

THE FLEET & FAMILY SUPPORT CENTER



NSF DAHLGREN
6027 School House Ln. Ste. 208
Dahlgren, VA 22448
540-653-1839

NSF INDIAN HEAD
4260 Steve's Way Bldg. D-328
Indian Head, MD 20640
301-744-4846



AUGUST 2022 WORKSHOP SCHEDULE

To register for a workshop, call FFSC at 540-653-1839. Classes are available to all with base access.

DAHLGREN FFSC CLASSROOM

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| STRESS MANAGEMENT SESSION 1 | AUGUST 2 | 0900-1000 |
| RETURN AND REUNION | AUGUST 3 | 1300-1400 |
| SMOOTH MOVE | AUGUST 5 | 0800-1600 |
| STRESS MANAGEMENT SESSION 2 | AUGUST 9 | 0900-1200 |
| FINANCING THE HOLIDAYS | AUGUST 11 | 0800-1600 |
| STRESS MANAGEMENT SESSION 3 | AUGUST 12 | 0900-1000 |
| CFS FORUM | AUGUST 12 | 1200-1300 |
| SAPR REFRESHER TRAINING | TBD | TBD |
| 40-HOUR VICTIM ADVOCATE COURSE | AUGUST 22-26 | 0730-1600 |
| STRESS MANAGEMENT SESSION 4 | AUGUST 26 | 0900-1100 |
| NEW SPOUSE ORIENTATION | AUGUST 26 | 1300-1500 |
| 10 STEPS TO A FEDERAL RESUME | AUGUST 30 | 0900-1600 |

INDIAN HEAD FFSC CLASSROOM

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| PREPARING FOR DEPLOYMENT | AUGUST 3 | 1000-1200 |
| STRESS MANAGEMENT SESSION 1 | AUGUST 3 | 1300-1500 |
| STRESS MANAGEMENT SESSION 2 | AUGUST 10 | 1300-1500 |
| FINANCING THE HOLIDAYS | AUGUST 17 | 1200-1300 |
| STRESS MANAGEMENT SESSION 3 | AUGUST 24 | 1300-1500 |
| STRESS MANAGEMENT SESSION 4 | AUGUST 31 | 1300-1500 |

ONLINE WEBINARS Log into the CNIC Learning Management System to attend FFSC's virtual trainings.

Family Advocacy: Gloria Arteaga

Finances and Divorce: Julia Apicella

To register: Create a free account at MyNavyFamily.com (NMCI use <https://learning.zeiders.refineddata.com>) at least one day before the webinar. Follow the on-screen instructions to create a new account.

Note: Classes are subject to change. Please call for the most updated class schedule.