



**Military and Family Support Center
Naval Support Activity Bethesda**



March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pre-Separation Counseling 9-11am Effective Communication 1-230pm	3 DoD SkillBridge 11am-12pm	4 Sponsorship Training 9-11am	5	6 Return & Reunion Brief 9am-12pm
9 TAP 8am-4pm BEAMS 10am-12pm	10 TAP 8am-4pm	11 TAP 8am-4pm Job Search & Interviewing Skills 9-10am Home Buying 10-11am	12 Boots to Business 8am-4pm Command EFMP Point of Contact (POC) Training 10-11am (VIRTUAL) Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	13 Boots to Business 8am-4pm
16 SAPR UVA 40-Hour Course 730am-430am BEAMS 10am-12pm	17 SAPR UVA 40-Hour Course 730am-430am Stress Management 1-2pm	18 SAPR UVA 40-Hour Course 730am-430am	19 SAPR UVA 40-Hour Course 730am-430am ABC's of EFMP 11am-12pm (VIRTUAL)	20 SAPR UVA 40-Hour Course 730am-430am Deployment Support Group 9-10am (VIRTUAL)
23 TAP 8am-4pm Mid-Deployment Class 12-1pm	24 TAP 8am-4pm DoD SkillBridge 11am-12pm	25 TAP 8am-4pm Resumé Writing 9-10am SAIL Brief 1130am-1230pm FAP Overview Brief 1-2pm	26 DoL Employment Track 8am-4pm Pre-Deployment Brief 9am-12pm	27 DoL Employment Track 8am-4pm
30	31			

For more information or to register, please contact us at **(301) 319-4087** or NSABMilitaryFamilySupportCenter@us.navy.mil.

Open Monday to Friday, 7:30 am - 4:00 pm

All active-duty military, wounded warriors, NMAs, dependents, retirees, reservists, and DoD civilians are eligible to participate in programs.

some exceptions may apply



ABC's of EFMP (VIRTUAL)

Wondering what the Exceptional Family Member Program (EFMP) is all about? Have questions? Then this workshop is for you! NSA Bethesda's EFMP Case Liaisons will provide you with the basics of EFMP, answer your questions and leave you with a better understanding of the program.

Boots to Business

Boots to Business (B2B) is an entrepreneurial education and training program offered by the U.S. Small Business Administration (SBA) as part of the Department of Defense's Transition Assistance Program. The curriculum includes steps for evaluating business concepts, the foundational knowledge required to develop a business plan and information on SBA resources available to help access start-up capital and additional technical assistance.

Building Effective Anger Management Skills (BEAMS)

This interactive workshop teaches techniques for reducing and managing anger. Participation certificate awarded at completion of full 6 hours.

Command EFMP Point of Contact (POC) Training (VIRTUAL)

This workshop helps command POCs run their program efficiently and ensure that the enrolled EFMP families are equipped with the correct information regarding paperwork, contacts, OPNAVINST 1754.2F requirements, and current resources available to EFMP.

Deployment Support Group (VIRTUAL)

Designed to provide support to military personnel and their families during deployments to offer a range of services, including emotional support, information, and resources.

DoD SkillBridge Program

Discover opportunities to participate in training and development with industry and employers who are seeking the high-quality skills that you bring to the table.

DoL Employment Track

A comprehensive two-day curriculum that covers emerging best practices in career development. The workshop is engaging and relevant in light of the unique challenges facing transitioning service members. Service members receive vital skills in this DoL-led work-shop, including learning interview skills, building effective resumes, and using emerging technology to network and search for employment.

Effective Communication

Helps participants use the power of communication to strengthen relationships at work and at home by practicing skills that build effective two-way communication.

FAP Overview Brief

The Family Advocacy Program (FAP) provides clinical assessment, treatment and services for service members, their intimate partners, and family members involved in allegations of domestic abuse and child abuse. The goal of the Family Advocacy Program is to prevent domestic violence by encouraging people to examine their own behavior and take steps to learn and practice healthier behaviors. The FAP provides a variety of interventions and treatment services to meet the needs of individuals and families. It provides counseling, clinical case management, treatment groups, and refers families to military and civilian resources as appropriate.

Home Buying

Curious or intimidated about how to navigate the system? Come to our class and get equipped to make the right financial decisions when looking to buy a home.

Job Search Strategies and Interviewing Skills

Interviewing is a key step in getting a job. Learn how to conduct yourself, communicate, dress, and other valuable information.

Married to the Military (VIRTUAL)

A support group for military spouses. Join the Military Family Support Center on Thursdays at noon for an hour of connection, support, networking, and resource sharing for spouses of active-duty military members. The group will gather virtually on TEAMS.

Mid-Deployment Class

Mid-deployment support aims to help service members, and their families cope with the emotional, financial, and logistical difficulties associated with being separated. Support services include counseling, financial assistance, educational programs for children during the middle phase of a deployment.

Pre-Deployment Brief

Designed to assist the IA service member in preparing for their deployment. Presenters will focus on emotional, legal and financial preparation as well as provide resources. Service members and their adult family members are welcome to attend.

Pre-Separation Counseling

Pre-Separation Counseling provides a lot of information on the many benefits, services, resources, and programs available during and after transition. This guide provides you with the basic information including hyperlinks, to start you on your journey and research programs that may be beneficial to you as you transition. Knowing about these benefits and programs is the first step in helping you make informed decisions when you transition, retire, or are released from active duty.

Resume Writing

Improve the overall appearance and effectiveness of your resume! This class will give participants valuable feedback and strategies they can implement.

Return and Reunion Brief

Designed to address typical issues of post-deployment such as finances, the emotional cycle of deployment, as well as reuniting and renewing relationships. Service members and their adult family members are welcome to attend.

SAIL Brief

Sailor Assistance and Intercept for Life (SAIL) is a voluntary program that quickly provides you support during the stressful period after a suicide-related behavior (SRB). SAIL does not replace mental health treatment. SAIL serves as a linkage between programs and services designed to maximize outreach, and enhances collaboration between you, your providers and command leadership regarding your recovery. SAIL is designed around a series of caring contacts within the first 90 days after an SRB, the period of highest risk.

SAPR UVA 40-Hour Course

Learning characteristics of offenders and victims, risk factors, victim care, and understanding the function of the Navy SAPR program. Candidates need to complete Certification after training and received certification before serving as a SAPR VA.

Sponsorship Training

Learn important skills and resources to ease the transition of service members and their families as they move.

Stress Management

Do you feel stressed out? This class teaches tools to help you manage stress, not let it manage you.

Transition (TAP): This week-long seminar is designed to prepare service members for their transition to civilian life. If you are **SEPARATING** within 12 months, or **RETIRING** within 24 months, please call to register. Pre-separation briefings are held on Day 1 of the TAP class.

Executive TAP (E-TAP): Open only to O-4, E-8, WO-4 and above.

Capstone: Required for all transitioning service members within 90-120 days of separation.

PFM Two Cents: 5 Rules of Buying a House

Buying a house can be a great way to build wealth and feel like part of the community. But it's also a huge financial decision with far-reaching implications. Here are five rules that can help you avoid common pitfalls. Following these rules doesn't guarantee financial success nor does breaking them necessarily doom you to a life of financial woe. Still, it probably won't hurt to keep them in mind as you look for a new house.

For more details, go to <https://finred.usalearning.gov/assets/downloads/USAA-EF%20TC%20Handout-5%20Rules%20of%20Buying%20a%20House%201220E1R1.pdf>. Or reach out to your local PFM at 301-295-5081 or Lawyer.L.Acker4.civ@us.navy.mil.