

January

CLASS SCHEDULE

FFSC Hours of operation:

Mon, Wed-Fri: 0800-1630, Tues:0930-1630

757-458-4141/4153

MON	TUE	WED	THU	FRI
  Learn tips from your FERP professional. Contact your local Fleet and Family Support Center for more information or download the MyNavy Family app www.FERP.navy.mil CNIC			1 	2
5 Leveraging Websites for Career Transition Research (LMS) 1300-1400	6 Mission Ready, Mentally Strong (LMS) 0800-0900	7 Remote Ready: A Spouse's Roadmap to a Virtual Career! (LMS) 1300-1400	8 Spotting the Signs of Youth Suicide (LMS) 1300-1345	9 Financial Confidence Through Life's Changes (LMS) 1300-1400
12 Federal Employment FFSC Training Room 0900-1200	13 Parenting and Sexual Development (SHAPE Module 1) (LMS) 1200-1330	14 Command Sponsorship Training Bulkeley Hall Auditorium 0900-1100	15 Jobs Search & Interview Skills FFSC Training Room 0900-1200	16 Civilian Resumes and Cover Letters FFSC Training Room 0900-1200 ----- USAJOBS 2026 (LMS) 1600-1730
19 	20 Nine Steps to Positive Parenting (LMS) 0900-1000	21 From Home to Hire (LMS) 1200-1300 ----- Swipe Smart: Gambling Apps & Wellness (LMS) 1400-1500	22 Anger Management (LMS) 1000-1100 ----- SkillBridge Simplified (LMS) 1300-1400	23 Why Won't These Kids Listen?! Understanding and Managing Defiance (LMS) 1000-1100
26 Emergency Financial Preparedness (LMS) 0900-1000	27 Stress Management (LMS) 1000-1100	28 SAPR Self-Defense Class Denich Gym 1800-1900 	29 The Service Member's Guide to Family Care Plans (LMS) 1400-1500	30 Demystifying Unemployment Compensation (LMS) 0800-0900

Open to ALL Residents of Guantanamo Bay at No Cost

Register for LMS Virtual Class at

www.mynavyfamily.com

or scan the QR code



The

Fleet & Family Support

Center