

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			(V) MBMF Mod.3: Living Core Values 1400-1600 (V) TSP Basics for Navy 2100-2200	MBMF Mod.3: Living Core Values 0900-1100 (V) Cool, Calm and in Control: Your guide to Mastering Anger 1300-1600
(V) Federal Job Mastery 1300-1600	Intercultural Relations 0800-1530 Ombudsman Basic Training 0800-1500	Arrivederci 0800-12:00 Ombudsman Basic Training 0800-1500 Capstone Day 0800-1200 Administrative Unit Victim Advocate Training (AUVA) 0900-1030 4C's Couples, Communication, Crash Course 1000-1100	Ombudsman Basic Training 0800-1500 SAPR, FAP, SAIL, CO Toolkit/MRE 514 0900-1100 Thrift Savings Plan: Choosing the Right path 1400-1500	
Holiday, FFSC Closed	Sponsor Training 0900-1200 EFMP POC Training 1430-1530 (V) MBMF Mod.1: Stress Resilience 1400-1600 Home Buying 1900-2000	Spouse Orientation 0800-1500 (V) MBMF Mod.2: Mindfulness and Meditation 1400-1600	Spouse Orientation 0800-1500 Ombudsman Assembly Meeting 1000-1400 (V) MBMF Mod.4: Flexibility 1400-1600	MBMF Mod.4: Flexibility 0900-1100 (V) Cool, Calm and in Control: Your guide to Mastering Anger 0900-1100
TAP Class 0800-1600 (V) Federal Job Mastery 1300-1600 Making the Most of Your Overseas Pay 1400-1500	Intercultural Relations 0800-1530 TAP Class 0800-1600	TAP Class 0800-1600 (V) TEEN Resume Writing 1500-1600	TAP Employment Track (DOL) 0800-1530 (V) MBMF Mod.5 Problem Solving 1400-1600	TAP Employment Track (DOL) 0800-1600 Project Reconnect 1000-1100 (V) MBMF Mod.1: Stress Resilience 1400-1600
Initial Victim Advocate Course (IVAC) 0730-1600 Federal Job Mastery 1300-1600	Initial Victim Advocate Course (IVAC) 0730-1600	Initial Victim Advocate Course (IVAC) 0730-1600	Initial Victim Advocate Course (IVAC) 0730-1600 (V) Boots 2 Business 0800-1600 (V) MBMF Mod.6: Connection 1400-1600 Take a Bite Out of college costs 1500-1600	Initial Victim Advocate Course (IVAC) 0730-1600 (V) Boots 2 Business 0800-1600 (V) Cool, Calm and in Control: Your guide to Mastering Anger 1300-1600

(V) Virtual Class on www.mynavyfamily.com

- TRANSITION SERVICES
- FAMILY EMPLOYMENT READINESS
- FINANCIAL MANAGEMENT
- RELOCATION SERVICES
- COUNSELING AND ADVOCACY PROGRAM

- LIFE SKILLS
- OMBUDSMAN PROGRAM
- NEW PARENT SUPPORT
- CLINICAL SERVICES
- EXCEPTIONAL FAMILY MEMBER PROGRAM



Hours of Operation
 Mon, Tue, Thu, Fri: 0730-1600
 Wednesday: 0730-1400
 Closed weekends and holidays
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