Naval Air Station Jacksonville
Fleet and Family Support Center
Building 27 Ranger Street • (904) 542-5745
JAXS_NAS_FFSC_CONNECT@NAVY.MIL

REGISTER FOR WORKSHOPS HERE!

FFSC NAS JAX WORKSHOP SCHEDULE 2027

Pre-registration is requested for all workshops. To register for our workshops, please call (904)-542-5745, email JAXS_NAS_FFSC_Connect@navy.mil or Scan QR Code.

All workshops are FREE and open to all active duty, reserve, retired personnel, and their family members and separating service members up to 180 days post separation. Class description can be found on the back pages. If childcare is needed during an appointment, please call the Child Development Center at (904)-542-5529. If special accommodations or handicapped access is required, please notify us upon registration.

DEPLOYMENT SUPPORT

Pre, Mid, & Post Deployment Briefs Hours: TBD	Available upon Command request · Call 904-542-5745
Return and Reunion Hours: TBD	Available upon Command request · Call 904-542-5745
Single Sailor Deployment Briefs Hours: TBD	Available upon Command request · Call 904-542-5745

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP Command POC Training Hours: 1300–1500	Jan 15 · Apr 14 · Jul 15 · Oct 22
EFMP Roundtable Hours: 1300–1500	Mar 19 · Jun 25 · Sep 10 · Dec 17
EFMP Overview Hours: TBD	Available upon request · Call 904-542-5745

FAMILY EMPLOYMENT PROGRAMS

Civilian Resume and Cover Letters Hours: 1300–1600	Jan 19 · Mar 23 · May 25 · Sep 02 · Oct 26 · Dec 15
Federal Employment Hours: 0800–1200	Feb 08 · Mar 26 · Apr 15 · May 28 · Jun 14 · Aug 30 Sep 30 · Nov 04
Job Search and Interviewing Techniques Hours: 0830–1100	Jan 19 · Mar 23 · May 25 · Sep 02 · Oct 26 · Dec 15
Myers Briggs Personality Assessment Hours: 0800–1200	Feb 05 · Apr 23 · Sep 03 · Nov 10
Transition Employment Assistance for Military Spouses (TEAMS) Hours: 0800–1200	Feb 11 & 12 · Sep 23 & 24

FFSC NAS JAX WORKSHOP SCHEDULE 2027

LIFE SKILLS EDUCATION PROGRAMS

Mind, Body, Mental Fitness Mondays Only · Hours 1330–1530 · Must Attend All 6 Meetings	Feb 01–Mar 15 · Apr 05–May 10 · Jun 07–Jul 12 Aug 09–Sep 13 · Oct 18–Nov22
Professional Development in Anger Management Hours: 0800–1200	Jan 26 · Feb 23 · Mar 09 · Apr 06 · May 11 · Jun 08 Aug 04 · Sep 07 · Nov 23 · Dec 06
Professional Development in Extended Stress Management Hours: 0800–1200	Feb 08 · Jun 01 · Oct 05
Professional Development in Individual Communication Hours: 1330–1530	Mar 01 · Jun 07 · Aug 23 · Dec 13
Professional Development in Stress Management 101 Hours: 0830–1000	Jan 05 · Mar 02 · May 04 · Jul 6 · Sep 01 · Nov 02

FAMILY ADVOCACY PROGRAM (FAP)

7 Principles for Making Marriage Work Fridays Only · Hours: 1200–1600 · Must Attend All 3 Meetings	Jan 29–Feb 12 · May 14–28 · Jul 23–Aug 6 · Sep 17–Oct 1
Co-Parenting Workshop Hours: 0800–1200	Feb 02 · May 11 · Aug 10 · Nov 16
Healthy Relationships Tuesdays Only · Hours: 1330–1530 · Must Attend Both Meetings	Feb 16 & 23 · Apr 06 & 13 · Jun 01 & 08 · Aug 17 & 24 Oct 12 & 19 · Dec 07 & 14
Healthy Emotions and Response Training (HEART) Thursdays Only ·Hours: 1330–1530 · Must Attend All 6 Meetings	Jan 07–Feb 11 · Mar 04–Apr 08 · May 06–Jun 10 Jul 01–Aug 05 · Sep 02–Oct 07 · Nov 04–Dec 23
Survival Skills for Parents Thursdays Only ·Hours: 1300–1500 · Must Attend All 3 Meetings	Jan 07–21 · Feb 25–Mar 11 · May 20–Jun 03 Aug 05–19 · Oct 07–21
What About the Kids Hours: 0900–1100	Jan 22 · Mar 12 · Jul 16 · Oct 01

INTEGRATED PRIMARY PREVENTION

Let's Talk Command Climate Hours: 0900–1100	Jan 19 · Feb 16 · Mar 16 · Apr 20 · May 18 · Jun 15 · Jul 20 Aug 17 • Sep 14 · Oct 19 · Nov 16 · Dec 21
SHIELD (Sailors Honoring Integrity Empowerment and Leadership Development) Hours: 0800–1500 · Must Attend All Meetings	Jan 12–13 · Feb 08–09 · Mar 30–31 · Apr 27 – 28 May 06–07 · Jun 29–30 · Jul 07–08 · Aug 26–27 Sep 09–10 · Oct 04–05 · Nov 09–10 · Dec 01–02

PARENTING EDUCATION PROGRAMS

Parent Bootcamp Hours: 1030–1230	Jan 28 · Apr 22 · Jun 10 · Oct 14
Mothers to Be / New Mothers Social Hour Hours: 1030–1200	Jan 22 · Feb 19 · Mar 5 · Apr 16 · May 14 · Jun 11 · Jul 16 · Aug 20 · Sep 17 · Oct 15 · Nov 12 · Dec 10
SHAPE (Sexual Health Approachable Prevention and Education) Hours: 0800–1600	Jan 06 · Feb 03 · Apr 07 · May 12 · Jul 14 · Aug 11 · Oct 06

FFSC NAS JAX WORKSHOP SCHEDULE 2027

MILITARY FAMILY SUPPORT PROGRAMS

Caring for the Caregiver Hours: 1330–1500	Feb 18 · Apr 15 · Aug 19 · Nov 19
DV Awareness Training Series Hours: TBD	Jan 27 · Mar 22 · May 03 · Jul 12
Family Readiness Group Hours: TBD	Available upon request · Call 904-542-5745
Internet Safety for Children Hours: 1000–1100	Feb 22 · Sep 16
Military Spouse 101 Hours: 1300–1430	Mar 23 · Sep 15
Ombudsman Basic Training Hours: 0800–1600 · Must Attend All 3 Meetings	Mar 17–19 · May 21–23 · Jul 28–30 · Oct 29–31

PERSONAL FINANCIAL MANAGEMENT PROGRAMS

Blended Retirement System Basics Hours: 1100–1200	May 20
Car Buying Hours: 1300–1400	Jan 26 · Apr 22 · Jul 22 · Nov 16
Command Financial Specialist Training Hours: 0730–1600 · Must Attend All 3 Meetings	Mar 10–12 · May 5–7 · Aug 25–27 · Dec 8–10 * Classes held in VYSTAR training room
Command Financial Specialist Refresher Hours: 0800–1600	Available upon request · Call 904-542-5745
Credit Basics Hours: 1300–1400	Feb 11 · Oct 12
Develop Your Budget Hours: 1300–1430	Jan 19 · July 6
Home Buying Hours: 1300–1430	Feb 17 · Apr 1 · Jun 22 · Oct 27
Million Dollar Service Member Hours: 0800–1600 · Must Attend Both Meetings	Feb 3–4 · Mar 8–9 · Apr 14–15 · May 3–4 Jul 21–22 · Aug 23–24 · Dec 6–7 *Classes held in VYSTAR training room
Pay Yourself First: Saving and Investing Hours: 1100–1200	Jan 29 · Jun 1

FFSC NAS JAX WORKSHOP SCHEDULE 2027

RELOCATION ASSISTANCE PROGRAMS

Cultural Adaption and Immigration Workshop Hours: 1330–1530	May 17
It's Your Move Workshop Hours: 1300–1530	Jan 14 · Feb 18 · Mar 18 · Apr 15 · May 13 · Jun 10 · Jul 15 · Aug 19 Sep 16 · Oct 22 · Nov 18 · Dec 16 *Classes will be held in Computer resource room
Smooth Move Training Hours: 1330–1600	Feb 05 · May 14 · Aug 13 · Nov 12
Sponsor Training Hours: 1330–1500	Mar 10 · Apr 08 · Jun 17 · Sep 08 · Dec 08
Welcome Aboard Tour Hours: 0800–1230	Available upon request · Call 904-542-5745
Welcome Aboard Training (INDOC) Hours: TBD	Available upon Command request · Call 904-542-5745

SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

Administrative Unit Victim Advocate Training **Hours: 0900–1200**	Apr 13 · Jul 13 · Sep 28 · Nov 08
SAPR, FAP, SAIL and MRE 514 Commander's Toolkit Training **Hours: 1300–1500** **AUVA must communicate with SARC for registration**	Jan 19 · Feb 16 · Mar 16 · Apr 20 · May 18 · Jun 15 · Jul 20 Aug 17 · Sep 14 · Oct 19 · Nov 16 · Dec 21
SAPR Victim Advocate (SAPR VA) Initial Training **Hours: 0800–1730**	Mar 22–26 · Jun 21–25 · Sep 20–24 · Nov 01–05
SAPR Victim Advocate Refresher Training **Hours: TBD**	Scheduled on an as-needed basis

TRANSITION ASSISTANCE PROGRAM (TAP)

For Retirees, Separatees, and Spouses · Hours: 0645–1600

Transition Assistance Program (TAP)

All TAP quotas require registration through Command Career Counselors.

Date	Type of Class	2 Day Advance Track (Covers Day 4 and 5)
04 - 08 JANUARY	Retirement	My Employment
11 - 15 JANUARY	Separation	My Employment
25 – 29 JANUARY	Retirement	My Employment
01 – 05 FEBRUARY	Separation	My Employment
22 – 26 FEBRUARY	Retirement	My Employment
01 – 05 MARCH	Separation	My Employment
15 – 19 MARCH	Retirement	My Employment
22 – 26 MARCH	Separation*	My Employment
29 MARCH – 02 APRIL	Separation	My Employment
05 – 09 APRIL	Retirement	My Entrepreneurship
12 – 16 APRIL	Separation	My Employment
26 – 30 APRIL	Separation	My Employment
10 – 14 MAY	Retirement	My Employment
17– 21 MAY	Separation	My Employment
07 – 11 JUNE	Separation	My Employment
21 – 25 JUNE	Retirement	My Employment
12 – 16 JULY	Separation	My Employment
19 – 23 JULY	Retirement	My Career and Credential Ex.
26 – 30 JULY	Separation*	My Employment
02 – 06 AUGUST	Retirement	My Employment
09 – 13 AUGUST	Separation	My Employment
16 – 20 AUGUST	Retirement	My Employment
23 – 27 AUGUST	Separation	My Employment
30 AUGUST – 03 SEPTEMBER	Separation*	My Employment
13 – 17 SEPTEMBER	Separation	My Education
27 SEPTEMBER – 01 OCTOBER	Retirement	My Entrepreneurship
04 – 08 OCTOBER	Separation	My Career and Credential Ex.
18 – 22 OCTOBER	Retirement	My Employment
25 – 29 OCTOBER	Separation*	My Employment
01 – 05 NOVEMBER	Separation	My Entrepreneurship
15 – 19 NOVEMBER	Retirement	My Employment

CAPSTONE – By Appointment Only Appointments will be scheduled between 0730 – 1500		
20 JAN	26 MAY	08 SEP
17 FEB	16 JUN	13 OCT
10 MAR	07 JUL	09 NOV
21 APR	NA AUG	08 DEC

2 Day Advance Tracks 0730-1600		
My Education	21 – 22 JAN	08 – 09 NOV
My Entrepreneurship	18 – 19 FEB	08 – 09 JUL
Career and Credential	11 – 12 MAR	14 – 15 OCT

Career Options and Navy Skills Evaluation Program My-CNO 0730-1600		
My CNO 1st Term	09 – 10 FEB	09 – 10 SEP
My CNO 2nd Term	08 – 09 MAR	02 – 03 DEC

WORKSHOP DESCRIPTIONS

Detailed information about each program offered by FFSC NAS Jacksonville.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP Command Point of Contact (POC) Training
This workshop is designed to provide Command EFMP POCs with information on the Exceptional Family Member Program, OPNAVINST requirements, enrollment process, and eligibility criteria, as well as an outline of responsibilities for their role as the Point of Contact (POC). A certificate is provided upon completion of the training.

EFMP Overview
This training provides incoming service members and their families with an overview of the Exceptional Family Member Program (EFMP) as well as information on eligibility criteria, the enrollment process, myths versus realities, and application tips to help ensure successful use of the program. It is open to service members and family members.

EFMP POC Roundtable
This class is for designated Exceptional Family Member Program Command Points of Contact and is designed as a way for EFMP POCs and EFMP Case Liaisons to maintain connection and allow EFMP POCs to stay current with updates regarding the EFMP program.

FAMILY ADVOCACY PROGRAM (FAP)

7 Principles for Making Marriage Work
Join our Couples Workshop based on the renowned "7 Principles of Making Marriage Work." In this transformative program, you and your partner will strengthen your relationship, enhance your communication, and build a lasting foundation of love and partnership. The only requirements are for both partners to attend a 3-hour weekly workshop for three consecutive weeks to complete the program.

Co-Parenting Workshop
This 4-hour workshop will help your family survive the challenges of co-parenting; this way a child can thrive while living in two different homes. Learn skills to be an effective parent within an often turbulent situation.

Healthy Relationships
The Healthy Relationships Workshop is for couples and individuals. Learn how to communicate in a positive, respectful manner and obtain the keys to emotional intelligence for a successful, healthy relationship.

Healthy Emotions and Response Training (HEART)
This six-week program will help participants learn how to identify, understand, and regulate strong emotions. This group will help participants regulate their own emotions, improve communication skills and responding to others.

Survival Skills for Parents
Presented in a series of three two-hour sessions. This parenting class is designed to help families develop healthy interaction patterns, improve communication, and strengthen family members' connections to each other and the community. Learn strategies to gain new skills and identify support systems to build on existing healthy patterns and add new ways of living and working together.

What About the Kids
This workshop promotes healthy families by providing practical information in an interactive format to reduce the risk of child abuse and neglect, as well as to educate parents on the impact of domestic violence on children. There is an emphasis on parenting techniques including discipline, impact of trauma on development, the importance of parent/child bond, and protective factors.

WORKSHOP DESCRIPTIONS

Detailed information about each program offered by FFSC NAS Jacksonville.

FAMILY EMPLOYMENT PROGRAMS

Civilian Resume and Cover Letters
This workshop will help create effective resumes and cover letters that are designed to showcase skills, qualifications, and accomplishments in such a way that it attracts and entices prospective employers to offer the job or an opportunity for a job interview.

Federal Employment
In this single-session workshop, participants gain the advantage of understanding the entire Federal Employment Process. Individuals will learn how to find vacancies, locate job listings, how to complete the application process, as well as understand standard qualifications and testing requirements.

Job Search and Interviewing Techniques
Increase your chances of being hired; learn effective strategies and information to search for employment that aligns with personal skills and interests, online job search tools and match labor market statistics with employment goals. Learn dynamic interview techniques designed to show competencies throughout the interview process.

Myers Briggs Personality Assessment
The Myers-Briggs Type Indicator (MBTI) assessment is a psychometric questionnaire designed to measure psychological preferences in how people perceive the world and make decisions. It will help in understanding the world we live in and give us a better understanding how to interact with those close to us and those in our workspaces.

Transition Employment Assistance for Military Spouses (TEAMS)
Transition Employment Assistance for Military Spouses and Caregivers (TEAMS) is a series of Department of Labor (DOL) employment workshops that extend the Department's Transition Assistance Program to assist military spouses and caregivers as they plan and prepare for their job search in pursuit of their employment.

INTEGRATED PRIMARY PREVENTION

Let's Talk Command Climate (LTCC)
This is a 2-hour workshop conducted once a month for CMEOs (Command Managed Equal Opportunity), Assistant CMEOs, and Command Climate Specialists (CCS). Training is conducted on Command Climate Assessments (CCA), Command Resiliency Teams (CRT), Focus Groups, Navy Comprehensive Integrated Prevention Plans (N-CIPP), and other resources.

SHIELD
Sailors Honoring Integrity Empowerment and Leadership Development: 12-hour workshop over the course of 2 days for men only of all ranks conducted in civilian clothes. SHIELD is a leadership course centered around the prevention of harmful behaviors, building healthier relationships, and strengthening cohesion and professionalism within a work environment and command.

LIFE SKILLS EDUCATION PROGRAMS

Mind-Body Mental Fitness (MBMF)
Presented in six two-hour modules. The primary goal of MBMF is to enhance the mind, body, spirit, and social domains of one's life. Participants will learn pro-active pathways to achieving mental fitness, find balance within these domains, and gain practical skills that can be utilized daily.

Professional Development in Anger Management
Anger as a feeling is neither "good" nor "bad." It is the behavior that can cause trouble when angry. If help is needed managing anger or if one has the need to understand anger, consider attending this workshop for professional growth.

WORKSHOP DESCRIPTIONS

Detailed information about each program offered by FFSC NAS Jacksonville.

LIFE SKILLS EDUCATION PROGRAMS (continued)

Professional Development in Extended Stress Management
This training delves into the deeper levels of managing stress utilizing various proven interactive techniques. It focuses on understanding stress, how it affects the body and mind and gives participants tools and resources for self-care.

Professional Development in Individual Communication
Each quarterly workshop focuses on increasing effectiveness in interpersonal communication through topics of identifying the difference between assertive and nonassertive communication, types of communication styles, and effective tools in communication.

Professional Development in Stress Management 101
This workshop helps learners measure the effect of the stressors in their lives against the symptoms and behaviors of the Operational Stress Control (OSC) Continuum Model and provides opportunities for learners to create work and life strategies to get them to a healthier zone.

MILITARY FAMILY SUPPORT PROGRAMS

Caring for the Caregiver
This training focuses on not only taking care of the caregiver but also other family members; as well as dealing with associated challenges. Some topics include family care plans, Power of Attorney, living wills and insurance. The end goal is to provide resources, reduce burnout and compassion fatigue, increase job satisfaction, retention, and family readiness.

Domestic Violence Awareness
This class is designed to help understand what domestic violence is and the effects it has on a family. Learn the different types of abuse, why victims stay, warning signs of abuse, and what you can do to help. Help be a part of the solution.

Family Readiness Group (FRG)
This workshop provides FRG leadership teams with information on establishing and maintaining successful FRG groups. The information provided will help plan, coordinate, and conduct informational, care-taking, morale-building, and social activities to enhance preparedness, and command mission readiness and to increase the resiliency and well-being of Sailors and their families. Workshops are available upon request.

Military Spouse 101
Workshop designed for the new military spouse to gain a better understanding of military customs, terminology, and provide a variety of resources.

Ombudsman Basic Training (OBT)
Navy leadership requires this training for all command ombudsmen. CO, XO, and CMC spouses, as well as other key command personnel are encouraged to sign-up for this training. Ombudsman attendees must have their designation letter in order to attend.

DEPLOYMENT SUPPORT

Pre, Mid, & Post Deployment Briefs
Deployment Services are designed to empower military families by creating networks and developing tools to cope with deployment.

WORKSHOP DESCRIPTIONS

Detailed information about each program offered by FFSC NAS Jacksonville.

PARENTING EDUCATION PROGRAMS

Mother's to Be / New Mothers Social Hour
A monthly support group, designed to foster connections, build a support network for military families, provide a safe place to share experiences, inspire, and encourage mothers and mothers to be.

Parenting Boot Camp
This workshop is designed for new parents or parents who need a refresher. This workshop teaches the basics of becoming a new parent to include preparing for your newborn, safe sleep practices, diaper changing and feeding your baby. In addition, you will learn about the post-partum period and the best way to support new mothers as well as information about post-partum depression and how to spot the signs. Throughout this class you will have the opportunity to ask parenting questions and learn about parenting resources within the community.

SHAPE
Research indicates that parents and caregivers are the primary agents of change for children's behavior, including problematic sexual behavior (PSB), because they have the most contact with the child and are responsible for raising the child. Sexual Health Approachable Prevention and Education (SHAPE) curriculum is an interactive workshop that will empower parents and caregivers with the knowledge and tools to recognize and constructively address healthy sexual development and PSB with their child.

RELOCATION ASSISTANCE PROGRAMS

Cultural Adaption and Immigration Workshop
Cultural Adaptation is an introductory, pre-overseas departure training designed to minimize the severity and duration of cultural adaptation stress. This training helps service members and their families become more aware of the impact of culture on their behavior. It is designed for service members and their families in receipt of orders to overseas location.

It's Your Move Workshop
This workshop is intended for service members with hard-copy orders who would like assistance submitting their move. All service members and their families in receipt of Permanent Change of Station (PCS) orders, separation, or retirement orders are encouraged to attend.

Smooth Move Training
This workshop is designed to provide information to relocating service members and their families with Permanent Change of Station (PCS) orders. Topics include an overview of the moving process, entitlement and benefits, tips and techniques for coping, managing the move, moving with children, pets, and resources available throughout the relocation process.

Sponsor Training
Stresses the importance of sponsorship and educates sponsors on ways to ease the difficulties and apprehensions which may occur during a Permanent Change of Station (PCS) move.

Welcome Aboard Tour
This is a base-guided bus tour with stops along the way to areas of interest for those just reporting to a new duty station. Resources will be provided to help families seamlessly integrate into the new military community.

Welcome Aboard Training (Indoc)
This training provides incoming service members and their families with current information on military and civilian resources available to them at their new duty stations.

WORKSHOP DESCRIPTIONS

Detailed information about each program offered by FFSC NAS Jacksonville.

PERSONAL FINANCIAL MANAGEMENT PROGRAMS

Blended Retirement System Basics
Helps sailors and dependents understand the components of the Blended Retirement System and will include discussions on the Vesting in TSP and Continuation Pay Touchpoints.

Car Buying
The rising cost of vehicles makes it imperative to have a plan before you buy a car. Learn how to calculate how much your car will really cost, considerations for purchasing new or used, negotiating techniques, and more. Highly recommended for sailors who are purchasing their first vehicle.

Command Financial Specialist Training
The Command Financial Specialist is a key component of the Navy's Personal Financial Management (PFM) program which emphasizes a proactive, life-cycle approach to personal financial responsibility. This 3-day modernized CFS course will give CFS Candidates a better understanding of how financial readiness contributes to mission readiness and quality of life, as well as developing the skills needed to provide financial training to their commands, conduct financial counseling, and refer out to resources. CFS Candidates must be currently serving in the Armed Forces, E-5 or above with over 6 years of service, highly motivated, financially stable, and have command approval to be designated in writing. Million Dollar Sailor is a pre-requisite.

Command Financial Specialist Refresher
This workshop is for current CFS who have not attended CFS Training within the last 3 years and is required to maintain designation as a CFS.

Credit Basics
Credit has become a normal part of everyday personal financial management for most Americans. Used appropriately, it can be an excellent tool; poor credit management, though, can devastate a sailor's financial health. This course offers attendees information on how to review their credit report, interpret their past credit history, dispute errors, safeguard their personal information, and develop a plan to improve.

Develop Your Budget
Having a budget is essential to accomplishing your financial goals. Without a plan, you can find yourself spending your hard-earned income before your next paycheck. This workshop will teach the basics of money management by discussing how to create an effective budget, tips on cutting back expenses, and creating an action plan to help you reach your short- and long-term financial goals.

Home Buying
A home is one of the most complex and expensive purchases a person will make in their lifetime. This workshop will go in depth on the entire home-buying process, starting from planning and preparing to make the purchase, to researching and shopping for homes that fit your needs and budget, to closing on the home.

Million Dollar Sailor
This 2-day workshop will have interactive and in-depth discussions on a variety of foundational financial topics such as understanding your military pay and benefits, planning for your financial future, credit management, consumer awareness, home and car buying, wealth building, and more. Million Dollar Sailor is a pre-requisite to take the Command Financial Specialist Training course.

Pay Yourself First: Savings & Investing
Take care of your future self and learn more about how you can build wealth. Topics to be discussed include savings techniques, foundational investing concepts, different types of investments and investing accounts, and more.

WORKSHOP DESCRIPTIONS

Detailed information about each program offered by FFSC NAS Jacksonville.

SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

SAPR Victim Advocate (SAPR VA) Initial Training
40-hour training provides prospective SAPR VAs with the education, skills, and resources needed to deliver high-standard services directly to victims of sexual assault.

SAPR Victim Advocate (SAPR VA) Refresher Training
Continuing Education Units offered to D-SAACP certified Victim Advocates.

TRANSITION ASSISTANCE PROGRAMS (TAP)

Capstone
The Capstone Event is a mandatory component of Transition Assistance Program (TAP); designed to verify that service members have met Career Readiness Standards (CRS) and have a viable Individual Transition Plan (ITP). It evaluates service member's preparedness to successfully transition from a military to a civilian career and to facilitate a "warm hand-off" if the service member desires follow-up assistance.

Career & Credential Exploration (My Career and Credential Ex.)
Offers a unique opportunity for participants to complete a personalized career development assessment of occupational interest and ability. This industry-standard assessment presents participants with a variety of tailored job recommendations (some of which are classified as high-demand or high-growth occupations) that align with interests and aptitudes. Participants are also guided through a variety of career considerations, including labor market projections, education, apprenticeships, certifications, & licensure requirements. Spouses are welcome to attend. Active-duty service members must attend TAP first.

Career Options and Navy Skills Evaluation Program (My CNO)
This workshop is designed to help sailors identify individual skills and talents, develop long-term professional and personal goals, and plan for personal financial stability. It enhances mission readiness by giving sailors the tools to make informed decisions about their educational and career options. First Term: For personnel on first enlistment or with less than 6 years of active-duty service. Mid Term: For personnel with 6 to 12 years active-duty service.

Department of Labor Employment Workshop (My Employment)
Covers emerging best practices in career employment, including in-depth training to learn strategic interview and resume skills as well as the use of various networking sites to search for employment.

Entrepreneurship: "Boots to Business" (My Entrepreneurship)
The Transition Advanced Track (also known as Boots-to-Business) provides valuable information for transitioning service members and their families considering starting a business after military service. It is a partnership with the Small Business Administration. Topics include elements of writing a business plan, choosing the right business, sources of funding, and relating military skills to business ownership.

Managing Your Education (My Education)
Assists service members in identifying higher education requirements that support personal career goals. This two-day workshop is divided into the following topic areas: learning the basics, choosing a field of study, selecting an institution, gaining admission, and funding higher education. This workshop is beneficial for both service members attending college for the first time and those applying to graduate school programs.

Transition Assistance Program (TAP)
This is a DoD mandatory workshop for those separating or retiring. This workshop provides instruction on skills assessment, resume writing, interview techniques, salary negotiations, financial considerations, and overview of Veteran benefits designed to build skills which allow service members to depart "career ready," having met mandatory Career Readiness Standards. Spouses are encouraged to attend. It is a joint venture by the Fleet and Family Support Center, the Department of Defense, Department of Labor and Veteran Affairs.