



SEPTEMBER 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:
MBMF Module 5: Problem Solving	Tues, Sep 2	1200-1400	CNIC, LMS
Bounce Back Better	Thurs, Sep 4	1230-1330	CNIC, LMS
MBMF Module 6: Connections	Tues, Sep 9	1200-1400	CNIC, LMS
Calming Cultural Shock	Wed, Sep 10	0700-0800	CNIC, LMS
MBMF Module 1: Stress Resilience	Tues, Sep 16	1200-1400	CNIC, LMS
MBMF Module 2: Mindfulness and Meditation	Tues, Sep 23	1200-1400	CNIC, LMS

RELOCATION / DEPLOYMENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Sponsorship Training	Tues, Sep 9	1000-1100	Bldg. 26
New Spouse Orientation	Thurs, Sep 11	1400-1600	Bldg. 26
Married in the Military	Tues, Sep 16	1000-1100	Bldg. 26
Smooth Move Workshop	Thurs, Sep 18	1000-1100	Bldg. 26

TRANSITION ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
TAP 3 Day Core	Mon-Wed, Sep 8-10 Mon-Wed, Sep 22-24	0800-1630 0800-1630	Bldg. 617
Department of Labor Employment Workshop	Thurs-Fri, Sep 11-12 Thurs-Fri, Sep 25-26	0800-1600 0800-1600	Bldg. 617
Boots to Business	Wed-Thurs, Sep 17-18	0800-1500	Bldg. 617
Capstone	Fri, Sep 19	0800-1200	Bldg. 617
Pre-Separation Brief	Mon, Sep 29	0800-1500	Bldg. 617
TAP Open Forum	Every Wednesday	1100-1200	Adobe Connect



CAREER / EMPLOYMENT ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
Mastering the Modern Resume	Mon, Sep 8	1100-1230	CNIC, LMS
Mastering Virtual Interviews	Fri, Sep 19	0730-0830	CNIC, LMS
Job Search Hacks	Tues, Sep 30	0900-1030	CNIC, LMS

EXCEPTIONAL FAMILY MEMBER PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Moving with EFMP	Wed, Sep 10	1500-1600	Bldg. 26
What is EFMP	Wed, Sep 17	1500-1600	Bldg. 26
Self – Care and Resiliency for the EFMP Family	Wed, Sep 24	1200-1300	CNIC, LMS

PERSONAL FINANCIAL MANAGEMENT

CLASS:	DATE:	TIME:	LOCATION:
Making Your Money Work For You	Fri, Sep 5	1700-1800	CNIC, LMS
Emergency Financial Preparedness	Fri, Sep 12	0530-0630	CNIC, LMS
Planning Your Financial Future	Wed, Sep 24	1500-1600	CNIC, LMS

PARENT SUPPORT PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Playgroup	Every Tuesday	1000-1100	2630 Ohio Ave
Helping Kids Thrive Through Change	Thurs, Sep 11	1230-1330	CNIC, LMS
What About the Kids?	Thurs, Sep 18	1200-1400	CNIC, LMS
Nine Steps to Positive Parenting	Tues, Sep 30	2100-2200	CNIC, LMS

For Classes through CNIC LMS, Please visit 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