



**Military and Family Support Center
Naval Support Activity Bethesda**

June 2026



Monday	Tuesday	Wednesday	Thursday	Friday
1 TAP 8am-4pm Effective Communication 1-230pm	2 TAP 8am-4pm Sponsorship Training 9am-11am	3 TAP 8am-4pm	4 DoL Vocational Track 8am-4pm Money Club: TSP G Fund— Stability vs. Growth 1-2pm (VIRTUAL)	5 DoL Vocational Track 8am-4pm Return & Reunion Brief 9am-12pm
8 SAPR UVA 40-Hour Course 730am-430pm Pre-Separation Counseling 9-11am Time Management 1-2pm	9 SAPR UVA 40-Hour Course 730am-430pm DoD SkillBridge Workshop 11am-12pm	10 SAPR UVA 40-Hour Course 730am-430pm Job Search & Interviewing Skills 9-10am	11 SAPR UVA 40-Hour Course 730am-430pm Command EFMP Point of Contact (POC) Training 10-11am (VIRTUAL) Money Club: TSP F Fund - Bonds Are Not Cash 1-2pm (VIRTUAL)	12 SAPR UVA 40-Hour Course 730am-430pm Deployment Support Group 9-10am (VIRTUAL)
15	16	17 Hands On With Dad 8am-230pm Strengthen Your Awareness: Grace & Grit 11am-12pm	18 ABC's of EFMP 11am-12pm (VIRTUAL) Money Club: TSP C Fund - US Stock Growth 1-2pm (VIRTUAL)	19
22 E-TAP 8am-4pm Mid-Deployment Class 12-1pm	23 E-TAP 8am-4pm Moving Overseas Brief 9-11am DoD SkillBridge Workshop 11am-12pm	24 E-TAP 8am-4pm Resume Writing 9-10am FAP Overview Brief 1130am-1230pm SAIL Brief 1230-1pm	25 Pre-Deployment Brief 9am-12pm EFMP Grounds for Discussion 11am-12pm (VIRTUAL) Money Club: TSP S Fund - Smaller Companies, Bigger Movement 1-2pm (VIRTUAL)	26
29	30			

**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.

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 seeking the high-quality skills that you bring to the table.

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

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.

Hands On With Dad

Celebrate Father's Day with EFMP through a relaxed, family-centered event focused on connection, creativity, and fun. Calm, Connect, Create offers simple, sensory-friendly activities designed to help fathers and children bond, build memories, and enjoy quality time together in a supportive environment. Build Together "Build with Dad" (Lego / blocks) parents will build your dream day together or build something that represents your family. Register to pick up.

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.

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.

Money Club: TSP Series

Money Club: TSP Funds Series will focus on one part of the Thrift Savings Plan funds each of seven sessions. A straight-from-the-source walkthrough using the official tsp.gov website. Simple example or group discussion prompt to make the fund easier to understand, followed by open discussion.

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.

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.

SAPR UVA 40-Hour Course

Learning characteristics of offenders and victims, risk factors, victim care, and understanding the function of the Navy SAPR program. Candidates need to complete certification after training and received certification before serving as a VA.

Sponsorship Training

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

Strengthen Your Awareness: Grace & Grit

The Sexual Assault Prevention and Response (SAPR) team along with the MWR Fitness center will join to Strengthen Your Awareness. We will boost knowledge of the SAPR program while joining the grace and grit class to improve overall fitness and performance with functional movement.

Time Management

Determine what's urgent, what's important, and what can safely be put on the back burner for another day or to enjoy the holidays.

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.