Family CONNECTION

Your Link to the Navy Community since 2007

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November 2026
Volume 20 | Issue 11

The Fleet & Family Support Center

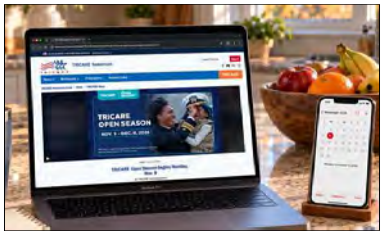
Click here to submit a question!

Questions?



The Strength Behind the Service: Honoring Military Families

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Your Virtual FFSC Webinars

See the full list of webinars available on MyNavyFamily.com this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition...

Family Connection is a publication of the Fleet and Family Support Program. The Navy's Fleet and Family Support Program promotes the self-reliance and resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle. The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

The Strength Behind the Service: Honoring Military Families



Each November, during National Veterans and Military Families Month, also known as Military Family Appreciation Month, our nation honors the families who stand steadfast beside those who serve. These families embody unwavering love, quiet strength and daily sacrifice. Their devotion reflects the service member's own commitment to duty, creating a bond of resilience that sustains the force and strengthens the nation.

The Heart of Service

A military family is more than a household; it is a network of strength. Whether spouses, children, parents, siblings, grandparents or significant others cheering from afar, each plays a vital role in supporting the readiness and well-being of our armed forces. Often separated by oceans or time zones, these families remain connected through shared purpose, resilience and pride.

Throughout a service member's career, families adapt to numerous relocations, deployments and transitions. These moves may interrupt careers, education or friendships, yet military families continue to build new communities, foster belonging and carry their traditions forward with grace and adaptability.

Service Beyond the Uniform

The family serves alongside the service member. Spouses hold down the homefront during deployments, managing responsibilities and challenges that require courage and creativity. Many navigate unfamiliar duty stations or limited support networks while remaining a steady source of support for their loved ones.

Military children reflect that same resilience. They welcome new classmates, support peers through transitions and bring rich cultural experiences from around the world to their schools and communities. Their pride and adaptability represent the future of service, leadership and unity.

Together, military families remind us that service is not carried by one person alone. It is a shared commitment rooted in love, strength and perseverance. Their sacrifices and resilience are the quiet heartbeat of our national defense.

Resources and Support for Military Families

True appreciation goes beyond words. It is reflected in the resources we share and the support we extend. The following organizations stand ready to support those who serve and the families who serve alongside them:

- Fleet and Family Support Centers (FFSC): Local centers offer counseling, relocation and deployment support, financial education, family advocacy and transition services.
- Military OneSource: Provides 24/7 support and resources for military families, including counseling, relocation assistance and financial guidance.
- National Military Family Association (NMFA): Offers advocacy, scholarships and programs for military spouses and children.
- Blue Star Families: Connects military families with community, connection and empowerment programs.
- Operation Homefront: Provides financial assistance, transitional housing and other family support initiatives.
- American Red Cross: Offers emergency communications and support services for military families.
- Military Family Advisory Network (MFAN): Provides community engagement, trusted information and research-backed resources focused on military family well-being.

As we honor military families this month and throughout the year, may we continue to recognize their service not only in our words but also in our actions. Their strength inspires us, their resilience grounds us and their commitment reminds us what it truly means to serve.

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Financial Tips Before the Holiday Spending Begins

The holiday season is approaching, bringing family gatherings, travel, gift-giving, good food and traditions many of us look forward to all year. But along with the excitement comes something else: holiday spending.

With gas, groceries and everyday expenses taking a bigger bite out of household budgets, holiday costs can add up quickly. Add gifts, travel, family gatherings, decorations and all those little expenses that somehow find their way into the shopping cart, and it is easy to spend more than planned.

With Black Friday, Cyber Monday and holiday sales right around the corner, now is a good time to look at what you can comfortably afford before the deals start competing for your attention.

Start With a Spending Plan You Can Afford

Before making a gift list, start with one question: How much can you realistically afford to spend this holiday season?

Think beyond gifts. Are you traveling? Hosting family? Buying extra groceries? Shipping packages? Attending holiday events? These expenses count, too.

Once you know what you can afford, decide how much will go toward gifts, travel, food, entertainment and other holiday expenses. The key is to make those decisions before you start shopping, not while standing in a checkout line or scrolling through online deals.

A Sale Does Not Always Mean You Are Saving Money



Black Friday and Cyber Monday can bring great deals, but they can also make it easy to spend money you never planned to spend.

Before clicking "buy" or swiping your card, ask yourself:

- Was this already on my list?
- Does it fit within my holiday spending plan?
- Am I buying it because I really want or need it, or because it is on sale?

If something was not part of your plan, a lower price does not necessarily make it a good deal.

Do Not Forget the Expenses Around the Gifts

Gifts may get most of the attention, but sometimes everything around them pushes holiday spending over the limit.

If you are traveling, factor in gas, airfare, lodging, meals and other travel expenses before deciding how much you have available for gifts. If you are hosting, think about groceries, decorations and entertainment.

You can also look for ways to share costs. A family potluck, drawing names instead of buying gifts for every adult, setting a spending limit for gift exchanges or creating inexpensive family traditions can help keep the focus on spending time together rather than how much everyone spends.

[continued below]

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Be Careful About Borrowing From Paychecks You Have Not Received

Credit cards and buy now, pay later options can make a purchase feel easier to afford because the full amount does not leave your account today. But those payments do not disappear when the holidays are over.

Before using credit, look beyond the monthly payment and consider the total cost. Ask yourself whether the purchase still fits your budget after accounting for regular bills, other holiday purchases and existing debt.

January will bring the same rent or mortgage, car payments, utilities, groceries and other household expenses you have today. Try not to give your January paycheck a holiday bill before it even arrives.

Give Yourself a Quick Gut Check

Before making a holiday purchase, take a few seconds and ask yourself:

- Did I plan for this?
- Can I afford it?
- Am I buying it because I want it or because I feel pressured by a sale?
- Will I still feel good about this purchase when the bill arrives?

The goal is not to take the fun out of the holidays. It is to enjoy the season without creating financial stress that follows you into the new year.

Get Support Before the Season Gets Busy

Making a plan now can help you enjoy holiday traditions while keeping your family's financial well-being in mind. If you would like help getting started, contact your installation Fleet and Family Support Center to schedule an appointment with a personal financial readiness specialist (PFRS). A PFRS can help you review your spending, prepare for holiday expenses and develop a plan that works for you and your family.

If meeting in person is not convenient, schedule a financial counseling consultation with a virtual personal financial educator. The important thing is to start before holiday shopping begins.

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Support Is Here: SAPR and DoD Safe Helpline Services Available 24/7

The Sexual Assault Prevention and Response (SAPR) Program remains committed to supporting survivors of sexual assault and maintaining a culture of safety, dignity and respect across the Navy.

SAPR provides survivor-centered support to help individuals access compassionate, professional assistance throughout their recovery. Support is available to eligible service members, adult dependents and other members of the military community.

The DoD Safe Helpline is the DoD's specialized hotline for members of the military community affected by sexual assault. This anonymous, confidential service is available 24/7 and provides support and information anytime, anywhere. Individuals can access one-on-one support, information, resources and self-care exercises to aid in their recovery.



Find Local Support

If you would like to connect with someone in your local area, visit the Responders Near Me database to find local resources and support services.

Help is available whenever you are ready to reach out. You do not have to navigate the path to recovery alone.

For additional information, resources or help, contact your installation SAPR Program.



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Small Steps Toward Better Health: The Navy's Noom Program

November is National Veterans and Military Families Month, a time to recognize the families who support those who serve. One way to care for your family is to take care of yourself, too. Building healthy habits supports your well-being and helps you stay present for the people who count on you, especially in the face of busy schedules, demanding workdays and frequent routine changes that are common in military life.

The Navy's Noom Digital Health Program offers free tools and support to help eligible Sailors work toward their personal health and wellness goals.

Through the program, participants can access Noom Weight, Noom Mood and the Diabetes Prevention Program. Resources include personalized health coaching, psychology-based lessons, nutrition tools, habit tracking, fitness videos and mental wellness activities. These tools can help participants build healthier routines around nutrition, physical activity and stress management.

Who Is Eligible?

The program is free to eligible active and reserve component Sailors who:

- Did not meet Body Composition Assessment (BCA) or Physical Readiness Test (PRT) standards during the 2025 or Cycle 1 2026 Physical Fitness Assessment (PFA).
- Were in a pregnancy-related nonparticipation status during one of those assessment periods.

Eligible Sailors can access the program through January 31, 2027.

Start Building Healthy Habits Before the Holidays

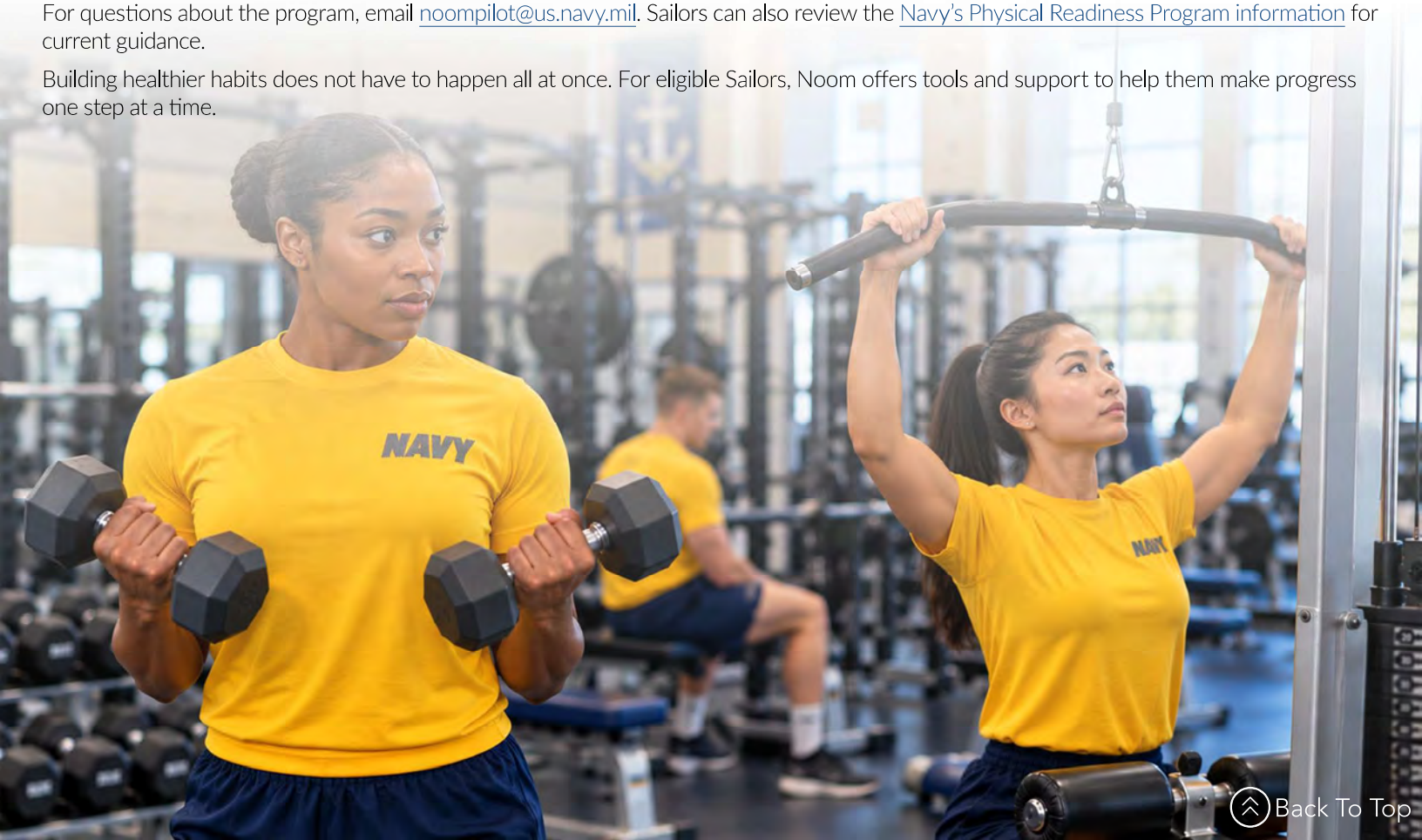
With the holiday season approaching, now is a great time to start building healthy habits before busy schedules and seasonal celebrations make routines harder to maintain. By enrolling now, eligible Sailors can begin developing practical habits that support their health and well-being through the holidays and into the new year. Taking small steps toward better health is also a way to invest in yourself and the time you share with your family.

How to Get Started

Eligible Sailors can visit the Navy Noom registration portal and follow the registration instructions. The process requires their full name, date of birth and DoD ID.

For questions about the program, email noompilot@us.navy.mil. Sailors can also review the Navy's Physical Readiness Program information for current guidance.

Building healthier habits does not have to happen all at once. For eligible Sailors, Noom offers tools and support to help them make progress one step at a time.



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NOOM | NAVY

JOIN THE U.S. NAVY'S NOOM DIGITAL HEALTH PROGRAM

Today and Ensure You are Fit to Fight!

Build a healthier you and support your personal readiness with help from Noom.
Whether you are looking to manage your weight, dial in your nutrition, lower stress, or maintain a healthy lifestyle the Navy Noom program has something for you.

What is the Navy's Noom Program?

As a part of the Total Sailor Fit to Fight initiative the Navy is offering access to Noom Weight, Noom Mood, and Noom DPP at **NO COST TO YOU**. Noom is a science-backed wellness tool that provides personalized coaching and guidance along with 1,000+ fitness videos, meditations, recipes, mental wellness modules, and more.



Who is eligible for this FREE PROGRAM:

Active and Reserve Component Sailors who:

- Did not meet the assessment criteria for the Body Composition Assessment (BCA) or Physical Readiness Test (PRT) during the CY2025 Physical Fitness Assessment, **OR**
- Are in a "Pregnancy" non-participation status (e.g. pregnant or post-pregnancy/postpartum) during Cycle 1-2025.

Your Enrollment and participation is 100% voluntary. Participation does satisfy the nutritional education program requirement for the Fitness Enhancement Program.

Your personal data is kept private; Noom will not share your personally identifiable information.

How to Enroll:

1. Visit the **Noom Portal:** go.noom.com/usnavy (all lower-case)
2. Fill out the registration with your personal details including full name, date of birth and DoD ID.
3. **Get started!** Upon registering you will be granted access to Noom's platform from **1 February 2026 to 31 January 2027.**

SCAN ME!

Email questions to:
noompilot@us.navy.mil

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CULTURE AND FORCE RESILIENCE | NAVY TOTAL SAILOR FIT TO FIGHT

TRICARE Open Season: November 9 through December 8

Each fall, TRICARE Open Season lets you change your health care plan for the next calendar year. This year's open season runs November 9 through December 8 and is an opportunity for eligible beneficiaries to keep, enroll in or change their TRICARE Prime or TRICARE Select plan. Active-duty service members are not included in TRICARE Open Season, although eligible family members may have enrollment options. If you are happy with your current plan and remain eligible, you do not need to take action. Changes take effect January 1, 2027.

Visit TRICARE Open Season to review your options and learn how to make changes.

Flexible Spending Accounts: Plan for Health and Dependent Care Costs

Eligible service members can explore two types of flexible spending accounts (FSAs):

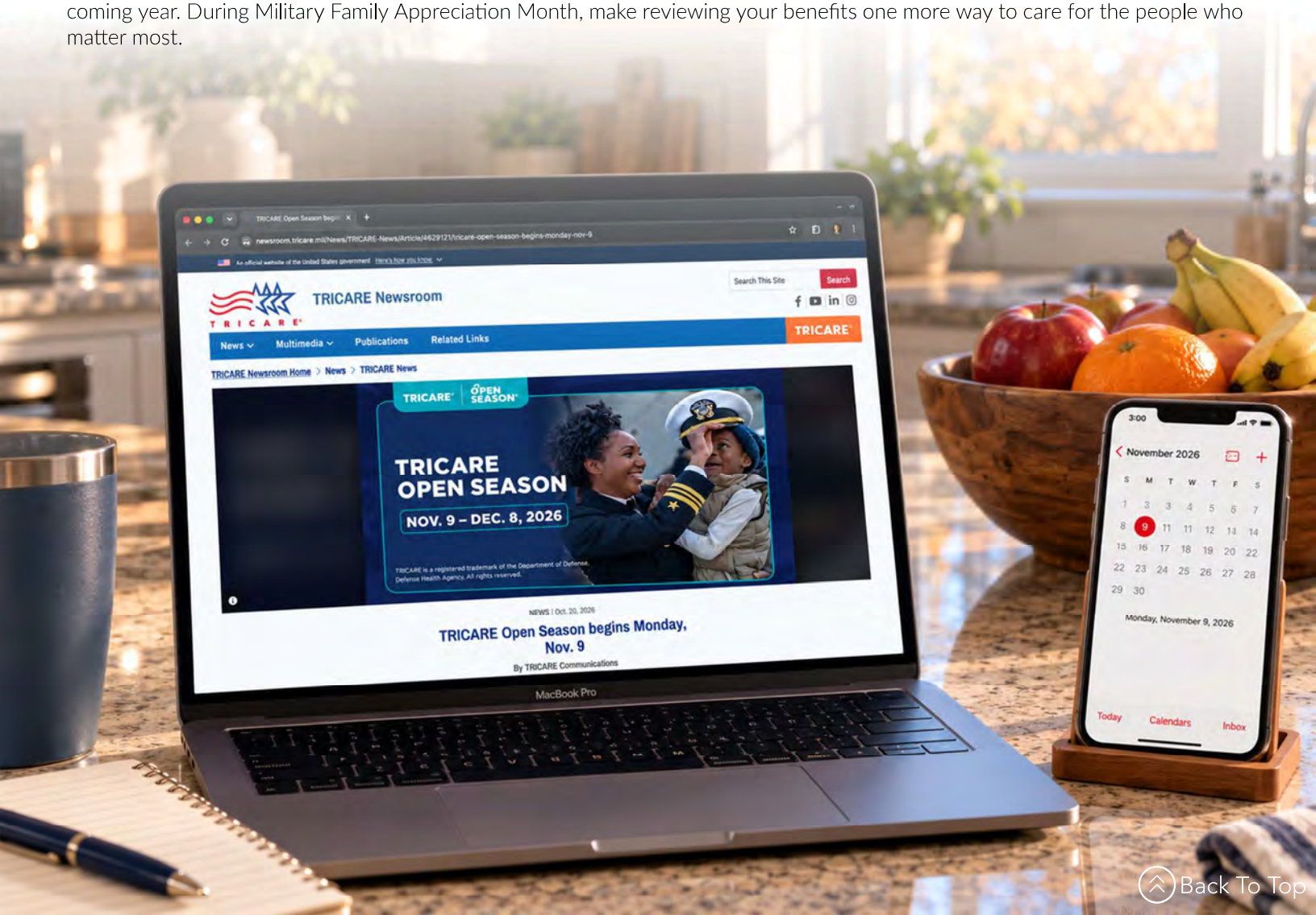
- Health Care Flexible Spending Account (HCFSA): Set aside pretax money for eligible out-of-pocket medical, dental and vision expenses, such as copayments, prescriptions, glasses and braces.
- Dependent Care Flexible Spending Account (DCFSA): Set aside pretax money for eligible dependent care expenses, such as preschool, before- and after-school care, daycare and summer day camp.

These accounts can help eligible families plan for predictable expenses while reducing taxable income. Eligibility requirements and account rules apply, so review the details and speak with a certified tax professional before deciding whether an account fits your needs.

Learn more about the HCFSA through TRICARE and the DCFSA through Military OneSource. Visit FSAFEDS to review enrollment information and manage your account.

A Little Planning Can Go a Long Way

Taking time to understand your benefits now can help you prepare for your family's health care and dependent care needs in the coming year. During Military Family Appreciation Month, make reviewing your benefits one more way to care for the people who matter most.



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Wellness Watch

‘Movember:’ Make Men’s Health a Priority

November’s Movember campaign shines a light on men’s health, including mental health, suicide prevention, prostate cancer and testicular cancer. It is also a reminder that taking care of yourself means more than getting through the day. Small steps toward better health can make a difference for you and the people who count on you.

Make Your Health a Priority

Whether you are balancing military responsibilities, family life or a busy schedule, it can be easy to put your own health last. This month, make time for a few simple steps:

- **Keep up with preventive care.** Schedule routine checkups and talk with your healthcare provider about your personal health risks and which screenings are right for you.
- **Pay attention to changes.** Get to know what is normal for your body and talk with a healthcare provider about new, unusual or persistent symptoms.
- **Check in with yourself.** Stress, sadness, irritability and feeling overwhelmed can affect anyone. Make time to recharge and reach out for support when you need it.
- **Stay connected.** Make time for friends, family and people you trust. Check in with the men in your life, listen without judgment and encourage them to talk when something is weighing on them.
- **Take one small step.** Add a walk to your day, improve your sleep routine or make an appointment you have been putting off. You do not have to change everything at once.

Support Is Available

Asking for help is a sign of taking your health seriously. Military OneSource offers health and wellness resources, including information on preventive care and mental health. Visit Military OneSource Health and Wellness to explore available support.

Visit www.MyNavyFamily.com and click on the Warrior and Family Resilience channel or the Live Training Calendar to see on-demand or live training webinars on topics such as Mind Body Mental Fitness, stress management, resilience and emotional intelligence.

If you or someone you know is in crisis, call **988 and press 1** to reach the Military Crisis Line.

This Movember, make your health part of the conversation. Taking care of yourself helps you show up for the people and priorities that matter most.

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Newport and Yorktown Sailors Strike Out Suicide



The Fleet and Family Support Center teams at Naval Weapons Station Yorktown and Newport News partnered with Morale, Welfare and Recreation to host several suicide prevention awareness activities throughout September.

Events included a Hoops for Hope tournament, an awareness walk and a Strike Out Suicide family bowling night. Each activity offered a different way to promote awareness and reinforce the importance of connection and support.

The basketball tournament highlighted the power of teamwork, while the awareness walk encouraged participants to come together around suicide prevention. The family bowling night also created an opportunity to help children and teens learn that suicide is preventable.

Through these activities, Sailors and families came together to build awareness, strengthen connections and reinforce the message that suicide prevention is a shared responsibility.

NAS JRB New Orleans Career Fair Opens Doors to Employment Opportunities



The Naval Air Station Joint Reserve Base (NAS JRB) New Orleans Fleet and Family Support Center (FFSC) hosted its annual career fair Sept. 23, connecting more than 60 service members, veterans and civilians with 35 prospective employers from the local area.

Employers represented local, state and federal organizations in fields including law enforcement, engineering, health care and veterans' services. The event offered attendees an opportunity to network, explore career options and connect with potential employers.

Hosted through FFSC's Work and Family Life Program, the career fair supports service members preparing for transition as well as military spouses and dependents seeking employment. FFSC remains available to help military community members navigate career changes and explore opportunities at every stage of military life.

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Special Thanks to this Month's Contributors:

- Fran Jackson, CNIC Fleet and Family Support Program
- Janet Paulovich, NBSD Fleet and Family Support Center
- Jazmin Guerrero, NBVC Fleet and Family Support Center
- Kim Hearn, NBPL Fleet and Family Support Center
- Tim McGough, CNIC Fleet and Family Support Program
- Petty Officer 2nd Class Christopher Spaulding
  Naval Air Sation Joint Reserve Base New Orleans



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CNIC ★ FLEET ★ FIGHTER ★ FAMILY

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

NOVEMBER 2026

DEPLOYMENT



		Eastern	Central
Equipping Your Kids During Deployment	11/17	2:00 PM	1:00 PM
Keeping it Together During Deployment	11/4	4:00 PM	3:00 PM
Miles Apart, Close at Heart	11/1	7:00 PM	6:00 PM
	11/23	9:00 AM	8:00 AM
Plan. Prepare. Deploy.	11/16	8:00 AM	7:00 AM
Single. Serving. Parent: Deployed	11/25	2:00 PM	1:00 PM
Weathering an Unpredictable Deployment	11/6	10:00 AM	9:00 AM

EMERGENCY PREPAREDNESS



		Eastern	Central
Disaster-Proof Your Wallet	11/30	11:00 AM	10:00 AM
Get Organized for Emergencies	11/2	12:00 PM	11:00 AM
Safety Is No Accident: Emergency Preparedness	11/16	12:00 PM	11:00 AM

EXCEPTIONAL FAMILY MEMBER



		Eastern	Central
CLIFF Notes to Deaf/Blindness Under IDEA	11/19	2:00 PM	1:00 PM
Single. Serving. Parent: Special Needs	11/3	3:00 PM	2:00 PM

NAVY LIFE



		Eastern	Central
Ombudsman Hot Topic	11/18	9:00 AM	8:00 AM
	11/25	6:00 PM	5:00 PM
Who Is a Navy Ombudsman?	11/5	12:00 PM	11:00 AM
Why OPSEC Matters	11/8	8:00 PM	7:00 PM

EMPLOYMENT



		Eastern	Central
AI Prompt Engineering: From Idea to Output	11/10	10:30 AM	9:30 AM
AI Resume Building: A Paradigm Shift	11/4	10:30 AM	9:30 AM
Bouncing Back from Job Rejection	11/3	3:00 PM	2:00 PM
Conquering Civilian Interviews	11/27	5:00 PM	4:00 PM
Demystifying Unemployment Compensation	11/16	1:00 PM	12:00 PM
Federal Job Mastery	11/2	8:00 AM	7:00 AM
	11/9	8:00 AM	7:00 AM
	11/16	8:00 AM	7:00 AM
	11/23	8:00 AM	7:00 AM
	11/30	8:00 AM	7:00 AM
Job Search Hacks	11/2	9:00 AM	8:00 AM
	11/5	7:00 PM	6:00 PM
Leveraging AI for your 2026 Job Search	11/6	10:30 AM	9:30 AM
Leveraging the VMET in Your Job Search	11/24	12:00 PM	11:00 AM
Leveraging Websites for Career Transition Research	11/6	1:00 PM	12:00 PM
	11/19	9:00 AM	8:00 AM
Mastering Virtual Interviews	11/10	5:00 PM	4:00 PM
Remote Ready: A Spouse's Roadmap to a Virtual Career!	11/17	7:00 PM	6:00 PM
USAJobs 2026	11/20	10:30 AM	9:30 AM
Volunteer to Career	11/3	1:00 PM	12:00 PM
	11/23	10:00 AM	9:00 AM
	11/30	8:00 AM	7:00 AM

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



PARENTING



		Eastern	Central
Click Smart: Kids Online Safety	11/3	11:00 AM	10:00 AM
Equipping Your Kids During Deployment	11/17	2:00 PM	1:00 PM
Exploring Through the Senses	11/4	2:00 PM	1:00 PM
Healing Through Parenting: Working with Barriers with DV	11/3	8:00 AM	7:00 AM
How to Protect the Next Generation in the Digital Age	11/9	10:00 AM	9:00 AM
Raising Siblings	11/17	12:00 PM	11:00 AM
Sexual Health through Approachable Prevention and Education (SHAPE)			
Parenting and Sexual Development (Module 1)	11/18	1:00 PM	12:00 PM
Ages 2-4 (Module 2)	11/5	7:00 PM	6:00 PM
Ages 5-9 (Module 3)	11/12	7:00 PM	6:00 PM
Preteens (Module 4)	11/19	7:00 PM	6:00 PM
Self-Care: Parent Edition	11/9	12:00 PM	11:00 AM
Single. Serving. Parent: Deployed	11/25	2:00 PM	1:00 PM
Single. Serving. Parent: Special Needs	11/3	3:00 PM	2:00 PM
Tear Free Dinner	11/30	12:00 PM	11:00 AM
What About the Kids?	11/16	1:00 PM	12:00 PM

RELOCATION



		Eastern	Central
Calming Cultural Shock	11/12	8:00 PM	7:00 PM
Final Move	11/3	1:00 PM	12:00 PM
PCS Smooth Track	11/23	12:00 PM	11:00 AM
Smooth Transitions: Managing the Logistics and Emotional Cycle of PCS	11/3	12:00 PM	11:00 AM
Stepping up Support: Sponsorship Training	11/20	5:00 PM	4:00 PM
	11/27	8:00 AM	7:00 AM
The PCS Process	11/9	3:00 PM	2:00 PM

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

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PERSONAL FINANCE



		Eastern	Central
12 Turkey Tips to Financial Freedom!	11/2	9:30 AM	8:30 AM
Car Buying Strategies	11/12	9:00 AM	8:00 AM
	11/24	3:00 PM	2:00 PM
	11/26	9:00 PM	8:00 PM
Command Your Credit	11/20	3:00 PM	2:00 PM
Consumer Awareness	11/17	3:00 PM	2:00 PM
Disaster-Proof Your Wallet	11/30	11:00 AM	10:00 AM
Financial Confidence Through Life's Changes	11/30	1:00 PM	12:00 PM
Holiday Cheer Without Financial Fear	11/4	3:00 PM	2:00 PM
	11/12	11:00 AM	10:00 AM
	11/16	8:00 PM	7:00 PM
	11/18	9:00 AM	8:00 AM
	11/19	1:00 PM	12:00 PM
Home Buying	11/13	3:00 PM	2:00 PM
Military Retirement Planning: Know the Facts	11/16	11:00 AM	10:00 AM
	11/22	7:00 PM	6:00 PM
Million Dollar Sailor Day 1	11/5	11:00 AM	10:00 AM
Million Dollar Sailor Day 2 (Must attend both sessions)	11/6	11:00 AM	10:00 AM
Navy Retirement. . . Is It Enough?	11/5	1:00 PM	12:00 PM
Stretching Budgets and Maximizing Nutrition	11/2	8:00 PM	7:00 PM
	11/4	9:00 AM	8:00 AM
	11/5	1:00 PM	12:00 PM
Swipe Smart: Gambling Apps and Wellness	11/13	2:00 PM	1:00 PM
Take a Bite Out of College Costs	11/5	9:00 AM	8:00 AM
The Magic Number: Planning for Retirement	11/12	1:00 PM	12:00 PM
Thrift Savings Plan: Choosing the Right Path	11/9	2:00 PM	1:00 PM
Trump Accounts: What PFRSs Need to Know	11/12	3:00 PM	2:00 PM
TSP Basics for Navy Life	11/27	3:00 PM	2:00 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	11/27	5:00 PM	4:00 PM
Leveraging Websites for Career Transition Research	11/6	1:00 PM	12:00 PM
	11/19	9:00 AM	8:00 AM
Life After Tricare	11/23	6:00 PM	5:00 PM
Skillbridge Simplified	11/10	9:00 AM	8:00 AM
	11/30	8:00 PM	7:00 PM
VTAP DOL Employment Fundamental for Transition	11/4	7:00 AM	6:00 AM
	11/17	8:00 AM	7:00 AM
VTAP DOL Vocational Track			
Day 1	11/18	8:00 AM	7:00 AM
Day 2	11/19	8:00 AM	7:00 AM
VTAP Financial Planning for Transition	11/3	7:00 AM	6:00 AM
	11/17	1:00 PM	12:00 PM
VTAP Managing Your Transition	11/2	9:00 AM	8:00 AM
	11/17	10:00 AM	9:00 AM
VTAP MOC Crosswalk	11/2	10:00 AM	9:00 AM
	11/17	11:00 AM	10:00 AM
VTAP Pre-Separation Briefing	11/2	7:00 AM	6:00 AM
	11/17	8:00 AM	7:00 AM

Go to

MyNavyFamily.com

Log in or make a new account to register for any of these sessions.

WARRIOR AND FAMILY RESILIENCE



		Eastern	Central
Am I Okay?	11/18	4:00 PM	3:00 PM
Better Reactions, Better Outcomes	11/2	5:00 PM	4:00 PM
Building a Prevention Mindset: Connecting Everyday Actions to Readiness	11/18	2:00 PM	1:00 PM
Child Abuse and Neglect: Identification and Reporting	11/3	10:00 AM	9:00 AM
Cool, Calm, and In Control: Your Guide to Mastering Anger	11/20	8:00 AM	7:00 AM
Coping Skills	11/9	11:00 AM	10:00 AM
Do You Have the Characteristics of Resilience?	11/18	11:00 AM	10:00 AM
Healing Through Parenting: Working with Barriers with DV	11/3	8:00 AM	7:00 AM
How to Protect the Next Generation in the Digital Age	11/9	10:00 AM	9:00 AM
Intimate Partner Violence (IPV) Identification & Reporting	11/5	2:00 PM	1:00 PM
Learning Mindfulness with Models of Attention	11/4	11:00 AM	10:00 AM
Mind Body Mental Fitness (MBMF)			
Mod 1: Stress Resilience	11/3	8:00 AM	7:00 AM
	11/9	12:00 PM	11:00 AM
Mod 2: Mindfulness & Meditation	11/12	12:00 PM	11:00 AM
	11/17	8:00 AM	7:00 AM
Mod 3: Living Core Values	11/16	12:00 PM	11:00 AM
	11/18	8:00 AM	7:00 AM
Mod 4: Flexibility	11/18	12:00 PM	11:00 AM
	11/19	8:00 AM	7:00 AM
Mod 5: Problem Solving	11/23	12:00 PM	11:00 AM
	11/24	8:00 AM	7:00 AM
Mod 6: Connection	11/25	8:00 AM	7:00 AM
	11/25	12:00 PM	11:00 AM
Mindful Practices During Stressful Times	11/9	8:00 PM	7:00 PM
	11/12	1:00 PM	12:00 PM
Motivating by Appreciation	11/16	12:00 PM	11:00 AM
Organize Your Life	11/18	2:00 PM	1:00 PM
Run for Resilience	11/19	8:00 PM	7:00 PM
Staying Steady and Strong in the Face of Uncertainty	11/23	8:00 PM	7:00 PM
	11/25	9:00 AM	8:00 AM
Stoicism Principles and Stress Management	11/25	10:30 AM	9:30 AM
Stress Management	11/17	10:00 AM	9:00 AM
Swipe Smart: Gambling Apps and Wellness	11/13	2:00 PM	1:00 PM
The Power of Connection: Building Support Systems	11/29	7:00 PM	6:00 PM
Understanding Anger	11/3	10:00 AM	9:00 AM

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Support for the Seasons Ahead



NOVEMBER VIRTUAL LEARNING SERIES

Supporting service members and families with practical strategies for budgeting, wellness, and resilience. Join virtual workshops to nourish your family, manage stress, and enjoy the holidays confidently.

WHAT YOU'LL LEARN

- Practical ways to stretch your budget and make nutritious choices
- Use simple mindfulness strategies to manage stress and stay grounded
- Build resilience and confidence when facing change and uncertainty

MONDAYS | 8PM EDT

JAPAN TUESDAY 9AM

- Stretching Budgets and Maximizing Nutrition (11/2)
- Mindful Practices During Stressful Times (11/9)
- Holiday Cheer Without Financial Fear (11/16)
- Staying Steady and Strong in the Face of Uncertainty (11/23)

TUESDAYS | 5AM EDT

ITALY 11 AM | JAPAN 6PM

- Stretching Budgets and Maximizing Nutrition (11/3)
- Mindful Practices During Stressful Times (11/10)
- Holiday Cheer Without Financial Fear (11/17)
- Staying Steady and Strong in the Face of Uncertainty (11/24)

WEDNESDAYS | 9AM EDT

ITALY 3PM

- Stretching Budgets and Maximizing Nutrition (11/4)
- Holiday Cheer Without Financial Fear (11/18)
- Staying Steady and Strong in the Face of Uncertainty (11/25)

THURSDAYS | 1PM EDT

ITALY 7PM

- Stretching Budgets and Maximizing Nutrition (11/5)
- Mindful Practices During Stressful Times (11/12)
- Holiday Cheer Without Financial Fear (11/19)

To register scan the QR Code or visit: MyNavyFamily.com

The Fleet & Family Support Center

VIRTUAL FLEET AND FAMILY SUPPORT PROGRAM

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