



# Family CONNECTION

Your Link to the Navy Community since 2007

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July 2026  
Volume 20 | Issue 7



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Questions?



## National Parents' Day: Honoring Military Parents

Every year on the fourth Sunday in July, National Parents' Day recognizes the dedication and commitment of parents across the nation. Established by Congress in 1994, National Parents' Day...



## Wellness Watch: Summer Self-Care: Beyond Sunscreen

When we think about summer wellness, sunscreen is often the first thing that comes to mind, and for good reason. Protecting your skin from harmful UV rays is one of the most important...



## SAPR Support Wherever The Season Takes You

Summer brings a welcome change of pace: school breaks, vacations, long weekends and time outdoors. For military life, it is also a season of travel, temporary duty assignments and increased social activity.



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

NAS Pensacola Wellness Fair Highlights Robust Support Network for Navy Families



## Navigating Your OCONUS PCS With Pets: New Options For Sailors Leaving Europe

Moving your family overseas is a massive logistical undertaking and when you add the family pets to the mix, the stress can quickly multiply.



## Your Virtual FFSC Webinars

See the full list of webinars available on [MyNavyFamily.com](http://MyNavyFamily.com) this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition...

# National Parents' Day: Honoring Military Parents

Every year on the fourth Sunday in July, National Parents' Day recognizes the dedication and commitment of parents across the nation. Established by Congress in 1994, National Parents' Day honors the important role parents play in raising children. This year, National Parents Day falls on July 26, marking its 32nd anniversary.

For military families, National Parents' Day is an opportunity to recognize parents who support their families through deployments, training, temporary duty assignments, relocations and other aspects of military life. Through these experiences, parents provide stability, guidance and encouragement that help children grow and families succeed.

These simple habits can help strengthen family connections, support family well-being and make day-to-day family life a little easier:

- Maintain consistent routines to help children feel secure and supported.
- Have regular conversations and shared activities to encourage open communication.
- Use phone calls, letters, videos and shared experiences to stay connected during deployments and separations.
- Build a strong support network of family, friends and military resources.
- Take care of your own well-being by making time to recharge, manage stress and seek support when needed.



Parenting is a journey, and Navy families do not have to navigate it alone. Here are some helpful resources:

[Military OneSource](#) offers parenting resources, expert consultations and support for military families.

[New Parent Support Program](#) provides home visitation, parenting education, and support for expectant parents and families with children from birth to age three.

[Sesame Street for Military Families](#) features free videos, activities and tools designed for military children.

[Exceptional Family Member Program](#) delivers resources and support for families with special medical or educational needs.

Thank you to all military parents whose time, energy, and sacrifices make a lasting difference for your family and our military community.

## NAVY FAMILY ACTIVITY CALENDAR

### Week of Connection



# Nation 250 Events Schedule

## July 2026

**July 1** – Victoria, Seychelles - U.S. Embassy in Seychelles Freedom250 Celebration

Sioux Falls, S.D. - Sioux Falls Canaries Game

★ Naples, Italy - CONGEN Naples F250 Independence Day Celebration

Jacksonville, Fla. - Celebrating America's Semiquincentennial

**July 2** – Chisinau, Moldova - USEMB Chisinau Infrastructure Inauguration Ceremonies

Medora, N.D. - Theodore Roosevelt Presidential Library Grand Opening

Sioux Falls, S.D. - Levitt at the Falls America 250 Concert

★ Plovdiv, Bulgaria - U.S. Embassy Sofia Outreach Concert

Rome - U.S. Embassy Rome Independence Day Celebration

Lake Bluff, Ill. - Lake Bluff Salute to Service 250th Anniversary USA Celebration

New York, N.Y. - Military Performances in Times Square

**July 3** – Chicago, Ill - Navy Pier 250th Independence Day Weekend Concert

San Diego, Calif. - Anchored in Freedom

Jacksonville, Fla. - 250th Independence Day Celebration

Flagler Beach, Fla. - City of Flagler Beach First Friday Brass Quintet Performance

Chesapeake, Va. - Celebrate Freedom, Chesapeake

Yokosuka, Japan – Commander, Fleet Activities Yokosuka Independence Day Concert

★ Chisinau, Moldova - Concert with National Philharmonic Symphony Orchestra of Moldova

Poulsbo, Wash. - 250th Celebration

Wantagh, N.Y. - Air Show Practice Day

New York, N.Y. - USN Dive Tank open to the public at Military Island in Times Square

New York, N.Y. - USCG Dive Tank demonstrations on Pier 86

New York, N.Y. - USN and USMC helicopters land at Liberty State Park

**July 3 (continued)** – New York, N.Y. - Class B Parade

★ New York, N.Y. - Military Band Performances in Times Square

Staten Island, N.Y. – 42nd Infantry Band to perform before Staten Island fireworks celebration

★ **July 3-8** – Port of New York & New Jersey - International Naval Review 250

**July 4** – Norfolk, Va. - Great American Picnic

New York, N.Y. - Blue Angels Flyover

Naples, Italy - Festa Americana

Port Orange, Fla. - America 250

Skokie, Ill. - Skokie 4th of July Parade

Milwaukee, Wis. - Milwaukee Summerfest

Morton Grove, Ill. - Morton Grove 4th of July Parade

Annapolis, Md. - 4th of July Parade in Downtown Annapolis

★ New York, N.Y. - International Naval Review

Staten Island, N.Y. - Public watch party for International Naval Review with military band

New York, N.Y. - Tall Ship Parade of Sail

New York, N.Y. - USCG Dive Tank demonstrations on Pier 86

New York, N.Y. - USN Dive Tank open to the public at Military Island in Times Square

New York, N.Y. - International Aerial Review

New York, N.Y. - Military Band Performances in Times Square

New York, N.Y. - Fireworks show

Jersey City, N.J. - Fireworks show



[continued below]

# Nation 250 Events Schedule

## July 2026



**July 5** – Mundelein, Ill. - Mundelein Community Days Parade

East Meadow, N.Y. - Eisenhower Park Aviation Event

New York, N.Y. - USCG Dive Tank demonstrations on Pier 86

New York, N.Y. - USN Dive Tank open to the public

★ New York, N.Y. - USCG Steel Drum Group Performance

Jones Beach, N.Y. - USCG Steel Drum Group Performance

New York, N.Y. - Sail4th Public Touring

New York, N.Y. - Military Band Performances in Times Square

Staten Island, N.Y. - Staten Island Military Band Concert

★ **July 5-6** – Wantagh, N.Y. Blue Angels: Bethpage Air Show at Jones Beach Park

★ **July 6** – New York, N.Y. - USCG Steel Drum Group Performance

New York, N.Y. - INR250 Navy Band Performance

★ **July 7** – New York, N.Y. - Sail4th Public Touring

★ **July 11-12** – Brunswick, Maine - Blue Angels: Great State of Maine Air Show

★ **July 11-16** – Boston, Mass. - SAIL 250 Boston

★ **July 14** – Philadelphia, Pa. - Major League Baseball All Star Game

★ **July 18** – Olympia, Wash. - Capitol Lakefair Grand Parade

★ **July 20-24** – Morocco - African Maritime Forces Summit 2026

★ **July 21** – Pasadena, Md. - Public Performance at Riviera Beach Public Library

★ **July 24** – Millington, Tenn. – Naval Support Activity Midsouth Salute to Summer

★ **July 25** – Annapolis, Md. - Performance at Eastport-Annapolis Library

# SAPR Support Wherever the Season Takes You

Summer brings a welcome change of pace: school breaks, vacations, long weekends and time outdoors. For military life, it is also a season of travel, temporary duty assignments and increased social activity. With all the movement and excitement, it is important to remember that safety, respect and support remain essential parts of our community's readiness.

The Sexual Assault Prevention and Response (SAPR) Program is here throughout the summer months to ensure that anyone impacted by sexual assault can access confidential, comprehensive care at any time. Whether you are attending local events, traveling or navigating a busy duty schedule, SAPR services remain available 24/7 for active-duty members, reservists, National Guard personnel, Department of War civilians and dependents age 18 and older.

If you or someone you know needs support, Sexual Assault Response Coordinators and SAPR Victim Advocates are always ready to help. They provide crisis intervention, explain reporting options and connect survivors with medical, counseling and legal resources. Advocates can also accompany survivors to appointments or coordinate support at another installation if you are traveling or temporarily away from home. These resources remain accessible no matter where the summer takes you. Knowing that SAPR support is constant provides reassurance and stability because no matter the season, you are never alone.

The [DoD Safe Helpline](#) can connect you with your local SAPR program and provides live, individualized support. Services are available to the military community by calling 1-877-995-5247, or through the [DoD Safe Helpline chat](#).

Sexual Assault  
Prevention & Response (SAPR)

**RESPECT.  
PROTECT.  
EMPOWER.**



# Navigating Your OCONUS PCS with Pets: New Options for Sailors Leaving Europe



Moving your family overseas is a massive logistical undertaking and when you add the family pets to the mix, the stress can quickly multiply.

Recently, many Sailors stationed in Europe have run into hurdles relocating their pets, especially since U.S. Transportation Command discontinued the military Patriot Express, the passenger rotator, on September 30, 2025.

If you are preparing for an outside the continental United States permanent change of station (OCONUS PCS) and are worried about how to get your pets to your next duty station, you are not alone. The Office of the Chief of Naval Operations (OPNAV) and Navy Personnel Command (NPC) are aware of these challenges and have outlined several existing courses of action to help your pets get home safely.

**The good news: Pet reimbursement is available.** First, remember that as of January 1, 2024, the Joint Travel Regulations (JTR) authorizes reimbursement of up to \$2,000 for the relocation of one household pet (dog or cat) during an OCONUS PCS.

**The first critical step: Get your non-availability letter.** Because the passenger rotator is currently unavailable to most Sailors in Europe, you must request a non-availability letter from the Navy Passenger Transportation Office (NAVPTO). Alternatively, you must ensure your Navy orders explicitly state that no government-procured transportation is available.



*Do not skip this step! This documentation is absolutely required to ensure you receive your commercial pet transportation reimbursement.*

## Five Options for Pet Travel

If standard commercial routes are proving difficult (often due to summer heat restrictions or airline embargos), here are five alternative options you can pursue:

1. **Request indirect or circuitous travel.** You can formally request approval for circuitous travel through NPC. If approved, this grants you the flexibility to travel with your pets using an alternative origin, different methods of travel or even non-U.S. flag carriers.



*Total reimbursement will be strictly capped at what it would have cost to travel the direct route between your old and new duty station.*




2. **Ask for an exception to policy (ETP).** You can submit an ETP request to complete your PCS using available Department of War organic military airlift.
3. **Delay your pets' shipment** - Summer heat restrictions are the number one reason commercial airlines refuse pets. You can arrange for a trusted friend, colleague or boarding facility to watch your pets until the fall when temperatures drop and shipping restrictions are lifted.

[continued below]

4. **Request an order modification (ORDMOD).** Route an ORDMOD request through your chain of command. If approved, your detailer can adjust your detach date to the fall. Keep in mind that your new detach date will have to align with any intermediate training requirements en route to your next command.
5. **Travel separately.** You can travel on the flight purchased by the government as directed in your orders, while your pets travel separately on a non-U.S. flagged air or surface carrier, like a foreign-flagged vessel.



*The Fly America Act usually requires military families to use U.S. flag carriers. However, a recent policy change to the JTR clarifies some important exceptions for pet owners:*

-  *If a U.S. flag air carrier is unable or unwilling to transport your pet OCONUS, your dependents are allowed to use a non-U.S. flag air carrier. Reimbursement is limited to what the available U.S. flagged carrier would have cost.*
-  *If a U.S. flag ship is not available, an appropriate officer can approve the use of a foreign flag ship.*
-  *You should always book through your Travel Management Company (TMC). If you book outside the TMC when one was available, your reimbursement will be strictly limited to what the government would have paid if you had used them.*



**For additional information or references, visit:**

- [MilitaryOne Source – Moving with Pets](#)
- [IATA – Traveler’s Pet Corner](#)
- [Air Mobility Command – Pet Travel](#)

**Need Help?** Every PCS is unique. If you are running into roadblocks getting your pet out of Europe, reach out to your chain of command early, contact your local NAVPTO, or visit your local [Fleet and Family Support Center](#) for guidance.



# Wellness Watch

## Summer Self-Care: Beyond Sunscreen

When we think about summer wellness, sunscreen is often the first thing that comes to mind, and for good reason. Protecting your skin from harmful UV rays is one of the most important things you can do for your health. Regular use of a broad-spectrum sunscreen with SPF 30 or higher helps prevent sunburn, premature aging, and reduces the risk of skin cancer. Remember to apply sunscreen before going outdoors and reapply every two hours, or more often if you're swimming or sweating.

But summer self-care goes beyond sunscreen.

Hydration is one of the most important wellness habits during warmer months. Higher temperatures and increased outdoor activity can lead to dehydration before you even realize it. Carry a water bottle, drink fluids regularly, and pay attention to signs such as fatigue, headaches, or dizziness.

Sleep is another often-overlooked aspect of summer wellness. Longer daylight hours and busy schedules can disrupt healthy sleep routines. Aim for a consistent bedtime and create a cool, comfortable sleeping environment to support quality rest.

Summer is also a great time to prioritize movement. Whether it's a walk around the neighborhood, a bike ride, gardening, or a visit to a local park, outdoor activities can boost both physical and mental well-being. Spending time in nature has been linked to lower stress levels, improved mood, and greater overall life satisfaction.

Finally, don't forget to check in on your emotional wellness. Summer calendars can quickly fill with travel, family gatherings, and social commitments. Make time for relaxation, hobbies, and activities that help you recharge.

This season, think of wellness as more than just sun protection. By combining sunscreen with hydration, sleep, movement, and self-care, you can enjoy a healthier, safer, and more balanced summer.



### **NAS Pensacola Wellness Fair Highlights Robust Support Network for Navy Families**

More than 600 service members and their families gathered at the Naval Air Technical Training Center Charles E. Taylor Hangar for the Naval Air Station (NAS) Pensacola, Florida's Fleet and Family Support Center (FFSC) Community Wellness Fair on May 7.

The event, hosted in partnership with Northwest Florida Health, successfully connected the military community with essential health, fitness and educational resources, serving as a model for holistic Sailor and family support across the fleet.

#### **Partnering for Fleet Readiness**

To create a comprehensive, one-stop environment for attendees, NAS Pensacola's FFSC brought together more than 60 exhibits featuring both on-base and local community partner organizations. The collaboration highlighted the critical role that civilian-military partnerships play in sustaining the well-being and readiness of our forces.

The fair offered a wide variety of resources, reflecting the types of support available to Navy families worldwide.

#### **Connecting Sailors to Essential Services**

The FFSC's primary goal is to help Sailors and Navy families understand the resources and support services available to them. This event showcases the sheer volume of people and programs available to service members and their families at NAS Pensacola.

For the broader Navy audience, the fair served as a reminder of the dedicated support systems waiting for Navy families at their FFSCs, regardless of where PCS or temporary duty orders take them.

[continued below]



## Fostering Community Engagement

In addition to health and wellness outreach, organizers focused on building community. The fair included raffles, family-friendly activities and local food trucks to encourage participation and raise awareness of available resources both on- and off-base in a relaxed, welcoming environment.

The success of the NAS Pensacola Community Wellness Fair features the Navy's ongoing commitment to the health, resilience and overall well-being of service members and their families. Navy personnel worldwide are encouraged to reach out to their local FFSC to explore the specific resources and partnerships available at their current installation.



# Training in Your Time

Zone

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.

## EASTERN AND CENTRAL TIMES

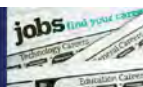
JULY 2026

### DEPLOYMENT



|   |      | Eastern  | Central  |
|---|------|----------|----------|
| Am I Okay?  | 7/8  | 4:00 PM  | 3:00 PM  |
|   | 7/29 | 8:00 PM  | 7:00 PM  |
| Back Home and Bank Ready                              | 7/8  | 1:00 PM  | 12:00 PM |
|   | 7/10 | 2:00 PM  | 1:00 PM  |
| Deploy Solo and Deploy Strong                         | 7/24 | 1:00 PM  | 12:00 PM |
| Deployment Extended: What's Next?                     | 7/13 | 10:00 AM | 9:00 AM  |
| How is the Individual Augmentee Deployment Different? | 7/21 | 11:00 AM | 10:00 AM |
| Keeping it Together During Deployment                 | 7/15 | 9:00 PM  | 8:00 PM  |
|   | 7/30 | 8:00 AM  | 7:00 AM  |
| Kids & Deployment: The Roller Coaster Ride            | 7/2  | 9:00 AM  | 8:00 AM  |
|   | 7/20 | 12:00 PM | 11:00 AM |
| Plan. Prepare. Deploy.                                | 7/6  | 3:00 PM  | 2:00 PM  |
| Sleep Tight - Deploy Right                            | 7/27 | 11:00 AM | 10:00 AM |
| Weathering an Unpredictable Deployment                | 7/7  | 12:00 PM | 11:00 AM |

### EMPLOYMENT



|  |      | Eastern | Central  |
|--|------|---------|----------|
| AI Prompt Engineering: From Idea to Output | 7/8  | 9:00 AM | 8:00 AM  |
|  | 7/29 | 9:00 AM | 8:00 AM  |
|  | 7/30 | 1:00 PM | 12:00 PM |
| AI Resume Building: A Paradigm Shift       | 7/27 | 8:00 PM | 7:00 PM  |
|  | 7/29 | 9:00 AM | 8:00 AM  |
| Becoming Federal Resume Savvy              | 7/27 | 8:00 PM | 7:00 PM  |
|  | 7/29 | 9:00 AM | 8:00 AM  |
|  | 7/30 | 1:00 PM | 12:00 PM |
| Job Search Hacks                           | 7/20 | 8:00 PM | 7:00 PM  |
|  | 7/22 | 9:00 AM | 8:00 AM  |
|  | 7/23 | 1:00 PM | 12:00 PM |
| Leveraging AI for Your 2026 Job Search     | 7/2  | 9:00 AM | 8:00 AM  |
|  | 7/27 | 9:00 AM | 8:00 AM  |
| Mastering Virtual Interviews               | 7/6  | 8:00 PM | 7:00 PM  |
|  | 7/8  | 9:00 AM | 8:00 AM  |
|  | 7/9  | 1:00 PM | 12:00 PM |
| Understanding USAJOBS                      | 7/1  | 8:00 PM | 7:00 PM  |
|  | 7/16 | 9:00 AM | 8:00 AM  |
| USAJobs 2026                               | 7/10 | 9:00 AM | 8:00 AM  |
| Volunteer to Career                        | 7/14 | 3:00 PM | 2:00 PM  |

### NAVY LIFE



|   |      | Eastern  | Central  |
|---|------|----------|----------|
| Mission Start: Military Spouse Orientation 101                                  | 7/15 | 3:00 PM  | 2:00 PM  |
|   | 7/22 | 9:00 AM  | 8:00 AM  |
| Ombudsman Hot Topic: Teaching Navy Families OPSEC, Smart Sharing Starts at Home | 7/29 | 6:00 PM  | 5:00 PM  |
|   | 7/13 | 11:00 AM | 10:00 AM |

### EMERGENCY PREPAREDNESS



|  |      | Eastern  | Central  |
|--|------|----------|----------|
| Disaster-Proof Your Wallet                             | 7/29 | 12:00 PM | 11:00 AM |
|  | 7/29 | 2:00 PM  | 1:00 PM  |
| Know The Risks, Limit the Loss: Emergency Preparedness | 7/9  | 3:00 PM  | 2:00 PM  |
|  | 7/23 | 3:00 PM  | 2:00 PM  |

### RELOCATION



|   |      | Eastern  | Central  |
|---|------|----------|----------|
| Calming Cultural Shock                    | 7/22 | 8:00 PM  | 7:00 PM  |
|   | 7/8  | 12:00 PM | 11:00 AM |
| Moving with EFMP                          | 7/29 | 12:00 PM | 11:00 AM |
|   | 7/21 | 9:00 AM  | 10:00 AM |
| PCS and Your Pocketbook                   | 7/2  | 1:00 PM  | 12:00 PM |
|   | 7/7  | 9:00 AM  | 8:00 AM  |
| Stepping up Support: Sponsorship Training | 7/10 | 2:00 PM  | 1:00 PM  |
|   | 7/21 | 10:00 PM | 9:00 PM  |
|   | 7/27 | 5:00 PM  | 4:00 PM  |
| The PCS Process                           | 7/14 | 1:00 PM  | 12:00 PM |
|   | 7/17 | 12:00 PM | 11:00 AM |
|   | 7/28 | 4:00 PM  | 3:00 PM  |

### PARENTING



|   |      | Eastern  | Central  |
|---|------|----------|----------|
| Exploring Through the Senses                      | 7/22 | 2:00 PM  | 1:00 PM  |
|   | 7/6  | 9:00 AM  | 8:00 AM  |
| Hard Headlines, Steady Parenting                  | 7/20 | 10:00 AM | 9:00 AM  |
|   | 7/2  | 11:00 AM | 10:00 AM |
| Helping Kids Thrive Through Change                | 7/28 | 9:00 AM  | 8:00 AM  |
|   | 7/22 | 2:00 PM  | 1:00 PM  |
| Parenting and Sexual Development (SHAPE Module 1) | 7/15 | 12:00 PM | 11:00 AM |
|   | 7/27 | 12:00 PM | 11:00 AM |
| Problematic Sexual Behavior in Youth and Children | 7/22 | 10:00 AM | 9:00 AM  |
|   | 7/20 | 2:00 PM  | 1:00 PM  |
| Screens and Young Minds                           | 7/31 | 3:00 PM  | 2:00 PM  |
|   | 7/7  | 3:00 PM  | 2:00 PM  |
| Self-Care: Parent Edition                         | 7/13 | 5:00 PM  | 4:00 PM  |
|   | 7/16 | 1:00 PM  | 12:00 PM |
| Single.Serving.Parent: Deployed                   | 7/22 | 10:00 AM | 9:00 AM  |
|   | 7/20 | 2:00 PM  | 1:00 PM  |
| Single.Serving.Parent: Dual Mission               | 7/31 | 3:00 PM  | 2:00 PM  |
|   | 7/7  | 3:00 PM  | 2:00 PM  |
| Single.Serving.Parent: Special Needs              | 7/13 | 5:00 PM  | 4:00 PM  |
|   | 7/13 | 12:00 PM | 11:00 AM |
| Tear Free Dinner                                  | 7/13 | 12:00 PM | 11:00 AM |
| What About the Kids?                              | 7/16 | 1:00 PM  | 12:00 PM |

Find all these trainings and more on the **NEW** FFSP LMS

Go to [MyNavyFamily.com](https://www.mynavyfamily.com)



**PERSONAL FINANCE**



|  |      | Eastern  | Central  |
|--|------|----------|----------|
| Back Home and Bank Ready                     | 7/8  | 1:00 PM  | 12:00 PM |
|  | 7/10 | 2:00 PM  | 1:00 PM  |
| Car Buying Strategies                        | 7/11 | 2:00 PM  | 1:00 PM  |
|  | 7/9  | 10:00 AM | 9:00 AM  |
|  | 7/16 | 3:00 PM  | 2:00 PM  |
|  | 7/21 | 1:00 PM  | 12:00 PM |
| Christmas in July: Saving for the Holidays.  | 7/29 | 12:00 PM | 11:00 AM |
| Consumer Awareness                           | 7/28 | 3:00 PM  | 2:00 PM  |
| Disaster-Proof Your Wallet                   | 7/29 | 11:00 AM | 10:00 AM |
| Financial Confidence Through Life's Changes  | 7/8  | 10:00 PM | 9:00 PM  |
|  | 7/17 | 8:00 AM  | 7:00 AM  |
| Home Buying                                  | 7/14 | 3:00 PM  | 2:00 PM  |
|  | 7/23 | 2:00 PM  | 1:00 PM  |
|  | 7/29 | 1:00 PM  | 12:00 PM |
| Home Selling                                 | 7/9  | 1:00 PM  | 12:00 PM |
| Making the Most of Your Overseas Pay         | 7/10 | 8:00 AM  | 7:00 AM  |
| Maximize Your GI Bill                        | 7/14 | 9:00 AM  | 8:00 AM  |
| Military Retirement Planning: Know the Facts | 7/22 | 12:00 PM | 11:00 AM |
| Million Dollar Sailor Day 1                  | 7/13 | 7:00 PM  | 6:00 PM  |
| Million Dollar Sailor Day 2                  | 7/14 | 7:00 PM  | 6:00 PM  |
| <b>(Must attend both sessions)</b>           |      |          |          |
| Million Dollar Sailor Day 1                  | 7/15 | 7:00 PM  | 6:00 PM  |
| Million Dollar Sailor Day 2                  | 7/16 | 7:00 PM  | 6:00 PM  |
| <b>(Must attend both sessions)</b>           |      |          |          |
| Money Prep: Baby on Board                    | 7/23 | 9:00 AM  | 8:00 AM  |
| PCS and your Pocketbook                      | 7/21 | 9:00 AM  | 8:00 AM  |
| Planning your Financial Future               | 7/28 | 9:00 PM  | 8:00 PM  |
| Ready, Set... Rent!                          | 7/17 | 11:00 AM | 10:00 AM |
| Stretching Budgets and Maximizing Nutrition  | 7/24 | 9:00 AM  | 8:00 AM  |
| Take a Bite Out of College Costs             | 7/12 | 10:00 PM | 9:00 PM  |
| Tools to Grow Your Money                     | 7/31 | 1:00 PM  | 12:00 PM |
| TSP Basics for Navy Life                     | 7/15 | 1:00 PM  | 12:00 PM |

**Find a Fleet and Family Support Center near you at**

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

**TRANSITION**



|  |      | Eastern  | Central  |
|--|------|----------|----------|
| Conquering Civilian Interviews                         | 7/28 | 10:00 AM | 9:00 AM  |
| Life After Tricare                                     | 7/7  | 2:00 PM  | 1:00 PM  |
|  | 7/21 | 6:00 PM  | 5:00 PM  |
| Retirement Ready Navy Spouse                           | 7/16 | 8:00 PM  | 7:00 PM  |
|  | 7/31 | 9:00 AM  | 8:00 AM  |
| Skillbridge Simplified                                 | 7/15 | 11:00 AM | 10:00 AM |
|  | 7/30 | 10:00 PM | 9:00 PM  |
| Transferable Skills: Your Key to Career Mobility       | 7/13 | 8:00 PM  | 7:00 PM  |
|  | 7/15 | 9:00 AM  | 8:00 AM  |
|  | 7/16 | 1:00 PM  | 12:00 PM |
|  | 7/29 | 6:00 PM  | 5:00 PM  |
| VTAP DOL Employment Fundamentals for Career Transition | 7/15 | 8:00 AM  | 7:00 AM  |
|  | 7/22 | 9:00 AM  | 8:00 AM  |
| VTAP DOW My Education Track Day 1                      | 7/16 | 8:00 AM  | 7:00 AM  |
|  | 7/17 | 8:00 AM  | 7:00 AM  |
| VTAP Financial Planning for Transition                 | 7/14 | 1:00 PM  | 12:00 PM |
|  | 7/21 | 2:00 PM  | 1:00 PM  |
| VTAP Managing Your Transition                          | 7/6  | 9:15 AM  | 8:15 AM  |
|  | 7/14 | 10:15 AM | 9:15 AM  |
|  | 7/21 | 11:15 AM | 10:15 AM |
| VTAP MOC Crosswalk                                     | 7/6  | 10:00 AM | 9:00 AM  |
|  | 7/14 | 11:00 AM | 10:00 AM |
|  | 7/21 | 12:00 PM | 11:00 AM |
| VTAP Pre-Separation Brief                              | 7/14 | 8:00 AM  | 7:00 AM  |
|  | 7/20 | 9:00 AM  | 8:00 AM  |

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



Book a Free 15 Consultation with a team member today

**WARRIOR AND FAMILY RESILIENCE**



|   |      | Eastern  | Central  |
|---|------|----------|----------|
| Anger Management  | 7/7  | 11:00 AM | 10:00 AM |
| Better Reaction, Better Outcomes  | 7/9  | 9:00 AM  | 8:00 AM  |
| Building Healthy Relationships  | 7/23 | 2:00 PM  | 1:00 PM  |
| Coping Skills   | 7/29 | 3:00 PM  | 2:00 PM  |
| Finding the Good in Conflict  | 7/6  | 1:00 PM  | 12:00 PM |
|   | 7/23 | 8:00 PM  | 7:00 PM  |
| Healing Through Parenting: Strategies for Co-parenting with DV                            | 7/16 | 9:00 AM  | 8:00 AM  |
| MindBodyMental Fitness (MBMF)   |      |          |          |
| Mod 1: Stress Resilience  |      |          |          |
| Mod 2: Mindfulness & Meditation   | 7/14 | 4:00 PM  | 3:00 PM  |
| Mod 3: Living Core Values   | 7/15 | 4:00 PM  | 3:00 PM  |
| Mod 4: Flexibility  | 7/16 | 4:00 PM  | 3:00 PM  |
| Mod 5: Problem Solving  | 7/21 | 4:00 PM  | 3:00 PM  |
| Mod 6: Connection   | 7/22 | 4:00 PM  | 3:00 PM  |
| Motivating by Appreciation  | 7/20 | 12:00 PM | 11:00 AM |
| Organize Your Life  | 7/15 | 2:00 PM  | 1:00 PM  |
| Run for Resilience  | 7/19 | 10:00 PM | 9:00 PM  |
| Stoicism Principles and Stress Management   | 7/17 | 9:00 AM  | 8:00 AM  |
| Strength Through Struggle: A case study on Resilience and Recovery from Domestic Violence | 7/7  | 1:00 PM  | 12:00 PM |
| Stress Management   | 7/15 | 11:00 AM | 10:00 AM |
|   | 7/21 | 10:00 AM | 9:00 AM  |
| The Bounce Back Blueprint   | 7/28 | 8:00 AM  | 7:00 AM  |
| The Coordinated Community Response  | 7/16 | 10:00 AM | 9:00 AM  |
| The Power of Connection: Building Support Systems   | 7/30 | 5:00 PM  | 4:00 PM  |
| Understanding Anger   | 7/7  | 10:00 AM | 9:00 AM  |

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