



# Military and Family Support Center Naval Support Activity Bethesda

## December 2025



# The Fleet & Family Support Center

<b>1</b> E-TAP 8am-4pm	<b>2</b> E-TAP 8am-4pm Sponsorship Training 9-10am DoD SkillBridge 12-1pm	<b>3</b> E-TAP 8am-4pm Saving and Investing 1-2pm	<b>4</b>	<b>5</b> Return & Reunion Brief 9am-12pm Effective Communication 1-230pm
<b>8</b> TAP 8am-4pm Pre-Separation Counseling 9-11am	<b>9</b> TAP 8am-4pm	<b>10</b> TAP 8am-4pm Job Search Strategies & Interviewing Skills 9-10am Suicide Prevention 10-11am	<b>11</b> DoL Employment Track 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)	<b>12</b> DoL Employment Track 8am-4pm
<b>15</b>	<b>16</b> DoD SkillBridge 12-1pm	<b>17</b>	<b>18</b> Pre-Deployment Brief 9am-12pm ABC's of EFMP 11am-12pm (VIRTUAL)	<b>19</b> Deployment Support Group 9-10am (VIRTUAL)
<b>22</b>	<b>23</b>	<b>24</b> Resume Writing 9-10am	<b>25</b> 	<b>26</b>
<b>29</b>	<b>30</b>	<b>31</b> Mid-Deployment Class 12-1pm  <b>NEW YEAR'S EVE</b>		

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,  
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.

### **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.

### **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.

### **Saving and Investing**

How to build savings for stability and investments for growth.

### **Sponsorship Training**

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

### **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.

### **Why Do I Need an Estate Plan?**

Many people think estate planning is only for the wealthy. However, if you have children, investments, property, life insurance, a car, or any belongings, you need a plan. An estate plan helps your loved ones navigate a difficult time and provides answers to important questions such as:

- To whom do you want to pass your personal possessions and property?
- How should assets like savings, real estate, investments, and insurance proceeds be used if you are incapacitated or dead?
- Who will care for your children?
- Who will oversee your finances and health care options if you are unable to?

For more details, go to <https://finred.usalearning.gov/assets/downloads/USAA-EF%20TC%20Handout-Estate%20Planning%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).