



Military and Family Support Center Naval Support Activity Bethesda

June 2025



The Fleet & Family Support Center

Monday	Tuesday	Wednesday	Thursday	Friday
2 E-TAP 8am-4pm Building Effective Anger Management Skills (BEAMS) 10am-12pm	3 E-TAP 8am-4pm Sponsorship Training 9am-11am Return & Reunion Brief 9am-12pm	4 E-TAP 8am-4pm Job Search & Interviewing Skills 9-10am SAPR Victim Advocate Refresher Training (CEUs) 10am-12pm	5 DoL Vocational Track 8am-4pm Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL) Quarterly Ombudsman Advanced Assembly Training 1-2pm (VIRTUAL) Effective Communication 1-230pm	6 DoL Vocational Track 8am-4pm Pre-Deployment Brief 9am-12pm
9 Pre-Separation Counseling 9-11am Building Effective Anger Management Skills (BEAMS) 10am-12pm Ombudsman Basic Training 1-6pm (VIRTUAL)	10 DoD SkillBridge Workshop 11am-12pm Ombudsman Basic Training 1-6pm (VIRTUAL)	11 Building Healthy Relationships 10-1130am Ombudsman Basic Training 1-6pm (VIRTUAL)	12 Command EFMP Point of Contact (POC) Training 10-11am (VIRTUAL) Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL) Ombudsman Basic Training 1-6pm (VIRTUAL)	13 Superheroes with Dad 6-830pm
16 Stress Management 2-3pm	17	18 Resume Writing 9-10am	19 ABC's of EFMP 11am-12pm (VIRTUAL) Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	20
23 TAP 8am-4pm	24 TAP 8am-4pm Moving Overseas Brief 9-11am DoD SkillBridge Workshop 11am-12pm Hands-On Baby Care 12-2pm	25 TAP 8am-4pm	26 DoL Employment Track 8am-4pm Suicide Prevention 10-11am EFMP Grounds for Discussion 11am-12pm (VIRTUAL) Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	27 DoL Employment Track 8am-4pm
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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.

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.

Building Healthy Relationships

Designed to enhance established relationships by providing tools on emotional record keeping, expectations, communication, and developing healthy habits.

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 Program

Discover opportunities to participate in training and development with industry and employers 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.

DoL Vocational Track

The Career Exploration and Planning Track (formerly CTTT) workshop offers a unique opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. Participants will complete personalized career development assessments and receive a variety of tailored job recommendations aligned with their interests and aptitudes, including some classified as "high demand" or "high growth" occupations. Facilitators will guide participants through several career considerations including labor market projections, education, apprenticeships, certifications, and licensure requirements to help narrow down their choices and identify achievable career goals.

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.

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

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.

Moving Overseas Brief

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

Ombudsman Basic Training (VIRTUAL)

Training is an important factor of a successful Ombudsman Program. Trained Ombudsmen are less likely to make errors in judgment that reflect poorly on the command. Basic training is required of all Ombudsmen and must be documented. This course provides the foundational information necessary for Ombudsmen to properly execute their duties required by OPNAVINST 1750.1G CH-2.

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.

Quarterly Ombudsman Advanced Assembly Training (VIRTUAL)

Training on a variety of topics to enhance Ombudsman knowledge and response capabilities.

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.

SAPR Victim Advocate Refresher Training (CEUs)

Criminalizing Sexual Harassment. A training for SAPR Victim Advocates to discuss the changes to the UCMJ and officially criminalizing Sexual Harassment. Explaining how these changes will effect the SAPR program and victim advocates moving forward. Minimum of 32 CEUs are need for recertification.

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.

Stress Management

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

Superheroes with Dad

Celebrate Father's Day, join us for a fun-filled "Superheroes with Dad" event! Bring your little ones to celebrate the day by dressing up as your favorite superheroes and enjoying a showing of an action-packed movie (tba). This event is all about creating memorable moments with your child. It's the perfect way to honor the super dad in your life while having a blast as a family. Let's celebrate fatherhood in the most heroic way possible! (New Parent Support and EFMP)

Suicide Prevention

Identify suicide warning signs, how to respond and re-sources to support anyone who may be contemplating suicide.

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: Servicemembers Civil Relief Act (SCRA)

The SCRA is a law created to provide extra protections for servicemembers in the event that legal or financial transactions adversely affect their rights during military or uniformed service. These protections enable servicemembers to devote their entire energy to the defense needs of the Nation.

For more details, go to https://files.consumerfinance.gov/f/documents/cfpb_servicemembers-civil-relief-act_factsheet.pdf. Or reach out to your local PFM at 301-295-5081 or Lawyer.L.Acker4.civ@us.navy.mil.