



Family CONNECTION

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Questions?



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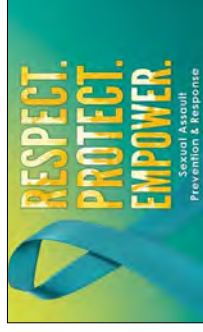
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What's Happening? Good News from Local Fleet and Family Support Centers

San Diego FFSC - Military Spouse Empowerment Symposium Naval Base San Diego, California's Fleet and Family Support Center... (FFSC) hosted its...



Your Virtual FFSC Webinars

See the full list of webinars available on MyNavyFamily.com this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition...

Family Connection is a publication of the Fleet and Family Support Program. The Navy's Fleet and Family Support Program promotes the self-reliance and resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle. The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

Navy, HPRC Offer Resources to Support, Achieve Wellness

August is National Wellness Month, a perfect time to reflect on how we are taking care of our minds, bodies and families. The military lifestyle, with its demanding operational tempo, permanent change-of-station moves, and deployments, requires unparalleled resilience.

However, true readiness is not just about pushing through; it is about prevention, maintenance and recovery.

Whether you are an active-duty service member staying mission-ready or a military spouse managing the home front, prioritizing wellness is not selfish, it is a tactical necessity. The Total Force Fitness framework is a guide to achieving and sustaining optimal wellness for warfighters and their families.

Total Force Fitness was developed by the Consortium for Health and Military Performance (CHAMP) with the Center of Excellence at the Uniformed Services University. The goal of the framework is to achieve optimal performance, enhance health and increase readiness and well-being.

There are eight domains in the Total Force Fitness framework: physical, social, psychological, environmental, nutritional, financial, spiritual, and medical and dental. Each domain needs dedicated attention and care to support optimal wellness. All domains affect performance and intersect with each other. Sleep and nutritional readiness are foundational to all domains. There may be times when one domain seems to need more attention than the others; this is normal. Improvement in one domain generally has a positive effect across wellness domains.

[continued below]

TOTAL FORCE FITNESS MY MISSION-READINESS INVENTORY



CHAMP
Consortium for Health and Military Performance

HUMAN PERFORMANCE RESOURCES by CHAMP | HPRC-online.org



Whether you are single-parenting and juggling work while your spouse is on temporary duty, or currently single and on a mobilization, evaluating your life through the Total Force Fitness framework will support your overall well-being when implemented. You are worth it. Take some time today and invest in you and your family!

The Navy and the [Human Performance Resource Center \(HPRC\)](#) offer several resources to support you in achieving optimal wellness across all domains. Other resources to support your optimal wellness include:

- [Fleet and Family Support Centers](#) offer personal financial management services, nonmedical counseling, and life skills classes in person and online.
- [Military OneSource Health and Wellness](#) resources offer wellness coaching and prevention support.
- [MyNavyFamily.com](#) provides self-paced and live courses on military life, self-care and financial health.
- [Morale, Welfare and Recreation \(MWR\)](#) provides free or low-cost fitness and recreation opportunities for physical and social health.
- [Navy Chaplain Corps](#) is dedicated to building the Spiritual Readiness of warfighters and their families.

Nation 250 Events Schedule

August 2026

★	August 1 – Colombo, Sri Lanka - 250 Independence Day Celebration at Maldives & Sri Lanka Embassy
★	August 2 – Put-in-Bay, Ohio - Put-In-Bay Declaration 250
★	August 5 – Lake Forest, Ill. - 2026 Lake Forest Day Parade
★	August 7 – Bremerton, Wash. - 200th Anniversary of the MU Rating Concert
★	August 8 – Maldives - Maldives Outreach Tour
★	August 8-9 – JB Elmendorf-Richardson AFB, Ala. - Blue Angels: Arctic Thunder Air Show & Open House
★	August 13 – Bristol, R.I. - Concert on the Common



★	August 15-16 – McMinnville, Ore. - Blue Angels: Oregon International Air Show
★	August 17-24 – Billings, Mont. - Navy Week Billings
★	August 20 – Billings, Mont. - Navy Week Billings
★	August 22 – Whidbey Island, Wash. - NASWI Open House
★	August 22-23 – Billings, Mont. - Blue Angels: Yellowstone International Air Show
★	August 24-30 – Burlington, Vt. - Navy Week Burlington
★	August 29-30 – Chicago, Ill. - Blue Angels: 68th Annual Chicago Air & Water Show

AUGUST HOLIDAYS AND OBSERVANCES

- August 4 — Coast Guard Birthday
- August 7 — Purple Heart Day
- August 29 — Marine Corps Reserve Birthday

Purple Heart
Day
August 4th



FFSP Modernizes Talent Acquisition Efforts Using Social Network



Since its beginning in 1979, the Navy's Fleet and Family Support Program (FFSP), part of Fleet and Family Readiness (FFR), has made it a priority to support service members and their families by ensuring the right professionals are in place to deliver that support.

In October 2022, as the demand for FFSP services continued to grow, a critical challenge arose: Connecting qualified professionals with available FFSP career opportunities. Through feedback from customers, program managers and prospective applicants, it became clear that a more accessible and proactive recruiting solution was needed.

"FFSP leveraged [LinkedIn](#) to solve a critical hiring challenge, highlighting our hard-to-fill roles and promoting the wide variety of ways professionals can build a career with us," said Ebonie Powe, Family Employment Readiness Program (FERP) analyst for FFSP.

While [USAJOBS.gov](#) remains the official application platform, LinkedIn offered an opportunity to expand the FFR's overall reach and better promote FFSP positions to professionals inside and outside the government sector. Through Navy FFR headquarters (HQ) and region LinkedIn pages, FFR can highlight job announcements across HQ, region and installation levels.

From spotlighting new job opportunities and sharing employment articles to hosting interactive virtual career webinars, LinkedIn has become an essential part of FFR's broader talent acquisition efforts. Through the Navy FFR HQ and region LinkedIn pages, FFR can engage with professionals at every stage of the career journey while promoting opportunities that support FFSP and the broader FFR mission.

Since the inception of this initiative, analytics from the Navy FFR LinkedIn pages have shown continued growth and connection. In the past year alone, LinkedIn job posts on these pages have captured the attention of nearly half a million viewers. That reach translated into meaningful engagement, with approximately 45,000 individuals clicking through to learn more about FFR job opportunities.

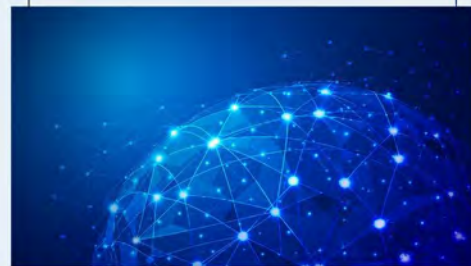
Most importantly, more than 9% of interested candidates navigated directly from the Navy FFR LinkedIn pages to USAJOBS.gov to continue the application process for FFR opportunities, including positions with FFSP.

"For potential employees, the FFR LinkedIn pages are designed to be the ultimate career resource," added Powe.

What started in 2022 as a response to customer feedback has evolved into a key part of FFR's and FFSP's talent acquisition strategy. By leveraging LinkedIn, FFSP continues to attract the dedicated, highly skilled professionals that service members and their families deserve.

FFSP is always looking for passionate individuals to join its mission. Follow [Navy FFR HQ on LinkedIn](#) to explore career opportunities, stay connected and discover how your career can make a difference at FFSP.

“ Since the inception of this initiative, analytics from the Navy FFR LinkedIn pages have shown continued growth and connection. In the past year alone, LinkedIn job posts on these pages have captured the attention of nearly **half a million viewers**. ”



Honoring Resilience: Recognizing Gold Star Children's Day

August 1 is Gold Star Children's Day, a solemn and deeply important observance across our military community. On this day, we pause to honor the incredible resilience, strength and sacrifice of the children who have lost a parent serving in the armed forces.

When a service member makes the ultimate sacrifice for our nation, the profound loss echoes through their entire family. For gold star children, the cost of freedom is personal. It means navigating life's milestones such as the first days of school, graduations and quiet everyday moments without their mother or father.

Despite carrying a weight no child should have to bear, these young individuals display remarkable courage. Gold Star Children's Day is an opportunity for our nation to acknowledge the unique journeys of these children and to remind them that their parents' legacy lives on in them.

The Navy Gold Star Program (NGSP) and our sister services operate on a core, unwavering promise never to forget the families of our fallen; supporting gold star children is central to this mission.

Through dedicated coordinators and local outreach, the program works to ensure these children remain firmly connected to their military family. Whether through access to educational resources, emotional support networks or bringing families together for community events, the goal is to provide a lasting safety net of care and camaraderie.

Honoring gold star children does not require grand gestures. Often, the most meaningful support comes from simple acts of remembrance and community inclusion. Here is how you can help honor gold star children this August 1 and beyond:

- ★ **Acknowledge and remember.** Take a moment to reflect on the sacrifices made by the families of the fallen. Speak the names of their loved ones.
- ★ **Support gold star initiatives.** Get involved with or support local Navy Gold Star Program events, such as Bells Across America, which bring surviving families and the active-duty community together.
- ★ **Be a pillar of support.** If you know a gold star family, a simple check-in, phone call, message or invitation can be a powerful reminder that they are still an essential part of the military community.

On August 1, let us all reaffirm our commitment to gold star children. We stand with them, we honor their parents and we promise to always keep them in our hearts.



Navy Gold Star Children's Day



August 1, 2026
Perseverance - Memories - Legacy

*More Than a Memory - Enduring Love, Legacy,
and Connection*



www.NavyGoldStar.com - www.facebook.com/NavyGoldStar - 1-888-509-8759



Financial Readiness: Protecting Your Finances & Your Digital Life

Protecting your finances and personal information is an important part of financial readiness. While Military Consumer Month brought additional attention to consumer awareness each July, scams and online threats affect warfighters and their families year-round. Understanding how scammers operate is one of the best ways to protect yourself and your loved ones.

Scams often begin with text messages, phone calls, emails or social media messages. According to the Federal Trade Commission (FTC), text messages are one of the most common ways scammers contact people. These messages may appear to come from legitimate businesses or government agencies and may mention package delivery issues, unpaid tolls, loan applications or account problems that require immediate attention. This is especially important during permanent change of station (PCS) moves, when scammers often target transferring families with fake rental listings, fraudulent moving services or urgent delivery updates.

Knowing how scammers operate is only the first step. Equally important is knowing how to protect yourself when you receive an unexpected message or offer.

Defending Yourself Against Scams

Because scammers often rely on urgency and pressure, one of the best ways to protect yourself is to slow down before responding. Taking a few extra moments to verify a message, call or offer can help protect your money, personal information and peace of mind. To reduce your risk of becoming a victim, be cautious when you receive unexpected messages requesting money or personal information. Avoid clicking links or downloading attachments from unknown sources. Before responding to job opportunities, investment offers or promises of quick profits, take time to research the source and verify that the offer is legitimate.

If you believe you have been targeted by a scam, reporting it can help protect you and others from becoming victims.

Below are a few ways you can take action and report these encounters:

-  Spam texts can be reported by using your phone's report junk feature or by forwarding the message to 7726 (SPAM).
-  Unwanted calls can be reported at [DoNotCall.gov](https://www.donotcall.gov).
-  Fraud or scams can be reported at [ReportFraud.ftc.gov](https://www.reportfraud.ftc.gov).

While scams are one threat to your personal information, new laws are also helping protect individuals from another growing online concern, nonconsensual image sharing and AI-generated deepfakes.

[continued below]



New Online Protections Under the **TAKE IT DOWN Act**

The [TAKE IT DOWN Act](#) was recently enacted to help victims remove private or intimate images that were shared without their consent. The law applies to real, intimate images shared without permission, digitally altered images and artificial intelligence-generated deepfakes.

Under this law, covered platforms such as social media sites, messaging services and image-sharing applications must provide a process for individuals to request the removal of these images. Once a valid request is submitted, platforms are required to remove the content and known copies within 48 hours. If a covered platform fails to comply, individuals can submit a report at [TakeltDown.ftc.gov](https://www.ftc.gov/takeitdown).

Protecting yourself from scams and online threats does not have to be something you do alone. The Navy offers several trusted resources to help warfighters and their families stay financially prepared and informed.

Free Financial Readiness Resources Are Available

You do not have to navigate consumer issues on your own. Personal financial readiness specialists (PFRSs) at your installation's Fleet and Family Support Center provide free financial education, counseling and consumer awareness resources to help warfighters and their families make informed decisions.

Command financial specialists also serve as command-level resources for warfighters and can help connect service members with financial readiness information and available support services.

If you are stationed remotely or deployed, help is still within reach. Virtual personal financial education offers convenient access to financial education regardless of location, helping warfighters and families stay informed and financially prepared.

Stay Vigilant Year-Round

Financial readiness is about more than budgeting and saving. It also includes protecting your finances, your personal information, and your digital identity. By staying alert, recognizing common scams and using trusted financial readiness resources, you can help safeguard yourself and your family throughout the year.



End of Summer SAPR Support Maintains Momentum, Team Readiness

As the high heat of August rolls in, our military communities experience a familiar shift. The frantic pace of summer permanent change of station moves begins to settle, annual leave winds down and units start focusing on the demanding autumn training and deployment schedules ahead.

The end of summer brings a unique set of stressors and social dynamics, making it the perfect time to reinforce the commitment to a safe, respectful and professional command climate. As we close out the summer and gear up for the missions ahead, make sure to check on your peers, welcome new arrivals, and reengage active intervention strategies.

If you or someone you know needs support, the Sexual Assault Prevention and Response (SAPR) Program provides unwavering, confidential and comprehensive care to survivors of sexual assault. Whether an incident occurred over annual leave, at a previous duty station or over the weekend, SAPR services are available 24/7.

Sexual Assault Response Coordinators and SAPR Victim Advocates are always ready to provide crisis intervention, explain reporting options and connect survivors with medical, counseling and legal resources.

The DoD Safe Helpline can connect you with your local SAPR Program and provide live, individualized support. Services are available to the DoW community 24/7 by telephone (1-877-995-5247), text (55-247 or 001-202-470-5546), or through the [Safe Helpline website](#).



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**RESPECT.
PROTECT.
EMPOWER.**
Sexual Assault
Prevention & Response

Total Sailor Fit to Fight Workshops Bring Readiness Resources to Pacific Northwest

This past June, representatives from U.S. Pacific Fleet (COMPACFLT), Commander, Navy Installations Command (CNIC), and the Chief of Naval Operations (OPNAV N17) supported the Total Sailor Fit to Fight (TSFTF) workshops at Naval Air Station Whidbey Island, Naval Base Kitsap, and Naval Station Everett.

These multiday visits bring program managers and subject matter experts straight to the fleet. It gives Sailors a direct line to voice real concerns, learn about available support and share feedback on how programs are working on the deckplates.

Workshop Highlights

- TSFTF update from OPNAV N17.
- Expert Q&A panels: Attendees talked face-to-face with experts specializing in mental health, family support, suicide prevention, career advancement, alcohol and drug abuse prevention and physical readiness. Representatives also highlighted local resources such as the Fleet and Family Support Center (FFSC) and the local medical treatment facility.
- A personal keynote: Navy veteran Ms. Isa Kujawski delivered a powerful presentation titled “Boosting the Will to Live.” Sharing her own experience with depression and grief as a suicide loss survivor, Kujawski gave families practical strategies for managing the unique stressors of Navy life.
- Program breakouts: Command program advisors and interested Sailors met directly with policymakers to share lessons learned and find ways to make existing resource programs work better.

A Focus on the Homefront

Recognizing that readiness is a family affair, the workshops featured dedicated evening sessions for spouses and ombudsmen. To make it easier to attend around family schedules, spouses could either participate in person or from home via MS Teams.

“Our spouses and Ombudsmen keep our Navy families grounded and ready, so making time specifically for them was a priority,” said Kathy Vi, Family Readiness Program analyst at CNIC. “These evening sessions let us drop the formalities, answer questions on their minds, and get resources directly to those who need them or can share with others. Whether they joined us in person or online, making sure our families are heard and supported is how we build a truly resilient fleet.”

Looking Forward

The next round of TSFTF workshops is scheduled for August at Naval Base Guam, Commander Fleet Activities Sasebo and Commander Fleet Activities Okinawa.

For more information on TSFTF, visit [MyNavyHR – Total Sailor Fit to Fight](#).



Wellness Watch

National Parks Week: Supporting Wellness Through Nature

National Park Week, happening August 22 to 30, 2026, is a perfect time to celebrate the beauty, history and natural wonders found throughout America's national parks while also recognizing the positive impact nature can have on our well-being.

Spending time outdoors has been linked to reduced stress, improved mood, increased physical activity and better overall health. Whether it is a challenging hike, a leisurely walk, wildlife viewing or simply enjoying a scenic overlook, time in nature provides an opportunity to recharge physically and mentally.

For active-duty service members and military families, visiting a national park can be a meaningful way to practice self-care, strengthen family connections and take a break from the demands of daily life. Even a few hours spent outdoors can help.

As an added benefit, current U.S. military members and their dependents are eligible for a free annual [America the Beautiful Pass](#), which provides access to more than 2,000 federal recreation sites, including national parks. Veterans and gold star family members may also qualify for free access. Pick up a free pass at participating federal recreation sites by presenting a valid military ID or other qualifying identification.

Unable to travel to a national park this month? You can still experience many of their benefits virtually. The National Park Service offers online resources, virtual tours, [webcams](#), photo galleries and educational programs, including the [Junior Ranger Online program](#) and videos that allow visitors to explore some of the country's most iconic landscapes from anywhere. Virtual experiences can provide inspiration, learning opportunities and a moment of calm during a busy day.

This National Park Week, consider finding a way to connect with nature, whether through an in-person visit, a walk in a local green space or a virtual journey to one of our nation's treasured parks. Supporting your wellness does not always require a major commitment, sometimes it begins with simply taking a moment to appreciate the natural world around you.



GREAT SMOKY MOUNTAINS
— NATIONAL PARK —



San Diego FFSC - Military Spouse Empowerment Symposium

Naval Base San Diego's Fleet and Family Support Center (FFSC) hosted its inaugural Military Spouse Empowerment and Development event on May 8 at the Admiral Baker Golf Course Clubhouse. This pioneering initiative was designed to deliver comprehensive support programs in a consolidated, full-day format, tailored specifically for military spouses.

The symposium focused on equipping spouses with skills, resources and community networks needed to thrive in the military lifestyle. Participants selected four out of six specialized workshops, covering topics such as navigating military transitions, federal employment, entrepreneurship and financial fitness.

Facilitated by the FFSC, Morale, Welfare, and Recreation (MWR), and the U.S. Small Business Administration, the sessions provided practical and actionable training. Also, dedicated networking time allowed attendees to build vital peer connections and engage with support organizations such as the Military Spouse Advocacy Network. The event was highly successful in empowering spouses and reinforcing their critical role in force readiness.



[continued below]

CNRSE Hosts Annual Family Café

The 28th Annual Family Café brought together approximately 15,000 attendees, including 1,000 to 1,500 military-affiliated participants, in Orlando, Fla. from June 12-14. As the nation's largest cross-disability event, Family Café served as a powerful platform for fostering collaboration, advocacy, friendship and empowerment among individuals with disabilities, their families, their communities and military organizations.

The event enabled participants from across the state to connect, share resources and build lasting relationships while participating, presenting and networking with community and military partners over the course of the three-day event.

Commander, Navy Region Southeast and other attendees included Regional EFMP Case Liaison, Shanon Klein;; Regional Special Education Liaison, Sonia McGonigle; Regional Special Needs Attorney, Lana Benjamin; and Regional School Liaison, Patrigna Murphy.

Other attendees from around Florida included Naval Hospital Jacksonville's Exceptional Family Member Program (EFMP) Coordinator, Galya Taborn, ;MacDill Air Force Base's (AFB) School Liaison, Dr. Venetia Waters; Tyndall AFB's School Liaison, Mallory Gross, ; Naval Support Activity Panama City's School Liaison, Erin Pickard and Florida Military Family Special Needs Network's Dr. Maria Barkmeier, Scott Sevin and Eric Sherman.



Naval Base Ventura - A Night at the Drive-In Fosters Family Connection

Fleet and Family Support Center, Naval Base Ventura County, Calif., hosted A Night at the Drive-In on May 15 at the Port Hueneme Beehive Gym. Organized by the Family Advocacy Program, the event aimed to promote child abuse prevention by educating families on supportive resources and fostering positive family interactions. More than 100 service members and their families attended the interactive gathering.

Participants worked collaboratively to build and decorate cardboard box cars, a hands-on activity designed to promote healthy communication and teamwork between parents and children. Service members and their children enjoyed a movie from their custom-built box cars.

Alongside the cardboard car building, a comprehensive resource fair enabled families to connect with base and local community groups, including Morale, Welfare and Recreation and the New Parent Support Program, in a relaxed, comfortable setting. Once the box cars

were completed, families gathered in their custom creations to enjoy pizza, popcorn and a screening of the movie "Elio." This innovative approach combined family bonding with vital prevention education.

Anchored in Community – Spouse Social Beach Yoga at Naval Base Ventura

The Fleet and Family Support Center (FFSC) at Naval Base Ventura County, hosted Anchored in Community: A Spouse Social Beach Yoga at Point Mugu Family Beach on June 25. Designed to prioritize well-being, the event brought together 30 military spouses for a mindfulness and stress-reduction session.

In collaboration with Morale, Welfare and Recreation Fitness, FFSC provided a 45-minute guided yoga session, followed by a sound bath and a meaningful letting-go exercise in which participants used water-soluble paper to release stressors into the ocean. This gathering provided a vital community setting for spouses to connect and gain access to supportive resources. As one of the largest spouse social gatherings to date, the event strengthened individual resilience and social connectedness for Navy families.

Expanding Sensory-Inclusive Support at NAS Lemoore

The Fleet and Family Support Center's (FFSC) Exceptional Family Member Program team at Naval Air Station (NAS) Lemoore, Calif., hosted a sensory-friendly movie screening of "Hotel Transylvania 3: Summer Vacation" at the base theater on June 26. Twenty Navy families attended this event under modified standard theater conditions, such as adjusting lighting and sound levels, to create an inclusive environment for individuals with autism or sensory processing differences.

By reducing overwhelming stimuli, the FFSC successfully provided an accessible outing for military families who might otherwise struggle to enjoy traditional movie-going experiences. This event served as a highly effective forum for sharing essential FFSC resources, directly fostering family readiness and inclusion within the NAS Lemoore military community.

NAS Lamoore - Strengthening Prevention Outreach

On June 9 and 23, the Sexual Assault Prevention and Response (SAPR) team at NAS Lamoore, conducted high-traffic community outreach at the base Starbucks and Spuds. By strategically positioning resource information tables in peak-hour venues, the SAPR team engaged 76 individuals, including service members and their families, with critical program information and support resources. This innovative outreach approach maximized visibility for the 24/7 SAPR hotline and reinforced a message of help and healing stronger together. The success of these engagements validated the effectiveness of targeting high-traffic locations in normalizing program awareness and enhancing access to prevention services for the fleet.

FFSC Partners with 'Feeding San Diego'

Naval Base Point Loma's Fleet and Family Support Center partnered with Feeding San Diego to conduct a pop-up pantry distribution event on June 25. This collaborative effort successfully served 140 individuals, providing fresh produce, dry goods and canned items to boost food security for military families.

By facilitating this direct support, the installation's FFSC reinforced its commitment to military family readiness and deepened community partnerships to address immediate household needs. The event demonstrated the critical role of FFSC as a hub for connecting service members to vital community resources during times of financial need.



Special Thanks to this Month's Contributors:

- Kim Hearn, Site Director, NBPL Fleet and Family Support Center
- Jazmin Guerrero, NBVC Fleet and Family Support Center
- Hedy Rogers-Jones, NAS Lemoore Fleet and Family Support Center
- Sonia McGonigle, CNRSE Fleet and Family Support Program
- Stephanie Hunter, CNIC Navy Gold Star Program
- Justine Muyu, CNIC Fleet and Family Support Program
- Kathy Vi, CNIC Fleet and Family Support Program
- Fran Jackson, CNIC Fleet and Family Support Program
- Tim McGough, CNIC Fleet and Family Support Program



Training in Your Time

EASTERN AND CENTRAL TIMES

Wherever you are in the world, access valuable programs and services to support your personal and professional growth. We're bringing the resources to your screen — anytime, anywhere. FFSP is just a click away.

AUGUST 2026

DEPLOYMENT



Eastern Central

Am I Okay?	8/2	8:00 PM	7:00 PM
Homefront Ready: Family Care Planning	8/24	8:00 PM	7:00 PM
	8/26	9:00 AM	8:00 AM
	8/27	1:00 PM	12:00 PM
How is the Individual Augmentee Deployment Different?	8/26	11:00 AM	10:00 AM
Keeping it Together During Deployment	8/20	8:00 AM	7:00 AM
Kids & Deployment: The Roller Coaster Ride	8/7	9:00 AM	8:00 AM
Plan. Prepare. Deploy.	8/3	3:00 PM	2:00 PM
Stronger Together During Deployment	8/11	11:00 AM	10:00 AM

EMERGENCY PREPAREDNESS



Eastern Central

Disaster-Proof Insurance Coverage Essentials	8/3	8:00 PM	7:00 PM
	8/5	9:00 AM	8:00 AM
	8/6	1:00 PM	12:00 PM
Get Organized for Emergencies	8/19	2:00 PM	1:00 PM
Plan, Prepare, and Practice: Emergency Preparedness	8/20	3:00 PM	2:00 PM
Preparedness Starts With You: Emergency Preparedness	8/6	12:00 PM	11:00 AM
Resolve to Be Ready: Evacuation Planning	8/10	8:00 PM	7:00 PM
	8/12	9:00 AM	8:00 AM
	8/13	1:00 PM	12:00 PM

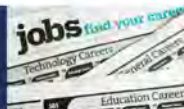
EXCEPTIONAL FAMILY MEMBER



Eastern Central

CLIFF Notes to Speech and Language Impairments Under IDEA	8/20	2:00 PM	1:00 PM
Moving with EFMP	8/25	12:00 PM	11:00 AM
Single.Serving.Parent: Special Needs	8/31	1:00 PM	12:00 PM

EMPLOYMENT



Eastern Central

Becoming Federal Resume Savvy	8/17	3:00 PM	2:00 PM
	8/23	9:00 PM	8:00 PM
Building the Modern Resume	8/16	9:00 PM	8:00 PM
	8/19	2:00 PM	1:00 PM
	8/28	8:00 AM	7:00 AM
Job Search Hacks	8/9	9:00 PM	8:00 PM
	8/13	3:00 PM	2:00 PM
Mastering Virtual Interviews	8/7	2:00 PM	1:00 PM
	8/11	2:00 PM	1:00 PM
	8/12	1:00 PM	12:00 PM
Pain Free Resume Writing	8/12	10:00 AM	9:00 AM
Remote Ready: A Spouse's Roadmap to a Virtual Career!	8/10	1:00 PM	12:00 PM
The ART of the Interview	8/19	10:00 AM	9:00 AM
Volunteer to Career	8/3	1:00 PM	12:00 PM
	8/14	11:00 AM	10:00 AM

NAVY LIFE



Eastern Central

Military Spouse 101	8/12	11:00 AM	10:00 AM
Mission Start: Military Spouse Orientation 101	8/19	12:00 PM	11:00 AM
Navy Spouse Life 101	8/25	7:00 PM	6:00 PM
Ombudsman Hot Topic	8/19	9:00 AM	8:00 AM
	8/26	6:00 PM	5:00 PM
Why OPSEC Matters	8/10	9:00 AM	8:00 AM

PARENTING



Eastern Central

Effects of Divorce on Children	8/20	2:00 PM	1:00 PM
Exploring Through the Senses	8/12	2:00 PM	1:00 PM
Helping Kids Thrive Through Change	8/4	5:00 PM	4:00 PM
Homefront Ready: Family Care Planning	8/24	8:00 PM	7:00 PM
	8/26	9:00 AM	8:00 AM
	8/27	1:00 PM	12:00 PM
How to Protect the Next Generation in the Digital Age	8/18	2:30 PM	1:30 PM
Kids & Deployment: The Roller Coaster Ride	8/7	9:00 AM	8:00 AM
Parenting to Prevent PSB: Parenting and Sexual Development Ages 2-4 (SHAPE Module 2)	8/4	9:00 AM	8:00 AM
Ages 5-9 (SHAPE Module 3)	8/11	9:00 AM	8:00 AM
Preteens (SHAPE Module 4)	8/18	9:00 AM	8:00 AM
Teens (SHAPE Module 5)	8/25	9:00 AM	8:00 AM
Problematic Sexual Behavior in Children and Youth	8/20	10:00 AM	9:00 AM
Self-Care: Parent Edition	8/31	12:00 PM	11:00 AM
Single.Serving.Parent: Deployed	8/11	1:00 PM	12:00 PM
	8/24	9:00 AM	8:00 AM
Single.Serving.Parent: Dual Mission	8/18	9:00 PM	8:00 PM
Single.Serving.Parent: Special Needs	8/31	1:00 PM	12:00 PM
Spotting the Signs of Youth Suicide	8/17	1:00 PM	12:00 PM
Tear Free Dinner	8/10	12:00 PM	11:00 AM
	8/26	2:00 PM	1:00 PM
The Big Three in the First Three Years	8/12	12:00 PM	11:00 AM
What About the Kids?	8/20	1:00 PM	12:00 PM

AUGUST VIRTUAL LEARNING SERIES

EMERGENCY PREPAREDNESS

PLAN TODAY. PROTECT TOMORROW.

WHAT YOU'LL LEARN

Learn practical steps to prepare before disaster strikes

Safeguard your household, finances, and critical records.

Strengthen your family's readiness and resilience.

MONDAYS | 8PM EDT

JAPAN TUESDAY 9AM

- Disaster Proof Insurance 8/3 EDT; 8/4 JST
- Resolve to Be Ready: Evacuation Planning 8/10 EDT; 8/11 JST
- Disaster Proof Your Wallet 8/17 EDT; 8/18 JST
- Homefront Ready: Family Care Planning 8/24 EDT; 8/25 JST

TUESDAYS | 5AM EDT

ITALY 11 AM | JAPAN 6PM

- Disaster Proof Insurance 8/4
- Resolve to Be Ready: Evacuation Planning 8/11
- Disaster Proof Your Wallet 8/18
- Homefront Ready: Family Care Planning 8/25

WEDNESDAYS | 9AM EDT

ITALY 3:00 PM

- Disaster Proof Insurance 8/5
- Resolve to Be Ready: Evacuation Planning 8/12
- Disaster Proof Your Wallet 8/19
- Homefront Ready: Family Care Planning 8/26

THURSDAYS | 1PM EDT

ITALY 7:00 PM

- Disaster Proof Insurance 8/6
- Resolve to Be Ready: Evacuation Planning 8/13
- Disaster Proof Your Wallet 8/20
- Homefront Ready: Family Care Planning 8/27



Go to **MyNavyFamily.com**
Log in or make a
new account to register.

PERSONAL
FINANCE

Eastern Central

Achieving Financial Empowerment while Experiencing IPV	8/12	2:00 PM	1:00 PM
Car Buying Strategies	8/28	12:00 PM	11:00 AM
Command Financial Specialist (CFS) Continuing Education (CE)	8/11	12:00 PM	11:00 AM
Consumer Awareness	8/20	10:00 AM	9:00 AM
Debt Freedom & Good Credit	8/6	1:00 PM	12:00 PM
Disaster-Proof Insurance Coverage Essentials	8/3	8:00 PM	7:00 PM
	8/5	9:00 AM	8:00 AM
	8/6	1:00 PM	12:00 PM
Disaster-Proof Your Wallet	8/17	8:00 PM	7:00 PM
	8/19	9:00 AM	8:00 AM
	8/20	1:00 PM	12:00 PM
Home Buying	8/12	8:00 AM	7:00 AM
Million Dollar Sailor Day 1	8/12	9:00 AM	8:00 AM
Million Dollar Sailor Day 2	8/13	9:00 AM	8:00 AM
(must attend both sessions)			
Million Dollar Sailor Day 1	8/25	1:00 PM	12:00 PM
Million Dollar Sailor Day 2	8/26	1:00 PM	12:00 PM
(must attend both sessions)			
Money Prep: Baby on Board	8/17	8:00 AM	7:00 AM
Navy Retirement...Is It Enough?	8/20	1:00 PM	12:00 PM
Planning your Financial Future	8/13	7:00 PM	6:00 PM
Ready, Set...Rent!	8/14	8:00 AM	7:00 AM
	8/25	9:00 AM	8:00 AM
Take a Bite Out of College Costs	8/24	3:00 PM	2:00 PM
	8/30	9:00 PM	8:00 PM
	8/31	8:00 AM	7:00 AM
Thrift Savings Plan: Choosing the Right Path	8/21	10:00 AM	9:00 AM
TSP Basics for Navy Life	8/27	8:00 AM	7:00 AM

Scan to schedule a one on one appointment to discuss personal financial management, employment, deployment, relocation, parenting, and more.



Book a Free 1:1 Consultation with a team member today



RELOCATION



Eastern Central

Cultural Adaptation	8/5	12:00 PM	11:00 AM
Moving with EFMP	8/25	12:00 PM	11:00 AM
Smooth Move: Overseas	8/4	1:00 PM	12:00 PM
Stepping up Support: Sponsorship Training	8/12	9:00 PM	8:00 PM
	8/28	1:00 PM	12:00 PM
The PCS Process	8/25	4:00 PM	3:00 PM
	8/27	8:00 AM	7:00 AM

TRANSITION



Eastern Central

Conquering Civilian Interviews	8/6	7:00 PM	6:00 PM
Leveraging the VMET in Your Job Search	8/5	5:00 PM	4:00 PM
Life After Tricare	8/4	2:00 PM	1:00 PM
Mastering the Civilian Resume	8/31	1:00 PM	12:00 PM
Skillbridge Simplified	8/5	9:00 PM	8:00 PM
	8/18	1:00 PM	12:00 PM
Thrift Savings Plan: Choosing the Right Path	8/21	10:00 AM	9:00 AM
Transferable Skills	8/18	2:00 PM	1:00 PM
Your Key to Career Mobility	8/26	11:00 AM	10:00 AM
VTAP DOL	8/5	7:00 PM	6:00 PM
Employment Fundamentals for Career Transition	8/12	8:00 AM	7:00 AM
	8/19	11:00 AM	10:00 AM
VTAP Financial Planning for Transition	8/4	7:00 PM	6:00 PM
	8/11	1:00 PM	12:00 PM
	8/18	4:00 PM	3:00 PM
VTAP Managing Your Transition	8/3	9:15 PM	8:15 PM
	8/11	10:15 AM	9:15 AM
	8/18	1:15 PM	12:15 PM
	8/27	2:00 PM	1:00 PM
VTAP MOC Crosswalk	8/3	10:00 PM	9:00 PM
	8/11	11:00 AM	10:00 AM
	8/18	2:00 PM	1:00 PM
VTAP Pre-Separation Brief	8/3	7:00 PM	6:00 PM
	8/11	8:00 AM	7:00 AM
	8/18	11:00 AM	10:00 AM
VTAP SBA Entrepreneurship Track (Boots to Business)			
Day 1	8/13	11:00 AM	10:00 AM
Day 2	8/14	11:00 AM	10:00 AM

WARRIOR AND
FAMILY RESILIENCE

Eastern Central

Achieving Financial Empowerment while Experiencing IPV	8/12	2:00 PM	1:00 PM
Better Reactions, Better Outcomes	8/4	9:00 PM	8:00 PM
	8/14	11:00 AM	10:00 AM
	8/21	1:00 PM	12:00 PM
Building Bridges: Nurturing Healthy Relationships	8/26	2:30 PM	1:30 PM
Conflict Management	8/4	11:00 AM	10:00 AM
Effective Communication	8/26	11:00 AM	10:00 AM
Finding the Good in Conflict	8/10	12:00 PM	11:00 AM
How to Protect the Next Generation in the Digital Age	8/18	2:30 PM	1:30 PM
Mind Body Mental Fitness (MBMF)			
Mod 1: Stress Resilience	8/11	1:00 PM	12:00 PM
Mod 2: Mindfulness & Meditation	8/12	1:00 PM	12:00 PM
Mod 3: Living Core Values	8/13	1:00 PM	12:00 PM
Mod 4: Flexibility	8/18	1:00 PM	12:00 PM
Mod 5: Problem Solving	8/19	1:00 PM	12:00 PM
Mod 6: Connection	8/20	1:00 PM	12:00 PM
Mindful Practices During Stressful Times	8/26	4:00 PM	3:00 PM
Mission Ready, Mentally Strong	8/24	12:00 PM	11:00 AM
Motivating by Appreciation	8/24	12:00 PM	11:00 AM
Organize Your Life	8/17	1:00 PM	12:00 PM
Staying Safe: Vigilance and Awareness in Preventing Stalking in Intimate Partner Violence Relationships	8/3	9:00 AM	8:00 AM
Stress Management	8/18	10:00 AM	9:00 AM
Spotting the Signs of Youth Suicide	8/17	1:00 PM	12:00 PM
Suicide Prevention	8/26	2:00 PM	1:00 PM
The Bounce Back Blueprint	8/18	11:00 AM	10:00 AM
Understanding Anger	8/4	10:00 AM	9:00 AM

Find a Fleet and Family Support Center near you at

<https://ffr.cnrc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory>

Need to talk? For virtual clinical counseling services Call 1-855-205-6749 to book an appointment.