



# MARCH 2025 Training Calendar

NAVAL STATION GREAT LAKES  
 525 FARRAGUT AVENUE BLDG. 26  
 HOURS OF OPERATION: MON-FRI, 0730-1600  
 CALL: (847) 688-3603 X 100  
 CLASSES ARE FREE – REGISTRATION REQUIRED



## NEW PARENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Playgroup	Every Tuesday	1000-1100	2630 Ohio Ave

## LIFE SKILLS

CLASS:	DATE:	TIME:	LOCATION:
Mind Body Mental Fitness Module 5: Problem Solving	Tues, Mar 4	1400-1600	CNIC, LMS
Mind Body Mental Fitness Module 6: Connections	Tues, Mar 11	1400-1600	CNIC, LMS
Anger Management	Thurs, Mar 13	1300-1400	CNIC, LMS
Mind Body Mental Fitness Module 1: Stress Resilience	Tues, Mar 18	1400-1600	CNIC, LMS
Mind Body Mental Fitness Module 2: Mindfulness and Meditation	Tues, Mar 25	1400-1600	CNIC, LMS

## RELOCATION / DEPLOYMENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Sponsorship Training	Tues, Mar 4	1000-1200	Bldg. 26
New Spouse Orientation	Thurs, Mar 6	1400-1600	Bldg. 26
Married in the Military	Tues, Mar 11	1000-1100	Bldg. 26
Smooth Move Workshop	Thurs, Mar 13	1400-1500	Bldg. 26

## TRANSITION ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
TAP 3 Day Core	Mon-Wed, Mar 3-5 Mon-Wed, Mar 17-19	0800-1630 0800-1630	Bldg. 617
Department of Labor Employment Workshop	Thurs-Fri, Mar 6-7 Thurs-Fri, Mar 20-21	0800-1600 0800-1600	Bldg. 617
Military to Civilian Transition Seminar	Mon, Mar 10	0800-1500	Bldg. 617
Boots to Business	Wed-Thurs, Mar 12-13	0800-1600	Bldg. 617
Capstone	Fri, Mar 14	0800-1200	Bldg. 617
TAP Open Forum	Every Wednesday	1100-1200	Adobe Connect



*Social Worker Appreciation Month*



## CAREER / EMPLOYMENT ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
Understanding USA Jobs	Wed, Mar 5 Mon, Mar 10	1300-1430 1100-1230	CNIC, LMS
Mastering Virtual Interviews	Thurs, Mar 6 Mon, Mar 24	1730-1830 1100-1200	CNIC, LMS
Mastering the Modern Resume	Tues, Mar 18	0800-0930	CNIC, LMS
Power Up Your Resume for Remote Jobs	Wed, Mar 19	1200-1300	CNIC, LMS

## EXCEPTIONAL FAMILY MEMBER PROGRAM

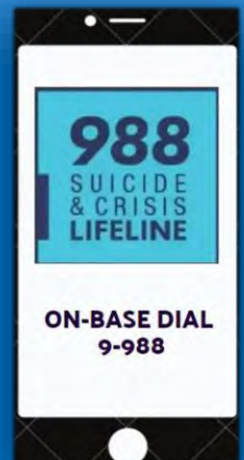
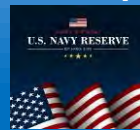
CLASS:	DATE:	TIME:	LOCATION:
Moving with EFMP	Wed, Mar 12	1500-1600	Bldg. 26
What is EFMP	Wed, Mar 19	1500-1600	Bldg. 26
HCFSP for EFMP and Special Needs Families	Wed, Mar 26	1500-1600	CNIC, LMS

## PERSONAL FINANCIAL MANAGEMENT

CLASS:	DATE:	TIME:	LOCATION:
Service Members Civil Relief Act (SCRA) Q&A	Tues, Mar 4	1000-1145	CNIC, LMS
Thrift Savings Plan	Tues, Mar 4	1000-1230	Bldg. 27
Car Buying Strategies	Thurs, Mar 6	1500-1600	Bldg. 26
Command Your Credit	Mon, Mar 10	1730-1830	CNIC, LMS
Developing Your Spending Plan	Thurs, Mar 20	1500-1600	Bldg. 26
Dollars and Degrees: College Financial Strategies for Military Children	Mon, Mar 20	1400-1500	CNIC, LMS

**For Classes through CNIC LMS, Please visit [MyNavyFamily.com](http://MyNavyFamily.com)**

- ❖ Financial Counseling
- ❖ Career Planning and Resume Writing, Review & Support
- ❖ Educational Assistance and volunteer opportunities
- ❖ Victim Advocacy for sexual assault, domestic violence, and child abuse victims
- ❖ Deployment support and planning
- ❖ Individual, Couple, Family and Child counseling
- ❖ Home visitations, education, and support for parents
- ❖ Exceptional Family Member Support (resources for adults and children with special needs)
- ❖ Relocation Planning (CONUS & OCONUS)
- ❖ Information and Referral (links to local resources)
- ❖ Emergency Preparedness Planning
- ❖ Resource room with computers available



How are we doing?  
Please give us your feedback  
online at the Interactive Customer  
Evaluation (ICE)

**DOMESTIC VIOLENCE:** 1-800-799-7233  
**CHILD ABUSE HOTLINE:** 1-800-25ABUSE (22873)  
**SAPR Hotline:** (847) 489-8196