



# Military and Family Support Center Naval Support Activity Bethesda

# October 2025



# The Fleet & Family Support Center

| Monday                                                                                          | Tuesday                                                                                                                                                                                             | Wednesday                                                                                                 | Thursday                                                                                                                                                                                                                                       | Friday                                                                                                                         |
|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
|                |                                                                                                                                                                                                     | <b>1</b><br><b>How's Your Credit</b><br>10-11am<br><b>Co-Parenting Class</b><br>12-130pm                  | <b>2</b>                                                                                                                                                                                                                                       | <b>3</b><br><b>#PURPLE UP FRIDAY</b>                                                                                           |
| <b>6</b><br><b>E- TAP</b><br>8am-4pm                                                            | <b>7</b><br><b>E- TAP</b><br>8am-4pm<br><b>Sponsorship Training</b><br>9-11am<br><b>Infant Massage</b><br>12-130pm<br><b>DoD SkillBridge</b><br>12-1pm<br><b>Effective Communication</b><br>1-230pm | <b>8</b><br><b>E- TAP</b><br>8am-4pm<br><b>CFS Semi-Annual Leadership Forum</b><br>10-11am                | <b>9</b><br><b>Command EFMP Point of Contact (POC) Training</b><br>10-11am<br><b>Trauma Informed Care &amp; the Challenges of Leaving An Abusive Relationship</b><br>10am-12pm (VIRTUAL)<br><b>Married to the Military</b><br>12-1pm (VIRTUAL) | <b>10</b><br><b>#PURPLE UP FRIDAY</b><br><b>Return &amp; Reunion Brief</b><br>9am-12pm                                         |
| <b>13</b><br> | <b>14</b><br><b>Conflict Resolution</b><br>1-2pm                                                                                                                                                    | <b>15</b><br><b>Job Search &amp; Interviewing Skills</b><br>9-10am                                        | <b>16</b><br><b>ABC's of EFMP</b><br>11am-12pm (VIRTUAL)                                                                                                                                                                                       | <b>17</b><br><b>#PURPLE UP FRIDAY</b><br><b>Deployment Support Group</b><br>9-10am (VIRTUAL)                                   |
| <b>20</b><br><b>TAP</b><br>8am-4pm<br><b>Piloxing: Knocking Out Abuse and Assault</b><br>1-2pm  | <b>21</b><br><b>TAP</b><br>8am-4pm<br><b>Smooth Move</b><br>9-11am<br><b>DoD SkillBridge</b><br>12-1pm                                                                                              | <b>22</b><br><b>TAP</b><br>8am-4pm                                                                        | <b>23</b><br><b>Boots to Business</b><br>8am-4pm<br><b>Pre-Deployment Brief</b><br>9am-12pm<br><b>Relationships IRL</b><br>3-4pm                                                                                                               | <b>24</b><br><b>#PURPLE UP FRIDAY</b><br><b>Boots to Business</b><br>8am-4pm                                                   |
| <b>27</b>                                                                                       | <b>28</b><br><b>Hands-On Baby Care</b><br>12-2pm                                                                                                                                                    | <b>29</b><br><b>Resume Writing</b><br>9-10am<br><b>Strengthen Your Awareness (Boot Camp)</b><br>11am-12pm | <b>30</b><br><b>EFMP Grounds for Discussion (VIRTUAL)</b><br>11am-12pm<br><b>Relationships IRL</b><br>3-4pm                                                                                                                                    | <b>31</b><br><b>#PURPLE UP FRIDAY</b><br> |

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\**



### **#PURPLE UP FRIDAYS**

Wear purple every Friday this month to recognize and support those who have experienced or survived abuse and violence at the hands of another. Purple represents peace, courage, survival, honor, and personal dedication to domestic violence awareness.

### **ABC's of EFMP**

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.

### **CFS Semi-Annual Leadership Forum**

CFS Training

### **Co-Parenting Class**

Coparenting class to equip parents with skills to navigate family transitions, minimize conflict and foster a positive co-parenting relationship for the benefit of their children.

### **Command EFMP Point of Contact (POC) Training**

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 Resolution**

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 or work.

### **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**

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.

### **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**

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, re-wedding 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.

### **How's Your Credit?**

Review and improve your credit

### **Infant Massage**

Baby massage can be a beneficial and bonding activity for parents and infants. By following these techniques, you can provide your baby with a soothing and nurturing

experience that promotes their well being.

### **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.

### **Piloxing: Knocking Out Abuse and Assault**

The Sexual Assault Prevention and Response (SAPR) Team and Family Advocacy Program (FAP) are joining with the MWR Fitness Center to Strengthen Your Awareness. Piloxing is a high energy interval workout that blends the power and speed of boxing with the targeted sculpting and flexibility of pilates. This will be a special class that will strengthen your body and knowledge of the SAPR and FAP programs.

### **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.

### **Relationships IRL**

Refine professional and personal relationship skills to support greater success at home and in your career. Tips for increasing intimacy and advocating for your goals at work and beyond.

### **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.

### **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.

### **Strengthen Your Awareness (Boot Camp)**

The Sexual Assault Prevention and Response (SAPR) Team and the MWR Fitness Center are joining together to Strengthen Your Awareness. There will be a pop-up boot camp-style fitness class to strengthen your body and your knowledge of the SAPR program.

### **Trauma Informed Care & the Challenges of Leaving An Abusive Relationship (VIRTUAL)**

Webinar hosted by Maryland Health Care Coalition Against Domestic Violence, \$20 for social work CEU's.

**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: Spending Plan Worksheet**

Need to reconsider your spending and budgeting habits? Use this worksheet to record your cash flow this month, then use the information to help you plan next month's cash flow.

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