



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

July 2026



The
Fleet & Family Support
Center

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Money Club: TSP I Fund— International Growth and Diversification 1-2pm (VIRTUAL)	3 OBSERVANCE OF
6 Pre-Separation Counseling 9-11am Effective Communication 10am-12pm	7 Sponsorship Training 9-11am DoD SkillBridge Workshop 12-1pm	8 Moving Overseas Brief 9-11am	9 Command EFMP Point of Contact (POC) Training 10-11am (VIRTUAL) Money Club: TSP L Fund—A Ready-Made TSP Mix 1-2pm (VIRTUAL)	10 Return & Reunion Brief 9am-12pm SATURDAY, JULY 11 Families Forward: Acknowledging Military Parents' Wellness 11am-2pm
13 TAP 8am-4pm Suicide Prevention 10-11am	14 TAP 8am-4pm	15 TAP 8am-4pm Job Search & Interviewing Skills 9-10am	16 Boots to Business 8am-4pm ABC's of EFMP 11am-12pm (VIRTUAL) Money Club: TSP Capstone— Putting It All Together 1-2pm (VIRTUAL)	17 Boots to Business 8am-4pm Deployment Support Group 9-10am (VIRTUAL)
20	21 Smooth Move 9-11 am DoD SkillBridge Workshop 12-1pm	22	23 Pre-Deployment Brief 9am-12pm	24
27	28 Ombudsman Basic Training 9am-4pm	29 Ombudsman Basic Training 9am-4pm Resume Writing 9-10am FAP Overview Brief 1130am-1230pm SAIL Brief 1230-1pm	30 Ombudsman Basic Training 9am-4pm	31

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.

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. To reduce tension and resolve conflict at home and 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.

Families Forward: Acknowledging Military Parents' Wellness

MFSC is honoring the resilience of military families while providing support, education, and joy. Come hang out at our indoor/outdoor event with the entire family to learn how to promote mental health and wellness at home.

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.

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.

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.

Ombudsman Basic Training

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.

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.

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.

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: 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.