



# AUGUST 2025 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:
Bounce Back Better	Fri, Aug 1 Fri, Aug 22	1300-1400 0800-0900	CNIC, LMS
MBMF Module 1: Stress Resilience	Tues, Aug 5	1240-1440	CNIC, LMS
Stress Management	Tues, Aug 19	0900-1000	CNIC, LMS
MBMF Module 2: Mindfulness and Meditation	Tues, Aug 12	1200-1400	CNIC, LMS
MBMF Module 3: Living Core Values	Tues, Aug 19	1200-1400	CNIC, LMS
MBMF Module 4: Flexibility	Tues, Aug 26	1200-1400	CNIC, LMS

## RELOCATION / DEPLOYMENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Sponsorship Training	Tues, Aug 5	1000-1100	Bldg. 26
New Spouse Orientation	Thurs, Aug 7	1400-1600	Bldg. 26
Married in the Military	Tues, Aug 12	1000-1100	Bldg. 26
Smooth Move Workshop	Thurs, Aug 14	1000-1100	Bldg. 26

## TRANSITION ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
TAP 3 Day Core	Mon-Wed, Aug 4-6 Mon-Wed, Aug 18-20	0800-1630 0800-1630	Bldg. 617
Department of Labor Employment Workshop	Thurs-Fri, Aug 7-8 Thurs-Fri, Aug 21-22	0800-1600 0800-1600	Bldg. 617
Military to Civilian Transition Seminar	Mon, Aug 11	0800-1500	Bldg. 617
Capstone	Fri, Aug 15	0800-1200	Bldg. 617
Pre-Separation Brief	Thurs, Aug 28	0800-1500	Bldg. 617
TAP Open Forum	Every Wednesday	1100-1200	Adobe Connect



## CAREER / EMPLOYMENT ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
Mastering the Modern Resume	Weds, Aug 6	1330-1500	CNIC, LMS
Job Search Hacks	Mon, Aug 11	1600-1730	CNIC, LMS
Mastering Virtual Interviews	Fri, Aug 29	1100-1200	CNIC, LMS

## EXCEPTIONAL FAMILY MEMBER PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Moving with EFMP	Wed, Aug 6	1500-1600	Bldg. 26
What is EFMP	Wed, Aug 13	1500-1600	Bldg. 26
Tricare ECHO Demystifying Eligibility & Enrollment	Wed, Aug 27	1500-1600	CNIC, LMS

## PERSONAL FINANCIAL MANAGEMENT

CLASS:	DATE:	TIME:	LOCATION:
Your Money and Your Mindset	Fri, Aug 1	0730-0830	CNIC, LMS
Making Your Money Work For You	Thurs, Aug 21	0900-1000	CNIC, LMS
Planning Your Financial Future	Thurs, Aug 28	1000-1100	CNIC, LMS

## PARENT SUPPORT PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Playgroup	Every Tuesday	1000-1100	2630 Ohio Ave
Parenting to Prevent PSB: Ages 2-4	Thurs, Aug 7	0800-0930	CNIC, LMS
Parenting to Prevent PSB: Ages 5-9	Thurs, Aug 14	0800-0930	CNIC, LMS
Nine Steps to Positive Parenting	Wed, Aug 20	0700-0800	CNIC, LMS

**For Classes through CNIC LMS, Please visit [MyNavyFamily.com](http://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**

