



FEBRUARY 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



LIFE SKILLS

CLASS:	DATE:	TIME:	LOCATION:
MBMF Module 1: Stress Resilience	Mon, Feb 9	1800-2000	CNIC, LMS
MBMF Module 2: Mindfulness and Meditation	Tues, Feb 10	1800-2000	CNIC, LMS
MBMF Module 3: Living Core Values	Wed, Feb 11	1800-2000	CNIC, LMS
MBMF Module 4: Flexibility	Tues, Feb 24	1800-2000	CNIC, LMS
MBMF Module 5: Problem Solving	Wed, Feb 25	1600-1800	CNIC, LMS

EXCEPTIONAL FAMILY MEMBER PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Moving with EFMP	Wed, Feb 11	1500-1600	FFSC Bldg. 26
What is EFMP?	Wed, Feb 18	1500-1600	FFSC Bldg. 26
The Power of Connection: Building Support Systems	Wed, Feb 25	2200-2300	CNIC, LMS

TRANSITION ASSISTANCE PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
TAP 3 Day Core	Mon-Wed Feb 2-4 Mon-Wed Feb 23-25	0800-1600	TAP Bldg.617
DOL Employment Workshop	Thurs-Fri, Feb 5-6 Thurs-Fri Feb 26-27	0800-1600	TAP Bldg.617
Military to Civilian Transition Seminar	Mon, Feb 9	0800-1400	TAP Bldg.617
Managing Your Education	Wed-Thurs, Feb 11-12	0800-1400	TAP Bldg.617
TAP Pre-Separation Brief	Thurs, Feb 19	0800-1000	TAP Bldg.617
TAP Open Forum	1st Thursday of the Month	1100-1200	MS Teams

CAREER / EMPLOYMENT ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
Mastering the Civilian Resume	Thurs, Feb 5	0700-0800	CNIC, LMS
Power Up Your Resume for Remote Jobs	Wed, Feb 11	1200-1300	CNIC, LMS
Pain Free Resume Writing	Wed, Feb 25	1000-1130	CNIC, LMS

RELOCATION / DEPLOYMENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Navy Spouse 101	Tue, Feb 3	1200-1300	CNIC, LMS
Sponsorship Training	Tue, Feb 10	1400-1500	FFSC Bldg. 26
Married in the Military	Tue, Feb 17	1300-1400	FFSC Bldg. 26
Smooth Move Workshop	Tue, Feb 17	1400-1500	CNIC, LMS

PERSONAL FINANCIAL MANAGEMENT

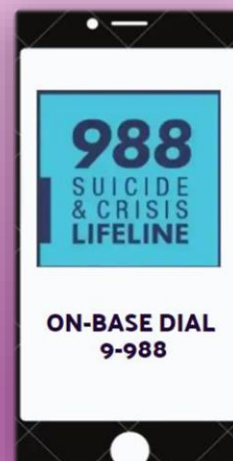
CLASS:	DATE:	TIME:	LOCATION:
Command Your Credit	Mon, Feb 2	2000-2100	CNIC, LMS
Thrift Savings Plan: Choosing the Right Path	Fri, Feb 6	1200-1300	CNIC, LMS
Your Money and Your Mindset	Thurs, Feb 12	0800-0900	CNIC, LMS
Climbing the Ranks: Your Financial Guide to Promotions	Tue, Feb 24	1500-1600	CNIC, LMS

PARENT SUPPORT PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Playgroup	Every Tuesday	1000-1100	2630 Ohio Ave
Helping Kids Thrive Through Change	Wed, Feb 4	1400-1500	CNIC, LMS
Nine Steps to Positive Parenting	Thurs, Feb 12	1700-1800	CNIC, LMS
Baby Breaks the Bank	Fri, Feb 20	1400-1500	CNIC, LMS

For Classes through CNIC LMS, Please visit MyNavyFamily.com

- ❖ 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)

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