



NOVEMBER 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 2: Mindfulness and Meditation	Tues, Nov 4	1200-1330	CNIC, LMS
MBMF Module 5: Problem Solving	Fri, Nov 7	1900-2100	CNIC, LMS
MBMF Module 6: Connection	Fri, Nov 14	1900-2100	CNIC, LMS
Stress Management	Tues, Nov 18	0900-1000	CNIC, LMS

RELOCATION / DEPLOYMENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Sponsorship Training	Tues, Nov 4	1000-1100	Bldg. 26
Smooth Move Workshop	Tues, Nov 4	1200-1400	CNIC, LMS
Married in the Military	Tues, Nov 11	1000-1100	Bldg. 26
New Spouse Orientation	Thurs, Nov 18	1100-1200	CNIC, LMS

TRANSITION ASSISTANCE PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
TAP 3 Day Core	Self-paced	Self-paced	TAPevents.mil
VTAP DOL Employment Workshop	Wed, Nov 19	0800-1600	CNIC, LMS
VTAP Managing Your Education	Thurs-Fri, Nov 20-21	0800-1400	CNIC, LMS
VTAP Managing Your Transition	Mon, Nov 3 Tues, Nov 18	0815-0915 1015-1115	CNIC, LMS
Navy TAP Pre-Separation Brief	Tues, Nov 18	0800-1000	CNIC, LMS
TAP Open Forum	Every Wednesday	1100-1200	Adobe Connect



CAREER / EMPLOYMENT ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
AI Resume Building – A Paradigm Shift	Wed, Nov 5	0800-0930	CNIC, LMS
Pain Free – Resume Writing	Wed, Nov 19	0900-1030	CNIC, LMS

EXCEPTIONAL FAMILY MEMBER PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Moving with EFMP	Wed, Nov 12	1500-1600	Bldg. 26
What is EFMP	Wed, Nov 19	1500-1600	Bldg. 26
EFMP Virtual Support Group	Fri, Nov 28	1500-1600	Bldg. 26

PERSONAL FINANCIAL MANAGMENT

CLASS:	DATE:	TIME:	LOCATION:
Navy Retirement... Is It Enough?	Thurs, Nov 13	1200-1300	CNIC, LMS
Twelve Turkey Tips to Financial Freedom	Fri, Nov 14	0900-1000	CNIC, LMS

PARENT SUPPORT PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Playgroup	Every Tuesday	1000-1100	2630 Ohio Ave
Effects of Divorce on Children	Tues, Nov 4	1000-1100	CNIC, LMS
When Baby Makes Three	Tues, Nov 18	1100-1200	CNIC, LMS
Parenting to Prevent PSB: Preteens (SHAPE Module 4)	Wed, Nov 19	1800-2000	CNIC, LMS

For Classes through CNIC LMS, Please visit MyNavyFamily.com

For TAP Classes, Please visit tapevents.mil/courses

- ❖ 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

