



MAY 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 ME

CNIC, LMS CLASSES

LIFE SKILLS

CLASS:	DATE:	TIME:	LOCATION:
Mindful Practices for Stressful Times	Wed, May 6	1000-1100	CNIC, LMS
Anger Management	Wed, May 13	1000-1100	CNIC, LMS
Healthy Relationships	Wed, May 20	1300-1400	CNIC, LMS
Stress Management	Thurs, May 21	1300-1400	CNIC, LMS

EXCEPTIONAL FAMILY MEMBER PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Moving with EFM	Wed, May 6	1500-1600	FFSC Bldg. 26
What is EFMP?	Wed, May 13	1500-1600	FFSC Bldg. 26
Demystifying the Acronyms and Support for Students with Behavioral Needs	Thurs, May 21	1200-1330	CNIC, LMS

PARENT SUPPORT PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Playgroup	Every Tuesday	1000-1100	GL Community Center
Money Prep: Baby on Board	Mon, May 18	1300-1400	CNIC, LMS
What About the Kids?	Thurs, May 21	1200-1400	CNIC, LMS

RELOCATION / DEPLOYMENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Stronger Together During Deployment	Mon, May 4	1000-1100	CNIC, LMS
Sponsorship Training	Wed, May 6	1400-1500	FFSC Bldg. 26
Married in the Military	Wed, May 13	1400-1500	FFSC Bldg. 26
Stay Mission Ready – Know Your Rights under SCRA	Fri, May 29	0900-0945	CNIC, LMS



CAREER / EMPLOYMENT ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
Mastering Virtual Interviews	Wed, May 20	1000-1100	CNIC, LMS
Effective Resume Writing	Wed, May 27	1400-1530	FFSC Bldg. 26
Job Search Hacks	Fri, May 29	1300-1430	CNIC, LMS

PERSONAL FINANCIAL MANAGEMENT

CLASS:	DATE:	TIME:	LOCATION:
Million Dollar Sailor	Tue-Wed, May 5-6	0800-1630	FFSC Bldg. 26
Navy Retirement... Is It Enough	Thurs, May 14	1200-1300	CNIC, LMS
Tools to Grow Your Money	Thurs, May 21	1500-1600	CNIC, LMS

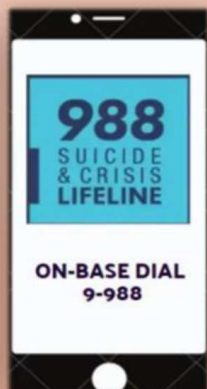
TRANSITION ASSISTANCE PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
TAP 3 Day Core	Mon-Wed, May 4-6 Mon-Wed, May 18-20	0800-1600	TAP Bldg.617
DOL Employment Workshop	Thurs-Fri, May 7-8 Thurs-Fri, May 21-22	0800-1600	TAP Bldg.617
Military to Civilian Transition Seminar	Mon, May 11	0800-1400	TAP Bldg.617
Managing Your Education	Wed-Thurs, May 13-14	0800-1400	TAP Bldg.617
TAP Pre-Separation Brief	Thurs, May 28	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.com



SCAN ME



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

**Themes and Observances for the
month of April: Month of the Military
Child, Sexual Assault Awareness,
Child Abuse Prevention, World
Autism Awareness Day!**

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

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

