



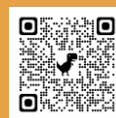
AUGUST 2026 Training Calendar

NAVAL STATION GREAT LAKES
525 FARRAGUT AVENUE BLDG. 26

HOURS OF OPERATION: MON-FRI, 0730-1600

CALL: (847) 688-3603 X 100

CLASSES ARE FREE – REGISTRATION REQUIRED



SCAN HERE FOR
CNIC, LMS CLASSES

WARRIOR AND FAMILY RESILIENCE

CLASS:	DATE:	TIME:	LOCATION:
Conflict Management	Tue, Aug 4	1000-1100	CNIC, LMS
MBMF Module 1: Stress Resilience	Tues, Aug 11	1300-1400	CNIC, LMS
Stress Management	Tues, Aug 18	0900-1000	CNIC, LMS
Mindful Practices During Stressful Times	Wed, Aug 26	1500-1600	CNIC, LMS

NAVY LIFE

CLASS:	DATE:	TIME:	LOCATION:
Married in The Military	Mon, Aug 10	1130-1230	FFSC Bldg. 26
New Spouse Orientation	Thurs, Aug 24	1430-1530	FFSC Bldg. 26

EXCEPTIONAL FAMILY MEMBER PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Moving with EFM	Wed, Aug 12	1500-1600	FFSC Bldg. 26
NOTES: Speech & Language Impairments Under IDEA	Thurs, Aug 20	1300-1400	CNIC, LMS
What is EFMP?	Wed, Aug 26	1500-1600	FFSC Bldg. 26

PARENTING SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Playgroup	Every Monday	1015-1130	MWR Library (kid area)
Tear Free Dinner	Mon, Aug 10	1100-1200	CNIC, LMS
What About The Kids?	Thurs, Aug 20	1200-1300	CNIC, LMS

RELOCATION / DEPLOYMENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Plan. Prepare. Deploy	Mon, Aug 3	1400-1500	CNIC, LMS
Single. Serving. Parent: Deployed	Tue, Aug 11	1200-1300	CNIC, LMS
The PCS Process	Tue, Aug 25	0700-0800	CNIC, LMS



CAREER / EMPLOYMENT ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
Volunteer to Career	Mon, Aug 3	1200-1300	CNIC, LMS
Remote Ready: A Spouse's Roadmap to a Virtual Career	Mon, Aug 10	1200-1300	CNIC, LMS
Becoming Federal Resume Savvy	Mon, Aug 17	1400-1500	CNIC, LMS

PERSONAL FINANCIAL MANAGEMENT

CLASS:	DATE:	TIME:	LOCATION:
Debt Freedom & Good Credit	Thurs, Aug 6	1200-1300	CNIC, LMS
Planning Your Financial Future	Thurs, Aug 13	1800-1900	CNIC, LMS
Car Buying Strategies	Fri, Aug 28	1100-1200	CNIC, LMS

TRANSITION ASSISTANCE PROGRAM

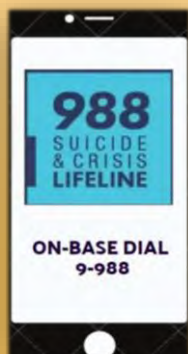
CLASS:	DATE:	TIME:	LOCATION:
TAP 3 Day Core	Mon-Wed, Aug 3-5 Mon-Wed, Aug 10-11	0800-1600	TAP Bldg. 617
DOL Employment Workshop	Thurs-Fri, Aug 6-7 Thurs-Fri, Aug 12-13	0800-1600	TAP Bldg. 617
Military to Civilian Transition Seminar	Mon, Aug 17	0800-1400	TAP Bldg. 617
Managing Your Education	Tues-Wed, Aug 18-19	0800-1400	TAP Bldg. 617
TAP Pre-Separation Brief	Thurs, Aug 27	0800-1000	TAP Bldg. 617
TAP Open Forum	1st Thursday of the Month	1100-1200	MS Teams

For Classes through CNIC LMS,
Please visit:
MyNavyFamily.csodfed.com



SERVICES AVAILABLE AT FFSC, Bldg. 26

- ❖ Financial Counseling
- ❖ Career Planning and Resume Writing, Review & Support
- ❖ Educational Assistance and volunteer opportunities
- ❖ Victim Advocacy for sexual assault, domestic violence, and child abuse victims
- ❖ Deployment support and planning
- ❖ Individual, Couple, Family and Child counseling
- ❖ Home visitations, education, and support for parents
- ❖ Exceptional Family Member Support (resources for adults and children with special needs)
- ❖ Relocation Planning (CONUS & OCONUS)
- ❖ Information and Referral (links to local resources)
- ❖ Emergency Preparedness Planning
- ❖ Resource room with computers available



How are we doing?
Please give us your feedback
online at the Interactive
Customer Evaluation (ICE)

Themes and Observances for the month of
August: Back 2 School, Immunization
Awareness, Heat Casualties, Purple Heart Day,
Coast Guard Birthday, Marine Corps Reserves
Birthday!

DOMESTIC VIOLENCE: 1-800-799-7233
CHILD ABUSE HOTLINE: 1-800-25ABUSE (22873)
SAPR Hotline: (847) 489-8196

