



Military and Family Support Center Naval Support Activity Bethesda

July 2025



The
Fleet & Family Support
Center

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sponsorship Training 9-11am	2 Job Search & Interviewing Skills 9-10am SAPR Victim Advocate Refresher Training 1-3pm Stress Management 2-3pm	3 Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	4 
7	8 Moving Overseas Brief 9-11am Return & Reunion Brief 9am-12pm DoD SkillBridge Workshop 12-1pm	9 Suicide Prevention 10-11am	10 Command EFMP Point of Contact (POC) Training 10-11am (VIRTUAL) Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	11 Pre-Deployment Brief 9am-12pm
14 TAP 8am-4pm Pre-Separation Counseling 9-11am	15 TAP 8am-4pm Effective Communication 1-230pm	16 TAP 8am-4pm Resume Writing 9-10am	17 DoL Employment Track 8am-4pm ABC's of EFMP 11am-12pm (VIRTUAL) Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	18 DoL Employment Track 8am-4pm
21 TAP 8am-4pm	22 TAP 8am-4pm Smooth Move 9-11 am DoD SkillBridge Workshop 11am-12pm Hands-On Baby Care 12-2pm	23 TAP 8am-4pm	24 Boots to Business 8am-4pm Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	25 Boots to Business 8am-4pm
28 Conflict Management 11am-12pm	29	30	31 Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	

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.

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.

Conflict Management

Every conflict, every negotiation, even one that has been stuck for a while has opportunity for resolution. Learn simple techniques to reduce tension and resolve conflict at home and work.

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.

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.

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.

SAPR Victim Advocate Refresher Training

Vicarious Trauma and working with Trauma Victims. A training facilitated by a clinical social worker to explain what vicarious trauma looks like for helping professionals. In addition, discussing some of the delicacies of working with trauma victims and how to best support them.

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.

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 **RETIRED** 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: Major Purchases

What do you consider to be a major purchase? A new car, truck or motorcycle? A home? A new gaming system? In truth, any of these could be a major purchase depending on your financial situation at the time you buy it. A major purchase is a big decision, but it does not have to be a big deal if you have your financial house in order. Consider how this purchase fits into the rest of your financial situation, including your goals for the future.

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