



# JULY 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

## LIFE SKILLS

CLASS:	DATE:	TIME:	LOCATION:
Finding the Good in Conflict	Mon, Jul 6	1200-1300	CNIC, LMS
Listening to Understand	Thurs, Jul 9	1000-1100	CNIC, LMS
MBMF Module 1: Stress Resilience	Tues, Jul 14	1500-1700	CNIC, LMS
MBMF Module 2: Mindfulness and Meditation	Wed, Jul 15	1500-1700	CNIC, LMS
MBMF Module 3: Living Core Values	Thurs, Jul 16	1500-1700	CNIC, LMS

## EXCEPTIONAL FAMILY MEMBER PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Moving with EFM	Wed, Jul 8	1500-1600	FFSC Bldg. 26
What is EFMP?	Wed, Jul 15	1500-1600	FFSC Bldg. 26
Single. Serving. Parent: Special Needs	Thurs, Jul 22	1400-1500	CNIC, LMS

## PARENT SUPPORT PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Playgroup	Every Monday	1015-1130	MWR Library (child area)
Hard Headlines, Steady Parenting	Mon, Jul 6	0800-0900	CNIC, LMS
Helping Kids Thrive Through Change	Mon, Jul 20	0900-1000	CNIC, LMS
Kids and Deployment: The Roller Coaster Ride	Mon, Jul 20	1100-1200	CNIC, LMS

## RELOCATION / DEPLOYMENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Weathering an Unpredictable Deployment	Tue, Jul 7	1100-1200	CNIC, LMS
Stepping up Support: Sponsorship Training	Fri, Jul 10	1300-1400	CNIC, LMS
Deployment Extended: What's Next?	Mon, Jul 13	0800-1030	CNIC, LMS
The PCS Process	Tue, Jul 28	1500-1600	CNIC, LMS



## CAREER / EMPLOYMENT ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
Transferable Skills: Your Key to Career Mobility	Mon, Jul 15	0800-0900	CNIC, LMS
Job Search Hacks	Wed, Jul 22	0800-0930	CNIC, LMS
Conquering Civilian Interviews	Tues, Jul 28	0900-1000	CNIC, LMS

## PERSONAL FINANCIAL MANAGEMENT

CLASS:	DATE:	TIME:	LOCATION:
Car Buying Strategies	Wed, Jul 1	1300-1400	CNIC, LMS
Next Gen Money Talk	Mon, Jul 13	1400-1500	CNIC, LMS
Command Financial Specialist Training	Wed-Thurs, Jul 29-30	0800-1600	Port O'Call

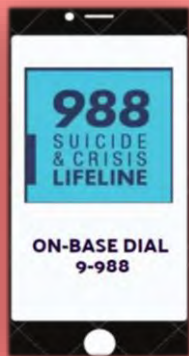
## TRANSITION ASSISTANCE PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
TAP 3 Day Core	Mon-Wed, Jul 13-15 Mon-Wed, Jul 27-29	0800-1600	TAP Bldg. 617
DOL Employment Workshop	Thurs-Fri, Jul 16-17 Thurs-Fri, Jul 30-31	0800-1600	TAP Bldg. 617
Military to Civilian Transition Seminar	Tues, Jul 7	0800-1400	TAP Bldg. 617
Career & Credential	Tues-Wed, Jul 21-22	0800-1400	TAP Bldg. 617
TAP Pre-Separation Brief	Thurs, Jul 23	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](http://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 July:  
Independence Day, FFSC 47<sup>th</sup>  
Birthday, Month of the  
Military Consumer, Family  
Employment Readiness  
Month!

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