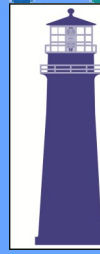




# Military and Family Support Center

## Naval Support Activity Bethesda

# September 2025



# The

Fleet & Family Support

# Center

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
| <b>1</b><br>  | <b>2</b><br>DoD SkillBridge<br>11am-12pm   | <b>3</b>   | <b>4</b>   | <b>5</b>   |
| <b>8</b><br>TAP<br>8am-4pm  | <b>9</b><br>TAP<br>8am-4pm<br>Return & Reunion Brief<br>9am-12pm<br>Sponsorship Training<br>9-11am | <b>10</b><br>TAP<br>8am-4pm<br>Job Search & Interviewing Skills<br>10am-12pm | <b>11</b><br>DoL Employment Track<br>8am-4pm<br>Command EFMP Point of Contact (POC) Training<br>10-11am<br>Married to the Military<br>12-1pm (VIRTUAL) | <b>12</b><br>DoL Employment Track<br>8am-4pm<br>Pre-Deployment Brief<br>9am-12pm               |
| <b>15</b><br>CFS Training<br>8am-4pm (VIRTUAL)<br>Pre-Separation Counseling<br>9-11am | <b>16</b><br>CFS Training<br>8am-4pm (VIRTUAL)<br>DoD SkillBridge<br>11am-12pm                     | <b>17</b><br>CFS Training<br>8am-4pm (VIRTUAL)                               | <b>18</b><br>CFS Training<br>8am-4pm (VIRTUAL)<br>ABC's of EFMP<br>11am-12pm (VIRTUAL)   | <b>19</b><br>CFS Training<br>8am-4pm (VIRTUAL)<br>Deployment Support Group<br>9-10am (VIRTUAL) |
| <b>22</b>   | <b>23</b><br>Hands-On Baby Care<br>12-2pm  | <b>24</b><br>Resume Writing<br>10am-12pm                                     | <b>25</b>  | <b>26</b>  |
| <b>29</b><br>TAP<br>8am-4pm   | <b>30</b><br>TAP<br>8am-4pm  |  |  |  |

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

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

All active-duty military, wounded warriors, NMAs, dependents, retirees, reservists,



#### **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.

#### **CFS Training (VIRTUAL)**

The training provides financial education and counseling to members of their units. This is a 40-hour course (M-F) taught by the Personal Financial Management Program (PFMP) Specialist.

#### **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.

#### **Hands-On Baby Care**

Diapering, swaddling and dressing... OH MY!!! Come learn infant care with the NPSP. This crash course was created to support new parents with a hands-on learning opportunity to learn how to diaper, dress and swaddle a newborn. Other topics include soothing holds, infant massage, Safe Sleep and Baby Shaken Syndrome.

#### **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.

#### **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.

#### **Sponsorship Training**

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

**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: Learn More, Earn More**

Your branch of service, the Department of Defense (DoD) and the Department of Veterans Affairs (VA) recognize the importance of education and offer a variety of programs to help Service members in this area. Some programs are for current Service members, while other benefits can be used after you separate or retire. You can also save or invest in special, tax-advantaged accounts on your own to supplement these benefits.

For more details, go to <https://finred.usalearning.gov/assets/downloads/USAA-EF%20TC%20Handout-Education%20Benefits%20&%20Savings%201220E1R1.pdf>. Or reach out to your local PFM at 301-295-5081 or [Lawyer.L.Acker4.civ@us.navy.mil](mailto:Lawyer.L.Acker4.civ@us.navy.mil).