CNIC
★ FLEET ★ FIGHTER ★ FAMILY

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

NOVEMBER 2026

DEPLOYMENT



		Italy	Bahrain
Equipping Your Kids During Deployment	11/17	8:00 PM	9:00 PM
Miles Apart, Close at Heart	11/23	3:00 PM	4:00 PM
Plan. Prepare. Deploy.	11/16	2:00 PM	3:00 PM
Single. Serving. Parent: Deployed	11/25	8:00 PM	9:00 PM
Weathering an Unpredictable Deployment	11/6	4:00 PM	5:00 PM

EMERGENCY PREPAREDNESS



		Italy	Bahrain
Disaster-Proof Your Wallet	11/30	5:00 PM	6:00 PM
Get Organized for Emergencies	11/2	6:00 PM	7:00 PM
Safety Is No Accident: Emergency Preparedness	11/16	6:00 PM	7:00 PM

EXCEPTIONAL FAMILY MEMBER



		Italy	Bahrain
CLIFF Notes to Deaf/Blindness Under IDEA	11/19	8:00 PM	9:00 PM
Single. Serving. Parent: Special Needs	11/3	9:00 PM	10:00 PM

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



EMPLOYMENT



		Italy	Bahrain
AI Prompt Engineering: From Idea to Output	11/10	4:30 PM	5:30 PM
AI Resume Building: A Paradigm Shift	11/4	4:30 PM	5:30 PM
Becoming Federal Resume Savvy	11/5	12:00 PM	1:00 PM
Bouncing Back from Job Rejection	11/3	9:00 PM	10:00 PM
Building the Modern Resume	11/12	11:00 AM	12:00 PM
Demystifying Unemployment Compensation	11/16	7:00 PM	8:00 PM
Federal Job Mastery	11/2	2:00 PM	3:00 PM
	11/9	2:00 PM	3:00 PM
	11/16	2:00 PM	3:00 PM
	11/23	2:00 PM	3:00 PM
	11/30	2:00 PM	3:00 PM
Job Search Hacks	11/2	3:00 PM	4:00 PM
	11/20	11:00 AM	12:00 PM
Leveraging AI for your 2026 Job Search	11/6	4:30 PM	5:30 PM
Leveraging the VMET in Your Job Search	11/24	6:00 PM	7:00 PM
Leveraging Websites for Career Transition Research	11/6	7:00 PM	8:00 PM
	11/19	3:00 PM	4:00 PM
Mastering Virtual Interviews	11/13	1:00 PM	2:00 PM
USAJobs 2026	11/20	4:30 PM	5:30 PM
Volunteer to Career	11/3	7:00 PM	8:00 PM
	11/23	4:00 PM	5:00 PM
	11/30	2:00 PM	3:00 PM

NAVY LIFE



		Italy	Bahrain
Ombudsman Hot Topic	11/18	3:00 PM	4:00 PM
Who Is a Navy Ombudsman?	11/5	6:00 PM	7:00 PM

PARENTING



		Italy	Bahrain
Click Smart: Kids Online Safety	11/3	5:00 PM	6:00 PM
Equipping Your Kids During Deployment	11/17	8:00 PM	9:00 PM
Exploring Through the Senses	11/4	8:00 PM	9:00 PM
Healing Through Parenting: Working with Barriers with DV	11/3	2:00 PM	3:00 PM
How to Protect the Next Generation in the Digital Age	11/9	4:00 PM	5:00 PM
Nine Steps To Positive Parenting	11/19	11:00 AM	12:00 PM
Raising Siblings	11/17	6:00 PM	7:00 PM
Sexual Health through Approachable Prevention and Education (SHAPE) Parenting and Sexual Development (Module 1)	11/18	7:00 PM	8:00 PM
Self-Care: Parent Edition	11/9	6:00 PM	7:00 PM
Single. Serving. Parent: Deployed	11/25	8:00 PM	9:00 PM
Single. Serving. Parent: Special Needs	11/3	9:00 PM	10:00 PM
Tear Free Dinner	11/30	6:00 PM	7:00 PM
What About the Kids?	11/16	7:00 PM	8:00 PM

RELOCATION



		Italy	Bahrain
Final Move	11/3	7:00 PM	8:00 PM
PCS Smooth Track	11/23	6:00 PM	7:00 PM
Smooth Transitions: Managing the Logistics and Emotional Cycle of PCS	11/3	6:00 PM	7:00 PM
Stepping up Support: Sponsorship Training	11/4	11:00 AM	12:00 PM
	11/27	2:00 PM	3:00 PM
The PCS Process	11/9	9:00 PM	10:00 PM

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

PERSONAL FINANCE



		Italy	Bahrain
12 Turkey Tips to Financial Freedom!	11/2	3:30 PM	4:30 PM
Car Buying Strategies	11/12	3:00 PM	4:00 PM
	11/24	9:00 PM	10:00 PM
Command Your Credit	11/20	9:00 PM	10:00 PM
Consumer Awareness	11/17	9:00 PM	10:00 PM
Disaster-Proof Your Wallet	11/30	5:00 PM	6:00 PM
Financial Confidence Through Life's Changes	11/30	7:00 PM	8:00 PM
Holiday Cheer Without Financial Fear	11/4	9:00 PM	10:00 PM
	11/12	5:00 PM	6:00 PM
	11/17	11:00 AM	12:00 PM
	11/18	3:00 PM	4:00 PM
	11/19	7:00 PM	8:00 PM
Home Buying	11/13	9:00 PM	10:00 PM
Making the Most of Your Overseas Pay	11/6	11:00 AM	12:00 PM
Maximize Your GI BIll	11/18	11:00 AM	12:00 PM
Military Retirement Planning: Know the Facts	11/16	5:00 PM	6:00 PM
Million Dollar Sailor Day 1	11/5	5:00 PM	6:00 PM
Million Dollar Sailor Day 2 (Must attend both sessions)	11/6	5:00 PM	6:00 PM
Navy Retirement. . . Is It Enough?	11/5	7:00 PM	8:00 PM
Stretching Budgets and Maximizing Nutrition	11/3	11:00 AM	12:00 PM
	11/4	3:00 PM	4:00 PM
	11/5	7:00 PM	8:00 PM
Swipe Smart: Gambling Apps and Wellness	11/13	8:00 PM	9:00 PM
Take a Bite Out of College Costs	11/5	3:00 PM	4:00 PM
The Magic Number: Planning for Retirement	11/12	7:00 PM	8:00 PM
Thrift Savings Plan: Choosing the Right Path	11/9	8:00 PM	9:00 PM
Trump Accounts: What PFRSs Need to Know	11/12	9:00 PM	10:00 PM
TSP Basics for Navy Life	11/27	9:00 PM	10:00 PM

Find a Fleet and Family Support Center near you at

https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory

WARRIOR AND FAMILY RESILIENCE



		Italy	Bahrain
Building a Prevention Mindset: Connecting Everyday Actions to Readiness	11/18	8:00 PM	9:00 PM
Child Abuse and Neglect: Identification and Reporting	11/3	4:00 PM	5:00 PM
Cool, Calm, and In Control: Your Guide to Mastering Anger	11/20	2:00 PM	3:00 PM
Coping Skills	11/9	5:00 PM	6:00 PM
Do You Have the Characteristics of Resilience?	11/18	5:00 PM	6:00 PM
Finding the Good in Conflict	11/9	11:00 AM	12:00 PM
Healing Through Parenting: Working with Barriers with DV	11/3	2:00 PM	3:00 PM
How to Protect the Next Generation in the Digital Age	11/9	4:00 PM	5:00 PM
Intimate Partner Violence (IPV) Identification & Reporting	11/5	8:00 PM	9:00 PM
Learning Mindfulness with Models of Attention	11/4	5:00 PM	6:00 PM
Mind Body Mental Fitness (MBMF)			
Mod 1: Stress Resilience	11/3	2:00 PM	3:00 PM
	11/9	6:00 PM	7:00 PM
Mod 2: Mindfulness & Meditation	11/12	6:00 PM	7:00 PM
	11/17	2:00 PM	3:00 PM
Mod 3: Living Core Values	11/16	6:00 PM	7:00 PM
	11/18	2:00 PM	3:00 PM
Mod 4: Flexibility	11/18	6:00 PM	7:00 PM
	11/19	2:00 PM	3:00 PM
Mod 5: Problem Solving	11/23	6:00 PM	7:00 PM
	11/24	2:00 PM	3:00 PM
Mod 6: Connection	11/25	2:00 PM	3:00 PM
	11/25	6:00 PM	7:00 PM
Mindful Practices During Stressful Times	11/10	11:00 AM	12:00 PM
	11/12	7:00 PM	8:00 PM
Motivating by Appreciation	11/16	6:00 PM	7:00 PM
Organize Your Life	11/18	8:00 PM	9:00 PM
Staying Steady and Strong in the Face of Uncertainty	11/24	11:00 AM	12:00 PM
	11/25	3:00 PM	4:00 PM
Stoicism Principles and Stress Management	11/25	4:30 PM	5:30 PM
Stress Management	11/17	4:00 PM	5:00 PM
Swipe Smart: Gambling Apps and Wellness	11/13	8:00 PM	9:00 PM
The Power of Connection: Building Support Systems	11/2	11:00 AM	12:00 PM
Understanding Anger	11/3	4:00 PM	5:00 PM

TRANSITION



		Italy	Bahrain
Leveraging Websites for Career Transition Research	11/6	7:00 PM	9:00 PM
	11/19	3:00 PM	5:00 PM
Skillbridge Simplified	11/10	3:00 PM	5:00 PM
	11/25	11:00 AM	1:00 PM
VTAP DOL Employment Fundamental for Transition	11/4	1:00 PM	3:00 PM
	11/17	2:00 PM	4:00 PM
VTAP DOL Vocational Track Day 1	11/18	2:00 PM	4:00 PM
VTAP DOL Vocational Track Day 2	11/19	2:00 PM	4:00 PM
VTAP Financial Planning for Transition	11/3	1:00 PM	3:00 PM
	11/17	7:00 PM	9:00 PM
VTAP Managing Your Transition	11/2	3:00 PM	5:00 PM
	11/17	4:00 PM	6:00 PM
VTAP MOC Crosswalk	11/2	4:00 PM	6:00 PM
	11/17	5:00 PM	7:00 PM
VTAP Pre-Separation Briefing	11/2	1:00 PM	3:00 PM
	11/17	2:00 PM	4:00 PM

Go to

MyNavyFamily.com

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

Support for the Seasons Ahead



NOVEMBER VIRTUAL LEARNING SERIES

Supporting service members and families with practical strategies for budgeting, wellness, and resilience. Join virtual workshops to nourish your family, manage stress, and enjoy the holidays confidently.

WHAT YOU'LL LEARN

- Practical ways to stretch your budget and make nutritious choices
- Use simple mindfulness strategies to manage stress and stay grounded
- Build resilience and confidence when facing change and uncertainty

MONDAYS | 8PM EDT

JAPAN TUESDAY 9AM

- Stretching Budgets and Maximizing Nutrition (11/2)
- Mindful Practices During Stressful Times (11/9)
- Holiday Cheer Without Financial Fear (11/16)
- Staying Steady and Strong in the Face of Uncertainty (11/23)

TUESDAYS | 5AM EDT

ITALY 11 AM | JAPAN 6PM

- Stretching Budgets and Maximizing Nutrition (11/3)
- Mindful Practices During Stressful Times (11/10)
- Holiday Cheer Without Financial Fear (11/17)
- Staying Steady and Strong in the Face of Uncertainty (11/24)

WEDNESDAYS | 9AM EDT

ITALY 3PM

- Stretching Budgets and Maximizing Nutrition (11/4)
- Holiday Cheer Without Financial Fear (11/18)
- Staying Steady and Strong in the Face of Uncertainty (11/25)

THURSDAYS | 1PM EDT

ITALY 7PM

- Stretching Budgets and Maximizing Nutrition (11/5)
- Mindful Practices During Stressful Times (11/12)
- Holiday Cheer Without Financial Fear (11/19)

To register scan the QR Code or visit: MyNavyFamily.com

The Fleet & Family Support Center

Virtual Fleet and Family Support Program

CNIC ★ FLEET ★ FIGHTER ★ FAMILY