



# JANUARY 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



## LIFE SKILLS

CLASS:	DATE:	TIME:	LOCATION:
MBMF Module 1: Stress Resilience	Mon, Jan 2	0400-0600	CNIC, LMS
MBMF Module 2: Mindfulness and Meditation	Tues, Jan 6	0400-0600	CNIC, LMS
MBMF Module 3: Living Core Values	Wed, Jan 7	0400-0600	CNIC, LMS
MBMF Module 4: Flexibility	Mon, Jan 12	0400-0600	CNIC, LMS
MBMF Module 5: Problem Solving	Tues, Jan 13	0400-0600	CNIC, LMS

## EXCEPTIONAL FAMILY MEMBER PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
IEP vs 504 What's the Difference?	Wed, Jan 7	1100-1200	CNIC, LMS
Moving with EFMP	Wed, Jan 14	1500-1600	FFSC Bldg. 26
What is EFMP?	Wed, Jan 21	1500-1600	FFSC Bldg. 26

## TRANSITION ASSISTANCE PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
TAP 3 Day Core	Mon-Wed Jan 5-7 Mon-Wed Jan 26-28	0800-1600	TAP Bldg.617
DOL Employment Workshop	Thurs-Fri, Jan 8-9 Thurs-Fri Jan 29-30	0800-1600	TAP Bldg.617
Military to Civilian Transition Seminar	Mon, Jan 12	0800-1400	TAP Bldg.617
Career & Credential Exploration Track	Wed-Thurs, Jan 14-15	0800-1400	TAP Bldg.617
TAP Pre-Separation Brief	Thurs, Jan 22	0800-1000	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	Fri, Jan 9	0800-0930	CNIC, LMS
From Home to Hire	Wed, Jan 21	1100-1200	CNIC, LMS
Leveraging Websites for Career Transition Research	Thurs, Jan 22	2000-2100	CNIC, LMS

## RELOCATION / DEPLOYMENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Sponsorship Training	Tue, Jan 6	1400-1500	FFSC Bldg. 26
New Spouse Orientation	Thurs, Jan 8	1100-1200	FFSC Bldg. 26
Married in the Military	Tue, Jan 13	1300-1400	FFSC Bldg. 26
Smooth Move Workshop	Thurs, Jan 15	1100-1200	FFSC Bldg. 26

## PERSONAL FINANCIAL MANAGEMENT

CLASS:	DATE:	TIME:	LOCATION:
No Pay, No Panic: Your Financial Game Plan	Wed, Jan 7	0700-0830	CNIC, LMS
Command Your Credit	Wed, Jan 14	1100-1200	CNIC, LMS
Making Your Money Work For You	Wed, Jan 21	0900-1000	CNIC, LMS
Planning Your Financial Future	Thurs, Jan 29	0800-0900	CNIC, LMS

## PARENT SUPPORT PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Playgroup	Every Tuesday	1000-1100	2630 Ohio Ave
What About the Kids	Thurs, Jan 15	1200-1400	CNIC, LMS
Helping Kids Thrive Through Change	Wed, Jan 21	0700-0800	CNIC, LMS
Why Won't These Kids Listen?!	Fri, Jan 23	0900-1000	CNIC, LMS

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