

# Training in Your Time

Zone

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## ITALY AND BAHRAIN TIMES

AUGUST 2026

### DEPLOYMENT



|                                                       |      | Italy    | Bahrain  |
|-------------------------------------------------------|------|----------|----------|
| Am I Okay?                                            | 8/6  | 12:00 PM | 1:00 PM  |
| Back Home and Bank Ready                              | 8/6  | 9:00 PM  | 10:00 PM |
|                                                       | 8/7  | 7:00 PM  | 8:00 PM  |
| Homefront Ready: Family Care Planning                 | 8/25 | 11:00 AM | 12:00 PM |
|                                                       | 8/26 | 3:00 PM  | 4:00 PM  |
|                                                       | 8/27 | 7:00 PM  | 8:00 PM  |
| How is the Individual Augmentee Deployment Different? | 8/26 | 5:00 PM  | 6:00 PM  |
| Keeping it Together During Deployment                 | 8/20 | 2:00 PM  | 3:00 PM  |
| Kids & Deployment: The Roller Coaster Ride            | 8/7  | 3:00 PM  | 4:00 PM  |
| Plan. Prepare. Deploy.                                | 8/3  | 9:00 PM  | 10:00 PM |
| Stronger Together During Deployment                   | 8/11 | 5:00 PM  | 6:00 PM  |

### EMPLOYMENT



|                                                       |      | Italy   | Bahrain  |
|-------------------------------------------------------|------|---------|----------|
| Becoming Federal Resume Savvy                         | 8/17 | 9:00 PM | 10:00 PM |
| Building the Modern Resume                            | 8/19 | 8:00 PM | 9:00 PM  |
|                                                       | 8/28 | 2:00 PM | 3:00 PM  |
| Federal Job Mastery                                   | 8/3  | 1:00 PM | 2:00 PM  |
|                                                       | 8/10 | 1:00 PM | 2:00 PM  |
|                                                       | 8/17 | 1:00 PM | 2:00 PM  |
|                                                       | 8/24 | 1:00 PM | 2:00 PM  |
|                                                       | 8/31 | 1:00 PM | 2:00 PM  |
| Job Search Hacks                                      | 8/9  | 9:00 PM | 10:00 PM |
|                                                       | 8/13 | 6:00 AM | 7:00 AM  |
| Mastering Virtual Interviews                          | 8/7  | 8:00 PM | 9:00 PM  |
|                                                       | 8/11 | 8:00 PM | 9:00 PM  |
|                                                       | 8/12 | 7:00 PM | 8:00 PM  |
| Pain Free Resume Writing                              | 8/12 | 4:00 PM | 5:00 PM  |
| Remote Ready: A Spouse's Roadmap to a Virtual Career! | 8/10 | 7:00 PM | 8:00 PM  |
| The ART of the Interview                              | 8/19 | 4:00 PM | 5:00 PM  |
| Volunteer to Career                                   | 8/3  | 7:00 PM | 8:00 PM  |
|                                                       | 8/14 | 5:00 PM | 6:00 PM  |

### EXCEPTIONAL FAMILY MEMBER



|                                                           |      | Italy   | Bahrain |
|-----------------------------------------------------------|------|---------|---------|
| CLIFF Notes to Speech and Language Impairments Under IDEA | 8/20 | 8:00 PM | 9:00 PM |

### EMERGENCY PREPAREDNESS



|                                                      |      | Italy    | Bahrain  |
|------------------------------------------------------|------|----------|----------|
| Get Organized for Emergencies                        | 8/19 | 8:00 PM  | 9:00 PM  |
| Disaster-Proof Insurance Coverage Essentials         | 8/4  | 11:00 AM | 12:00 PM |
|                                                      | 8/5  | 3:00 PM  | 4:00 PM  |
|                                                      | 8/6  | 7:00 PM  | 8:00 PM  |
| Plan, Prepare, and Practice: Emergency Preparedness  | 8/20 | 9:00 PM  | 10:00 PM |
| Preparedness Starts With You: Emergency Preparedness | 8/6  | 6:00 PM  | 7:00 PM  |
| Resolve to Be Ready: Evacuation Planning             | 8/11 | 11:00 AM | 12:00 PM |
|                                                      | 8/12 | 3:00 PM  | 4:00 PM  |
|                                                      | 8/13 | 7:00 PM  | 8:00 PM  |

### NAVY LIFE



|                                                |      | Italy    | Bahrain  |
|------------------------------------------------|------|----------|----------|
| Military Spouse 101                            | 8/12 | 5:00 PM  | 6:00 PM  |
| Mission Start: Military Spouse Orientation 101 | 8/19 | 6:00 PM  | 7:00 PM  |
| Navy Spouse Life 101                           | 8/13 | 12:00 PM | 1:00 PM  |
| Ombudsman Hot Topic                            | 8/19 | 3:00 PM  | 4:00 PM  |
| Retirement Ready Navy Spouse                   | 8/19 | 11:00 AM | 12:00 PM |
| Why OPSEC Matters                              | 8/10 | 3:00 PM  | 4:00 PM  |

### PARENTING



|                                                                                      |      | Italy    | Bahrain  |
|--------------------------------------------------------------------------------------|------|----------|----------|
| Effects of Divorce on Children                                                       | 8/20 | 8:00 PM  | 9:00 PM  |
| Exploring Through the Senses                                                         | 8/12 | 8:00 PM  | 9:00 PM  |
| Hard Headlines, Steady Parenting                                                     | 8/3  | 11:00 AM | 12:00 PM |
| Homefront Ready: Family Care Planning                                                | 8/25 | 11:00 AM | 12:00 PM |
|                                                                                      | 8/26 | 3:00 PM  | 4:00 PM  |
|                                                                                      | 8/27 | 7:00 PM  | 8:00 PM  |
| How to Protect the Next Generation in the Digital Age                                | 8/18 | 8:30 PM  | 9:30 PM  |
| Kids & Deployment: The Roller Coaster Ride                                           | 8/7  | 3:00 PM  | 4:00 PM  |
| Parenting to Prevent PSB: Parenting and Sexual Development Ages 2-4 (SHAPE Module 2) | 8/4  | 3:00 PM  | 4:00 PM  |
| Ages 5-9 (SHAPE Module 3)                                                            | 8/11 | 3:00 PM  | 4:00 PM  |
| Preteens (SHAPE Module 4)                                                            | 8/18 | 3:00 PM  | 4:00 PM  |
| Teens (SHAPE Module 5)                                                               | 8/25 | 3:00 PM  | 4:00 PM  |
| Problematic Sexual Behavior in Children and Youth                                    | 8/20 | 4:00 PM  | 5:00 PM  |
| Self-Care: Parent Edition                                                            | 8/31 | 6:00 PM  | 7:00 PM  |
| Single.Serving.Parent: Deployed                                                      | 8/11 | 7:00 PM  | 8:00 PM  |
|                                                                                      | 8/24 | 3:00 PM  | 4:00 PM  |
| Single.Serving.Parent: Special Needs                                                 | 8/31 | 7:00 PM  | 8:00 PM  |
| Spotting the Signs of Youth Suicide                                                  | 8/17 | 6:00 PM  | 7:00 PM  |
| Tear Free Dinner                                                                     | 8/10 | 8:00 PM  | 9:00 PM  |
|                                                                                      | 8/26 | 6:00 PM  | 7:00 PM  |
| The Big Three in the First Three Years                                               | 8/12 | 6:00 PM  | 7:00 PM  |
| What About the Kids?                                                                 | 8/20 | 7:00 PM  | 8:00 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



# PERSONAL FINANCE



|                                                              | Italy                                         | Bahrain                        |
|--------------------------------------------------------------|-----------------------------------------------|--------------------------------|
| Achieving Financial Empowerment while Experiencing IPV       | 8/12 8:00 PM                                  | 9:00 PM                        |
| Back Home and Bank Ready                                     | 8/6 9:00 PM<br>8/7 7:00 PM                    | 10:00 PM<br>8:00 PM            |
| Car Buying Strategies                                        | 8/28 6:00 PM                                  | 7:00 PM                        |
| Command Financial Specialist (CFS) Continuing Education (CE) | 8/11 6:00 PM                                  | 7:00 PM                        |
| Consumer Awareness                                           | 8/20 4:00 PM                                  | 5:00 PM                        |
| Debt Freedom & Good Credit                                   | 8/6 7:00 PM                                   | 8:00 PM                        |
| Disaster-Proof Insurance Coverage Essentials                 | 8/4 11:00 AM<br>8/5 3:00 PM<br>8/6 7:00 PM    | 12:00 PM<br>4:00 PM<br>8:00 PM |
| Disaster-Proof Your Wallet                                   | 8/18 11:00 AM<br>8/19 3:00 PM<br>8/20 7:00 PM | 12:00 PM<br>4:00 PM<br>8:00 PM |
| Home Buying                                                  | 8/10 6:00 AM<br>8/12 2:00 PM                  | 7:00 AM<br>3:00 PM             |
| Million Dollar Sailor Day 1                                  | 8/12 3:00 PM                                  | 4:00 PM                        |
| Million Dollar Sailor Day 2 (must attend both sessions)      | 8/13 3:00 PM                                  | 4:00 PM                        |
| Million Dollar Sailor Day 1                                  | 8/25 7:00 PM                                  | 8:00 PM                        |
| Million Dollar Sailor Day 2 (must attend both sessions)      | 8/26 7:00 PM                                  | 8:00 PM                        |
| Money Prep: Baby on Board                                    | 8/17 2:00 PM                                  | 3:00 PM                        |
| Navy Retirement ...Is It Enough?                             | 8/20 7:00 PM                                  | 8:00 PM                        |
| Ready, Set... Rent!                                          | 8/14 2:00 PM<br>8/25 3:00 PM                  | 3:00 PM<br>4:00 PM             |
| Take a Bite Out of College Costs                             | 8/24 9:00 PM<br>8/31 2:00 PM                  | 10:00 PM<br>3:00 PM            |
| Thrift Savings Plan: Choosing the Right Path                 | 8/21 4:00 PM                                  | 5:00 PM                        |
| TSP Basics for Navy Life                                     | 8/27 2:00 PM                                  | 3:00 PM                        |

# RELOCATION



|                                           | Italy                                         | Bahrain                         |
|-------------------------------------------|-----------------------------------------------|---------------------------------|
| Cultural Adaptation                       | 8/5 6:00 PM                                   | 7:00 PM                         |
| Moving with EFMP                          | 8/25 6:00 PM                                  | 7:00 PM                         |
| Smooth Move: Overseas                     | 8/4 7:00 PM                                   | 8:00 PM                         |
| Stepping up Support: Sponsorship Training | 8/5 11:00 AM<br>8/26 11:00 AM<br>8/28 7:00 PM | 12:00 PM<br>12:00 PM<br>8:00 PM |
| The PCS Process                           | 8/27 2:00 PM                                  | 3:00 PM                         |

# TRANSITION



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

# WARRIOR AND FAMILY RESILIENCE



|                                                                                                         | Italy                        | Bahrain            |
|---------------------------------------------------------------------------------------------------------|------------------------------|--------------------|
| Achieving Financial Empowerment while Experiencing IPV                                                  | 8/12 8:00 PM                 | 9:00 PM            |
| Better Reactions, Better Outcomes                                                                       | 8/14 5:00 PM<br>8/21 7:00 PM | 6:00 PM<br>8:00 PM |
| Building Bridges: Nurturing Healthy Relationships                                                       | 8/26 8:30 PM                 | 9:30 PM            |
| Conflict Management                                                                                     | 8/4 5:00 PM                  | 6:00 PM            |
| Effective Communication                                                                                 | 8/26 5:00 PM                 | 6:00 PM            |
| Finding the Good in Conflict                                                                            | 8/10 6:00 PM                 | 7:00 PM            |
| How to Protect the Next Generation in the Digital Age                                                   | 8/18 8:30 PM                 | 9:30 PM            |
| MindBodyMental Fitness (MBMF)                                                                           |                              |                    |
| Mod 1: Stress Resilience                                                                                | 8/11 7:00 PM                 | 8:00 PM            |
| Mod 2: Mindfulness & Meditation                                                                         | 8/12 7:00 PM                 | 8:00 PM            |
| Mod 3: Living Core Values                                                                               | 8/13 7:00 PM                 | 8:00 PM            |
| Mod 4: Flexibility                                                                                      | 8/18 7:00 PM                 | 8:00 PM            |
| Mod 5: Problem Solving                                                                                  | 8/19 7:00 PM                 | 8:00 PM            |
| Mod 6: Connection                                                                                       | 8/20 7:00 PM                 | 8:00 PM            |
| Mission Ready, Mentally Strong                                                                          | 8/24 6:00 PM                 | 7:00 PM            |
| Motivating by Appreciation                                                                              | 8/24 6:00 PM                 | 7:00 PM            |
| Organize Your Life                                                                                      | 8/17 7:00 PM                 | 8:00 PM            |
| Staying Safe: Vigilance and Awareness in Preventing Stalking in Intimate Partner Violence Relationships | 8/3 3:00 PM                  | 4:00 PM            |
| Stress Management                                                                                       | 8/18 4:00 PM                 | 5:00 PM            |
| Spotting the Signs of Youth Suicide                                                                     | 8/17 6:00 PM                 | 7:00 PM            |
| Suicide Prevention                                                                                      | 8/26 8:00 PM                 | 9:00 PM            |
| The Bounce Back Blueprint                                                                               | 8/18 5:00 PM                 | 6:00 PM            |
| Understanding Anger                                                                                     | 8/4 4:00 PM                  | 5:00 PM            |

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