/10	9:00 AM	8:00 AM
	6/11	1:00 PM	12:00 PM

## EXCEPTIONAL FAMILY MEMBER



		Eastern	Central
Moving with EFMP	6/3	12:00 PM	11:00 AM
Moving with Exceptional Family Member	6/16	1:00 PM	12:00 PM
Permanent Change of Duty Station from Special Education into Adulthood; The Transition Process	6/23	1:00 PM	12:00 PM
The Road Ahead: Special Needs Future Planning	6/4	11:00 AM	10:00 AM

## PARENTING



		Eastern	Central
Hard Headlines, Steady Parenting	6/26	9:00 AM	8:00 AM
	6/16	9:00 AM	8:00 AM
How to Protect the Next Generation in the Digital Age	6/4	8:00 PM	7:00 PM
	6/5	8:30 AM	7:30 AM
Teens (SHAPE Module 5)	6/3	6:30 PM	5:30 PM
	6/10	12:00 PM	11:00 AM
Single.Serving.Parent: Deployed	6/2	8:00 AM	7:00 AM
	6/3	8:00 AM	7:00 AM
Single.Serving.Parent: Special Needs	6/4	8:00 AM	7:00 AM
	6/10	11:00 AM	10:00 AM
Spotting the Signs of Youth Suicide	6/25	1:00 PM	12:00 PM
	6/26	9:00 AM	8:00 AM

June registration opens May 18th on the **NEW FFSP LMS.**

Go to **MyNavyFamily.com**

to make a new account and click Live Training.



**PERSONAL FINANCE**



		Eastern	Central
Are You Home Buying Ready?	6/18	1:00 PM	12:00 PM
Baby Breaks the Bank!	6/29	4:30 PM	3:30 PM
Back Home and Bank Ready	6/12	9:00 AM	8:00 AM
Banking and Financial Services	6/5	2:00 PM	1:00 PM
	6/30	6:00 PM	5:00 PM
Car Buying Strategies	6/1	8:00 AM	7:00 AM
	6/10	9:00 AM	8:00 AM
	6/29	4:00 PM	3:00 PM
	6/30	1:00 PM	12:00 PM
Command Your Credit	6/1	10:00 AM	9:00 AM
Communicating about Finances	6/30	2:00 PM	1:00 PM
Consumer Awareness	6/2	9:00 PM	8:00 PM
Deployment-Ready Finances: Securing Your Future	6/11	8:00 AM	7:00 AM
Disaster-Proof Insurance Coverage Essentials	6/29	3:00 PM	2:00 PM
Home Buying	6/4	9:00 AM	8:00 AM
	6/15	1:00 PM	12:00 PM
Making the Most of Your Overseas Pay	6/18	8:00 AM	7:00 AM
Money Prep: Baby on Board	6/9	9:00 PM	8:00 PM
	6/23	5:00 PM	4:00 PM
	6/30	9:00 AM	8:00 AM
Now I'm the Landlord	6/25	1:00 PM	12:00 PM
PCS and your Pocketbook	6/22	7:00 PM	6:00 PM
	6/24	9:00 AM	8:00 AM
	6/25	1:00 PM	12:00 PM
Planning your Financial Future	6/8	10:00 AM	9:00 AM
Ready, Set... Rent!	6/4	2:00 PM	1:00 PM
	6/14	9:00 PM	8:00 PM
	6/23	1:00 PM	12:00 PM
Take a Bite Out of College Costs	6/18	9:00 AM	8:00 AM
Thrift Savings Plan: Choosing the Right Path	6/9	8:00 AM	7:00 AM
Tools to Grow Your Money	6/26	1:00 PM	12:00 PM
TSP Basics for Navy Life	6/17	12:00 PM	11:00 AM

**TRANSITION**



		Eastern	Central
Leveraging the VMET in Your Job Search	6/25	8:00 AM	7:00 AM
Life After Tricare	6/12	12:00 PM	11:00 AM
	6/24	3:00 PM	2:00 PM
Mastering the Civilian Resume	6/7	9:00 PM	8:00 PM
	6/8	8:00 AM	7:00 AM
Military Retirement Planning: Know the Facts	6/16	9:00 PM	8:00 PM
	6/17	3:00 PM	2:00 PM
	6/24	4:00 PM	3:00 PM
	6/26	8:00 AM	7:00 AM
Retirement Ready Navy Spouse	6/2	3:00 PM	2:00 PM
Skillbridge Simplified	6/3	11:00 PM	10:00 PM
	6/10	12:00 PM	11:00 AM
	6/24	12:00 PM	11:00 AM
Transferable Skills: Your Key to Career Mobility	6/8	12:00 PM	11:00 AM
	6/25	11:00 AM	10:00 AM
vTAP DOL Employment Fundamental for Transition	6/3	2:00 PM	1:00 PM
	6/10	8:00 AM	7:00 AM
	6/24	11:00 AM	10:00 AM
vTAP DOL Employment Track			
Day 1	6/11	8:00 AM	7:00 AM
Day 2	6/12	8:00 AM	7:00 AM
vTAP Financial Planning for Transition	6/2	2:00 PM	1:00 PM
	6/9	1:00 PM	12:00 PM
	6/23	4:00 PM	3:00 PM
vTAP Managing Your Transition	6/1	4:15 PM	3:15 PM
	6/9	10:15 AM	9:15 AM
	6/23	1:15 PM	12:15 PM
vTAP MOC Crosswalk	6/1	5:00 PM	4:00 PM
	6/9	11:00 AM	10:00 AM
	6/23	2:00 PM	1:00 PM
vTAP Pre-Separation	6/1	2:00 PM	1:00 PM
	6/9	8:00 AM	7:00 AM
	6/23	11:00 AM	10:00 AM

**WARRIOR AND FAMILY RESILIENCE**



		Eastern	Central
Achieving Financial Empowerment while Experiencing IPV	6/9	9:00 AM	8:00 AM
Building Bridges: Nurturing Healthy Relationships	6/30	1:00 PM	12:00 PM
Building Healthy Relationships	6/2	11:00 AM	10:00 AM
Conflict Management	6/10	11:00 AM	10:00 AM
Finding the Good in Conflict	6/16	11:00 AM	10:00 AM
	6/25	9:00 PM	8:00 PM
How to Protect the Next Generation in the Digital Age	6/16	9:00 AM	8:00 AM
Mind Body Mental Fitness (MBMF) Mod 1: Stress Resilience	6/8	11:00 PM	10:00 PM
Mod 2: Mindfulness & Meditation	6/9	11:00 PM	10:00 PM
MBMF Mod 3: Living Core Values	6/10	11:00 PM	10:00 PM
MBMF Mod 4: Flexibility	6/15	11:00 PM	10:00 PM
MBMF Mod 5: Problem Solving	6/16	11:00 PM	10:00 PM
MBMF Mod 6: Connection	6/17	11:00 PM	10:00 PM
Spotting the Signs of Youth Suicide	6/10	11:00 AM	10:00 AM
Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	6/1	2:00 PM	1:00 PM
Stress Management	6/16	11:00 AM	10:00 AM
	6/23	10:00 AM	9:00 AM
The Power of Connection: Building Support Systems	6/3	3:00 PM	2:00 PM
Understanding Anger	6/15	9:00 AM	8:00 AM
	6/9	10:00 AM	9:00 AM

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

**Find a Fleet and Family Support Center near you at <https://ffr.cniv.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory>**

**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.

**JUNE 2026**  
*Schedule is Subject to Change*

WEEK of 1-5 JUNE		Date	EDT	Millington	San Deigo	Hawaii		Bahrain		Japan	
2 hrs.	Pre-Separation Briefing	1 JUN	2:00 PM	1:00 PM	11:00 AM	1 JUN	8:00 AM	1 JUN	9:00 PM	2 JUN	3:00 AM
30 mins.	Managing Your Transition	1 JUN	4:15 PM	10:15 AM	6:15 AM	1 JUN	10:15 AM	1 JUN	11:15 PM	2 JUN	5:15 AM
1.5 hrs.	MOC Crosswalk	1 JUN	5:00 PM	4:00 PM	2:00 PM	1 JUN	11:00 AM	2 JUN	12:00 AM	2 JUN	6:00 AM
4 hrs.	Financial Planning for Transition	2 JUN	2:00 PM	1:00 PM	11:00 AM	2 JUN	8:00 AM	2 JUN	9:00 PM	2 JUN	3:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	3 JUN	2:00 PM	1:00 PM	11:00 AM	3 JUN	8:00 AM	3 JUN	9:00 PM	4 JUN	3:00 AM

WEEK of 9-12 JUNE		Date	EDT	Millington	San Deigo	Hawaii		Bahrain		Japan	
2 hrs.	Pre-Separation Briefing	9 JUN	8:00 AM	7:00 AM	5:00 AM	9 JUN	2:00 AM	9 JUN	3:00 PM	9 JUN	9:00 PM
30 mins.	Managing Your Transition	9 JUN	10:15 AM	9:15 AM	7:15 AM	9 JUN	4:15 AM	9 JUN	5:15 PM	9 JUN	11:15 PM
1.5 hrs.	MOC Crosswalk	9 JUN	11:00 AM	10:00 AM	8:00 AM	9 JUN	5:00 AM	9 JUN	6:00 PM	10 JUN	12:00 AM
4 hrs.	Financial Planning for Transition	9 JUN	1:00 PM	12:00 PM	10:00 AM	9 JUN	7:00 AM	9 JUN	8:00 PM	10 JUN	2:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	10 JUN	8:00 AM	7:00 AM	5:00 AM	24 JUN	2:00 AM	24 JUN	3:00 PM	10 JUN	9:00 PM
8 hrs.	DOL (2Day) Employment Day 1 8am-4pm Day 2 8am-4pm	11 JUN	8:00 AM	7:00 AM	5:00 AM	11 JUN	2:00 AM	11 JUN	3:00 PM	-	-
		12 JUN	8:00 AM	7:00 AM	5:00 AM	12 JUN	2:00 AM	12 JUN	3:00 PM	-	-

WEEK of 20-24 JUNE		Date	EDT	Millington	San Deigo	Hawaii		Bahrain		Japan	
2 hrs.	Pre-Separation Briefing	23 JUN	11:00 AM	10:00 AM	8:00 AM	23 JUN	5:00 AM	23 JUN	6:00 PM	24 JUN	12:00 AM
30 mins.	Managing Your Transition	23 JUN	1:15 PM	12:15 PM	10:15 AM	23 JUN	7:15 AM	23 JUN	8:15 PM	24 JUN	2:15 AM
1.5 hrs.	MOC Crosswalk	23 JUN	2:00 PM	1:00 PM	11:00 AM	23 JUN	8:00 AM	23 JUN	9:00 PM	24 JUN	3:00 AM
4 hrs.	Financial Planning for Transition	23 JUN	4:00 PM	3:00 PM	1:00 PM	23 JUN	10:00 AM	23 JUN	11:00 PM	24 JUN	5:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	24 JUN	11:00 AM	10:00 AM	8:00 AM	24 JUN	2:00 AM	24 JUN	6:00 PM	24 JUN	12:00 AM



[www.ffsp.navy.mil](http://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>