

Training in Your Time

Zone

Wherever you are in the world, access valuable programs and services to support your personal and professional growth. We're bringing the resources to your screen — anytime, anywhere. FFSP is just a click away.

ITALY AND BAHRAIN TIMES

OCTOBER 2026

DEPLOYMENT



		Italy	Bahrain
Deploy Solo and Deploy Strong	10/16	3:00 AM	4:00 AM
Deployment Extended: What's Next?	10/20	1:00 PM	2:00 PM
	10/21	3:00 PM	4:00 PM
	10/22	7:00 PM	8:00 PM
Deployment-Ready Finances: Securing Your Future	10/13	1:00 PM	2:00 PM
	10/14	3:00 PM	4:00 PM
	10/15	7:00 PM	8:00 PM
Equipping Your Kids During Deployment	10/27	1:00 PM	2:00 PM
	10/28	3:00 PM	4:00 PM
	10/29	7:00 PM	8:00 PM
Holding Down the Fort	10/6	6:00 PM	7:00 PM
Miles Apart, Close at Heart	10/8	4:00 PM	5:00 PM
Operation Homefront Ready	10/20	6:00 PM	7:00 PM
Plan. Prepare. Deploy.	10/6	1:00 PM	2:00 PM
	10/7	3:00 PM	4:00 PM
	10/8	7:00 PM	8:00 PM

EMERGENCY PREPAREDNESS



		Italy	Bahrain
Resolve to Be Ready: Evacuation Planning	10/2	3:00 PM	4:00 PM

EXCEPTIONAL FAMILY MEMBER



		Italy	Bahrain
CLIFF Notes to Visual Impairments Under IDEA	10/22	8:00 PM	9:00 PM

NAVY LIFE



		Italy	Bahrain
Ombudsman Hot Topic	10/21	3:00 PM	4:00 PM

EMPLOYMENT



		Italy	Bahrain
Becoming Federal Resume Savvy	10/1	11:00 AM	12:00 PM
	10/22	1:00 PM	2:00 PM
Building the Modern Resume	10/5	7:00 PM	8:00 PM
	10/6	8:00 PM	9:00 PM
Federal Job Mastery	10/5	2:00 PM	3:00 PM
	10/19	2:00 PM	3:00 PM
	10/26	2:00 PM	3:00 PM
Job Search Hacks	10/9	8:00 PM	9:00 PM
	10/21	7:00 PM	8:00 PM
	10/23	3:00 PM	4:00 PM
Mastering Virtual Interviews	10/7	8:00 PM	9:00 PM
	10/14	1:00 PM	2:00 PM
	10/30	1:00 PM	2:00 PM
Power Up Your Resume for Remote Jobs	10/7	7:00 PM	8:00 PM
Resume Lab: From Draft to Finished Product	10/9	4:30 PM	5:30 PM
Resumes: The Science, the Grammar, the Content	10/2	4:30 PM	5:30 PM
The Road to Remote Job Success	10/21	7:00 PM	8:00 PM
Volunteer to Career	10/15	1:00 PM	2:00 PM
	10/26	3:00 PM	4:00 PM
Volunteerism: Investing in Your Professional Power	10/15	8:00 PM	9:00 PM

PARENTING



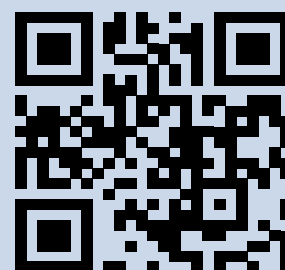
		Italy	Bahrain
Equipping Your Kids During Deployment	10/27	1:00 PM	2:00 PM
	10/28	3:00 PM	4:00 PM
	10/29	7:00 PM	8:00 PM
Exploring Through the Senses	10/14	8:30 PM	9:30 PM
Hard Headlines, Steady Parenting	10/26	9:00 PM	10:00 PM
Nine Steps To Positive Parenting	10/20	7:00 PM	8:00 PM
Tear Free Dinner	10/21	8:00 PM	9:00 PM
Understanding ACES	10/6	6:00 PM	7:00 PM
What About the Kids?	10/15	7:00 PM	8:00 PM

RELOCATION



		Italy	Bahrain
Calming Cultural Shock	10/21	11:00 AM	12:00 PM
	10/25	6:00 AM	7:00 AM
PCS Like a Pro: Strategies for a Seamless Transition	10/14	6:00 PM	7:00 PM
Smooth Transitions: Managing the Logistics and Emotional Cycle of a PCS	10/27	5:00 PM	6:00 PM
Stepping up Support: Sponsorship Training	10/1	7:00 PM	8:00 PM
	10/5	11:00 AM	12:00 PM
	10/8	6:00 AM	7:00 AM
	10/22	9:00 PM	10:00 PM
	10/27	8:00 PM	9:00 PM
The PCS Process	10/14	6:00 PM	7:00 PM

Go to
MyNavyFamily.com
Log in or make a
new account to register
for any of these sessions.



PERSONAL FINANCE



	Italy Bahrain	
Back Home and Bank Ready	10/7 3:00 PM	4:00 PM
Car Buying Strategies	10/5 9:00 PM	10:00 PM
Deployment-Ready Finances: Securing Your Future	10/13 1:00 PM	2:00 PM
	10/14 3:00 PM	4:00 PM
	10/15 7:00 PM	8:00 PM
Home Buying	10/16 2:00 PM	3:00 PM
	10/13 7:00 PM	8:00 PM
Making the Most of Your Overseas Pay	10/19 2:00 PM	3:00 PM
Million Dollar Sailor Day 1	10/14 11:00 AM	12:00 PM
Million Dollar Sailor Day 2 (Must attend both sessions)	10/15 11:00 AM	12:00 PM
Stretching Budgets and Maximizing Nutrition	10/23 3:00 PM	4:00 PM
Take a Bite Out of College Costs	10/28 3:00 PM	4:00 PM
The Good Life: Saving & Investing for Your Future Self	10/22 7:00 PM	8:00 PM
Thrift Savings Plan: Choosing the Right Path	10/8 2:00 PM	3:00 PM
	10/19 8:00 PM	9:00 PM
Tools to Grow Your Money	10/19 5:00 AM	6:00 AM
	10/29 2:00 PM	3:00 PM
TSP Basics for Navy Life	10/1 9:00 PM	10:00 PM

TRANSITION



	Italy Bahrain	
Leveraging Websites for Career Transition Research	10/16 7:00 PM	8:00 PM
	10/30 7:00 PM	8:00 PM
Life After Tricare	10/26 6:00 PM	7:00 PM
Retirement Ready Navy Spouse	10/9 5:00 PM	6:00 PM
	10/30 5:00 PM	6:00 PM
Skillbridge Simplified	10/2 2:00 PM	3:00 PM
Transferable Skills: Your Key to Career Mobility	10/16 5:00 PM	6:00 PM
VTAP DOL Employment Fundamental for Transition	10/7 2:00 PM	3:00 PM
	10/21 1:00 PM	2:00 PM
	10/28 5:00 PM	6:00 PM
VTAP Financial Planning for Transition	10/5 7:00 PM	8:00 PM
	10/20 1:00 PM	2:00 PM
VTAP Managing Your Transition	10/5 4:15 PM	5:15 PM
	10/19 3:15 PM	4:15 PM
	10/27 7:15 PM	8:15 PM
VTAP MOC Crosswalk	10/5 5:00 PM	6:00 PM
	10/19 4:00 PM	5:00 PM
	10/27 8:00 PM	9:00 PM
VTAP Pre-Separation Brief	10/5 2:00 PM	3:00 PM
	10/19 1:00 PM	2:00 PM
	10/27 5:00 PM	6:00 PM
VTAP SBA Entrepreneurship Day 1	10/22 5:00 PM	6:00 PM
	10/23 5:00 PM	6:00 PM

WARRIOR AND FAMILY RESILIENCE



	Italy Bahrain	
Achieving Financial Empowerment While Experiencing IPV	10/23 8:30 PM	9:30 PM
Better Reactions, Better Outcomes	10/19 7:00 PM	8:00 PM
Bounce Back Better	10/13 8:00 PM	9:00 PM
Cool, Calm, and In Control: Your Guide to Mastering Anger	10/2 2:00 PM	3:00 PM
	10/16 2:00 PM	3:00 PM
	10/30 2:00 PM	3:00 PM
Do You Want Healthy Relationships?	10/21 5:00 PM	6:00 PM
Finding the Good in Conflict	10/15 9:00 PM	10:00 PM
Healthy Relationships	10/27 4:00 PM	5:00 PM
Intimate Partner Violence: Identification and Reporting	10/7 6:00 PM	7:00 PM
Learn to Use Your Coping Skills	10/7 5:00 PM	6:00 PM
Mind Body Mental Fitness (MBMF)		
Mod 1: Stress Resilience	10/13 2:00 PM	3:00 PM
Mod 1: Stress Resilience	10/23 2:00 PM	3:00 PM
Mod 2: Mindfulness & Meditation	10/14 2:00 PM	3:00 PM
Mod 3: Living Core Values	10/1 2:00 PM	3:00 PM
Mod 4: Flexibility	10/15 2:00 PM	3:00 PM
Mod 5: Problem Solving	10/22 2:00 PM	3:00 PM
Mod 6: Connection	10/29 2:00 PM	3:00 PM
Mindful Practices During Stressful Times	10/29 9:00 PM	10:00 PM
Run for Resilience	10/28 7:00 PM	8:00 PM
Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	10/26 3:00 PM	4:00 PM
Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	10/15 8:00 PM	9:00 PM
Stress Management	10/27 4:00 PM	5:00 PM
The Power of Connection: Building Support Systems	10/27 8:00 PM	9:00 PM
Understanding Anger	10/13 4:00 PM	5:00 PM

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



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.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory>

READY FOR WHAT DEPLOYMENT BRINGS

Supporting service members and families before, during, and after deployment. Join us for virtual workshops this October designed to help you prepare, stay connected, and thrive through every stage of deployment.



WHAT
YOU'LL
LEARN

Prepare for deployment with
confidence

Build financial readiness for
deployment

Navigate changes and unexpected
challenges for yourself and family

MONDAYS | 8PM EDT

JAPAN TUESDAY 9AM

- Plan. Prepare. Deploy. (10/5)
- Deployment-Ready Finances: Securing Your Future (10/12)
- Deployment Extended: What's Next? (10/19)
- Equipping Your Kids During Deployment (10/26)

TUESDAYS | 7AM EDT

ITALY 1 PM | JAPAN 8PM

- Plan. Prepare. Deploy. (10/6)
- Deployment-Ready Finances: Securing Your Future (10/13)
- Deployment Extended: What's Next? (10/20)
- Equipping Your Kids During Deployment (10/27)

WEDNESDAYS | 9AM EDT

ITALY 3:00 PM

- Plan. Prepare. Deploy. (10/7)
- Deployment-Ready Finances: Securing Your Future (10/14)
- Deployment Extended: What's Next? (10/21)
- Equipping Your Kids During Deployment (10/28)

THURSDAYS | 1PM EDT

ITALY 7:00 PM

- Plan. Prepare. Deploy. (10/8)
- Deployment-Ready Finances: Securing Your Future (10/15)
- Deployment Extended: What's Next? (10/22)
- Equipping Your Kids During Deployment (10/29)

To register scan the QR Code
or visit: [MyNavyFamily.com](https://www.mynavyfamily.com)

