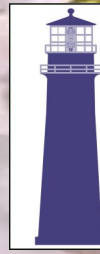




**Military and Family Support Center**  
**Naval Support Activity Bethesda**



**The**  
 Fleet & Family Support  
**Center**

**March 2025**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> TAP 8am-4pm	<b>4</b> TAP 8am-4pm	<b>5</b> TAP 8am-4pm SAPR Victim Advocate Refresher Training 10am-12pm	<b>6</b> DoL Employment Track 8am-4pm Return & Reunion Brief 9am-12pm DoD SkillBridge 11am-12pm Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	<b>7</b> DoL Employment Track 8am-4pm Pre-Deployment Brief 9am-12pm
<b>10</b> TAP 8am-4pm	<b>11</b> TAP 8am-4pm	<b>12</b> TAP 8am-4pm Job Search & Interviewing Skills 9-10am Home Buying 10-11am	<b>13</b> DoL Vocational Track 8am-4pm Command EFMP Point of Contact (POC) Training 10-11am Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	<b>14</b> DoL Vocational Track 8am-4pm
<b>17</b> Pre-Separation Counseling 9-11am	<b>18</b> Ombudsman Basic Training 8am-4pm	<b>19</b> Ombudsman Basic Training 8am-4pm	<b>20</b> Ombudsman Basic Training 8am-4pm ABC's of EFMP 11am-12pm Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL) DoD SkillBridge 11am-12pm	<b>21</b>
<b>24</b> TAP 8am-4pm	<b>25</b> TAP 8am-4pm Hands-On Baby Care 12-2pm	<b>26</b> TAP 8am-4pm Resumé Writing 9-10am	<b>27</b> DoL Employment Track 8am-4pm Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	<b>28</b> DoL Employment Track 8am-4pm
<b>31</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**

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**

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.

### **DoD SkillBridge Workshop**

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.

### **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.

### **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.

### **Home Buying**

Curious or intimidated about how to navigate the system? Come to our class and get equipped to make the right financial decisions when looking to buy a home.

### **Job Search 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.

### **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.

### **Resumé 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 (CEUs)**

Criminalizing Sexual Harassment. A training for SAPR Victim Advocates to discuss the changes to the UCMJ and officially criminalizing Sexual Harassment. Explaining how these changes will effect the SAPR program and victim advocates moving forward. Minimum of 32 CEUs are need for recertification.

**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: 5 Rules of Buying a House**

Buying a house can be a great way to build wealth and feel like part of the community. But it's also a huge financial decision with far-reaching implications. Here are five rules that can help you avoid common pitfalls. Following these rules doesn't guarantee financial success nor does breaking them necessarily doom you to a life of financial woe. Still, it probably won't hurt to keep them in mind as you look for a new house.

For more details, go to <https://finred.usalearning.gov/assets/downloads/USAA-EF%20TC%20Handout-5%20Rules%20of%20Buying%20a%20House%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).