



# MARCH 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



CNIC, LMS CLASSES

## LIFE SKILLS

CLASS:	DATE:	TIME:	LOCATION:
Bounce Back Better	Mon, Mar 2	0800-0900	CNIC, LMS
MBMF Module 1: Stress Resilience	Tues, Mar 10	1000-1200	CNIC, LMS
MBMF Module 2: Mindfulness and Meditation	Wed, Mar 11	1000-1200	CNIC, LMS
Staying Steady and Strong in the Face of Uncertainty	Mon, Mar 16	1600-1700	CNIC, LMS
The Power of Connection: Building Support Systems	Wed, Mar 18	1600-1900	CNIC, LMS

## EXCEPTIONAL FAMILY MEMBER PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
The Road Ahead: Special Needs Future Planning	Thurs, Mar 5	1000-1200	CNIC, LMS
Moving with EFMP	Wed, Mar 11	1500-1600	FFSC Bldg. 26
What is EFMP?	Wed, Mar 18	1500-1600	FFSC Bldg. 26

## TRANSITION ASSISTANCE PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
TAP Pre-Separation Brief	Thurs, Mar 5	0800-1000	TAP Bldg.617
TAP 3 Day Core	Mon-Wed, Mar 9-11 Mon-Wed, Mar 23-25	0800-1600	TAP Bldg.617
DOL Employment Workshop	Thurs-Fri, Mar 12-13 Thurs-Fri, Mar 26-27	0800-1600	TAP Bldg.617
Military to Civilian Transition Seminar	Mon, Mar 16	0800-1400	TAP Bldg.617
Boots to Business	Tue-Wed, Mar 17-18	0800-1400	TAP Bldg.617
TAP Open Forum	1st Thursday of the Month	1100-1200	MS Teams

## CAREER / EMPLOYMENT ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
Job Search Hacks	Mon, Mar 2	1200-1330	CNIC, LMS
Leveraging AI for Your 2026 Job Search	Fri, Mar 6	0800-0930	CNIC, LMS
Conquering Civilian Interviews	Thurs, Mar 19	1000-1100	CNIC, LMS

*Social Worker Appreciation Month*



## RELOCATION / DEPLOYMENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
The PCS Process	Mon, Mar 9	2100-2200	CNIC, LMS
Navy Spouse 101	Mon, Mar 9	2200-2300	CNIC, LMS
Sponsorship Training	Tue, Mar 10	1400-1500	FFSC Bldg. 26
Married in the Military	Tue, Mar 17	1300-1400	FFSC Bldg. 26

## PERSONAL FINANCIAL MANAGEMENT

CLASS:	DATE:	TIME:	LOCATION:
Million Dollar Sailor	Tue-Wed, Mar 3-4	0800-1600	FFSC Bldg. 26
Your Money and Your Mindset	Wed, Mar 4	1200-1300	CNIC, LMS
Financial Confidence Through Life's Changes	Mon, Mar 16	1400-1500	CNIC, LMS
Thrift Savings Plan: Choosing the Right Path	Thurs, Mar 19	1200-1300	CNIC, LMS

## PARENT SUPPORT PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Playgroup	Every Tuesday	1000-1100	2630 Ohio Ave
Money Talks – Teen Edition	Mon, Mar 9	1100-1200	CNIC, LMS
Helping Kids Thrive Through Change	Tues, Mar 10	1400-1500	CNIC, LMS
Welcoming Your First Child and baby-Proofing Your Finances	Wed, Mar 11	0800-0900	CNIC, LMS

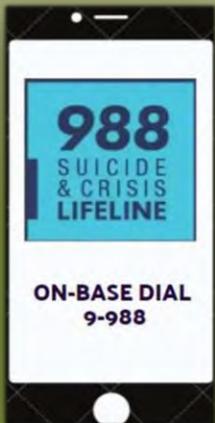
For Classes through CNIC LMS,  
Please visit  
[MyNavyFamily.com](http://MyNavyFamily.com)



SCAN ME

## 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

**Themes and Observances  
for the month of March:  
American Red Cross Month,  
Social Worker's Awareness  
Month, U. S. Navy Reserve  
Birthday, and National  
Nutrition Month!**



SCAN ME

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