



Military and Family Support Center Naval Support Activity Bethesda



The
Fleet & Family Support
Center

AUGUST 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 E-TAP 8am-4pm Organizing Your Life 9-1030pm	4 E-TAP 8am-4pm DoD SkillBridge 12-1pm	5 E-TAP 8am-4pm	6	7 Return & Reunion Brief 9am-12pm
10 Pre-Separation Counseling 9-11am Effective Communication 10am-12pm	11 Sponsorship Training 9-11am	12 Job Search & Interviewing Skills 9-10am	13 Command EFMP Point of Contact (POC) Training 10-11am (VIRTUAL)	14
17 TAP 8am-4pm	18 TAP 8am-4pm Moving Overseas Brief 9-11am DoD SkillBridge 11am-12pm	19 TAP 8am-4pm	20 DoL Employment Track 8am-4pm Pre-Deployment Brief 9am-12pm ABC's of EFMP 11am-12pm (VIRTUAL)	21 DoL Employment Track 8am-4pm
24	25 Smooth Move 9-11am	26 Resume Writing 9-10am FAP Overview Brief 1130am-1230pm SAIL Brief 1230-1pm	27 EFMP Grounds for Discussion 11am-12pm TSP Investing Strategies 1-2pm	28
31 Pre-Separation Counseling 9-11am				

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

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.

DoD SkillBridge

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

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

Participants learn to use the power of communication to strengthen relationships at work and home by practicing skills that build effective 2-way communication.

EFMP Grounds for Discussion (VIRTUAL)

Find community and support with other EFMP families of those with chronic illness or disability. Coffee, tea and light snack provided. **Last Thursday of every other month

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.

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.

Moving Overseas Brief

Provides service members and their families who are transferring overseas with a one-stop resource and information review.

Organizing Your Life

Focuses on de-stressing by helping achieve cleanliness and organization in the home or work environment.

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.

Smooth Move

Provides information to relocating service members and their families with PCS orders within CONUS.

Sponsorship Training

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

TSP Investing Strategies

Learn about the mutual funds in your Thrift Savings Program (TSP) account.

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: Planning for Military Retirement

The military offers great retirement benefits, including the Thrift Savings Plan (TSP) and a pension if you serve long enough. The exact benefit you'll receive from each of these programs depends on whether you're covered under the Legacy (also called the "High-3") or Blended Retirement System (BRS).

For more details, go to <https://finred.usalearning.gov/assets/downloads/Military%20Retirement.pdf>. Or reach out to your local PFM at 301-295-5081 or Lawyer.L.Acker4.civ@us.navy.mil. Or reach out to your local PFM at 301-295-5081 or Lawyer.L.Acker4.civ@us.navy.mil.