

FFSC Spring Workshops

March 2026 -
May 2026

Port Hueneme
Bldg. 1169, 805-982-5037
Point Mugu
Bldg. 225, 805-989-8146
Office Hours
Mon - Fri
7:30 am - 4:00 pm

To register for classes call:
805-982-5037
For clinical appointments call:
1-866-923-6478



www.facebook.com/NBVC.FFSC

<https://ventura.navalifesw.com/>

All Classes at Hueneme FFSC unless stated otherwise

Life Skills

Military Spouse Orientation

Mar 10, noon - 1 pm (Mugu)
Apr 2, noon - 1 pm
May 12, 2 pm - 3 pm

Anger 101

Mar 27, 2 pm - 3:30 pm (Mugu)
Apr 17, 2 pm - 3:30 pm
May 29, 2 pm - 3:30 pm

5 Love Languages

Mar 24, 2 pm - 3 pm (Mugu)
Apr 16, 2 pm - 3 pm
May 14, 3 pm - 4 pm

Communication Skills

Mar 9, 2 pm - 3 pm
April 6, 2 pm - 3 pm (Mugu)
May 18, 2 pm - 3 pm

Deployment

Reintegrating With Partners

Mar 9, 3 pm - 4 pm (Mugu)

Mental Health Matters:

Couples & Deployment

Mar 12, 2 pm - 2:30 pm
May 6, 8 am - 8:30 am (Mugu)

Couples & Deployment

Apr 1, 10:30 am - 11:30 am

Deployment Started, Now What?

May 4, 9:30 am - 10:30 am (Mugu)

Career Services

Resume 1 Stop (Walk-in)

Mar 12, 1 pm - 3 pm
Apr 9, 1 pm - 3 pm
May 14, 1 pm - 3 pm

***Bring current resume/laptop**

Excel Basics

Mar 31, 1 pm - 3 pm
Apr 23, 1 pm - 3 pm (Mugu)

***Must bring computer with Excel**

Keys to Career Fair Success

Mar 3, 1 pm - 2 pm
Mar 11, 10 am - 11 am (Mugu)

Excel Intermediate

May 28, 1 pm - 3 pm

***Must bring computer with Excel**

Effective Resume Writing

Mar 5, 9:30 am - 11 am (Mugu)
May 7, 9:30 am - 11 am (Mugu)

Winning Interview Techniques

Mar 24, 1:30 pm - 3 pm

Mastering the Federal 2 - Page Resume

Apr 2, 1:30 pm - 3 pm

Exceptional Family Member Program

Introduction to EFMP

Mar 6, 1 pm - 2 pm (Mugu)
May 1, 1 pm - 2 pm

EFMP Craft & Gather

Apr 3, 3 pm - 4 pm

EFMP Point of Contact Training

Mar 6, 2 pm - 3 pm (Mugu)
May 1, 2 pm - 3 pm

Career Fair @ Beehive Gym (Hueneme)

Mar 18, 10 am - 1:30 pm

Mind-Body Mental Fitness

Module 6: Connection

Mar 11, 11 am - 1 pm

Module 1: Stress Resilience

Apr 8, 11 am - 1 pm

Module 2: Mindfulness & Meditation

May 13, 11 am - 1 pm

Financial Education

Planning for Your Financial Future

Apr 13, 10 am - 11:30 am

Vesting in TSP

Mar 11, 1 pm - 2:30 pm

***Contact the front desk to enroll**

CFS Training

Mar 30 - Apr 3, 8 am - 4 pm

Car Buying Strategies

May 13, 2 pm - 3:30 pm (Mugu)

Ombudsman Basic Training

Mar 2 - Mar 5, 9 am - 2 pm

May 4 - May 7, 11 am - 4 pm

***Contact Ombudsman coordinator for details**

Relocation

Sponsor Training

Mar 4, 9 am - 10 am (Mugu)
Apr 1, 9 am - 10 am

May 6, 9 am - 10 am (Mugu)

Welcome Aboard NBVC

Mar 9, 10 am - 11 am

Smooth Move

Mar 5, 2 pm - 3 pm (Mugu)

Apr 2, 9 am - 10 am

May 4, 8 am - 9 am (Mugu)

Parenting Support

No registration required for the following events:

Sensory Fridays

Every Fri, noon - 1 pm
@ FFSC patio area (Mugu)

Infant & Toddler Safety

Mar 25, 3:30 pm - 5 pm

Contact the front desk to enroll in the following classes:

Positive Parenting

May 5, 1 pm - 3 pm

Raising Confident Children

May 12, 1 pm - 3 pm

Raising Resilient Children

May 19, 1 pm - 3 pm

Family Transitions Triple P, Co-Parenting Workshop starts

March 24 from 1 pm - 3 pm

* Registration is open on a first come, first served basis

* Participants must attend all 5 workshops to be issued a certificate of completion

***Contact the front desk to enroll**

Call 805-982-5037

To request FFSC marketing tables at your event.



Call 805-982-5037

To request workshops in your command space or for your FRG!

For Counseling Appointments

Call 1-866-923-6478

Workshop Descriptions

Most classes can be delivered in command spaces and tailored to command needs

5 Love Languages: Identify your own primary love language, what it means, and how you can use it to connect to others, and strengthen your personal and professional relationships.

Anger 101: Have you been told "you have an anger problem" or are you fed up with your angry outbursts? Anger is a normal and protective emotion we all experience. How we manage ourselves is a learned behavior; therefore, anger is controllable. Come learn the skills and techniques to cope with your anger more effectively!

Car Buying Strategies: The Car-buying Strategies course is designed to develop knowledge and skills that will enable learners to conduct adequate research on a new car purchase, to determine how much they can afford to spend on a car and to negotiate effectively when purchasing an automobile.

Command Financial Specialist (CFS) Training: This training is needed to become a Financial Specialist. E5 with 6+ years, must attend all sessions. Call (805) 982-5037 to register.

Communication Skills: Learn to use the power of effective communication as a vehicle for enhancing relationships at work and at home.

Couples & Deployment: This Workshop explores the emotional cycles of deployment—anticipation, detachment, emotional disorganization, recovery and stabilization, anticipation of return, return and renegotiation, reintegration and stabilization—and provides key resilience strategies to help couples navigate the challenges of separation and reunion.

Deployment Started, Now What?: This workshop guides participants through reflecting on their experience, utilizing a deployment checklist, and building a strong support network to navigate the challenges of deployment.

Effective Resume Writing: Are you unsure of where to start with creating your resume or do you have a resume that needs to be updated for your job search? Join us for this class that will explore the three types of resumes, how to tailor them for various job applications, and the use of STAR statements.

Excel Basics: Learn how to use basic formatting, shortcuts, and basic formulas using Microsoft Office Excel 2016 or newer software, for both professional and personal use. **Attendees must provide their own laptop with Excel.*

Excel Intermediate: Learn advanced shortcuts, formulas, charts, referencing and more using Microsoft Excel 2016 or newer.

**Attendees must provide their own laptop with Excel.*

Exceptional Family Member Program (EFMP) - Craft & Gather: This is an opportunity for EFMP families to come together and craft memories! EFMP Liaisons will be supplying crafting materials for families to be creative, network with other families, and ask their EFMP Liaison any questions they may have!

Exceptional Family Member Program (EFMP) - Introduction: EFMP serves military families with special needs including: medical, dental, mental health, developmental or educational requirements. The program ensures families are assigned to areas where they can access necessary resources.

Exceptional Family Member Program (EFMP) - Point of Contact Training: Assists all Commands and Command Point of Contacts in developing and establishing an EFMP Point of Contact program.

Infant & Toddler Safety: The goals of this workshop are to educate parents on essential practices to prevent injuries and ensure a safe environment for young children. Topics will include proper supervision, hazard identification in the home, safe sleeping practices, choking prevention, first aid basics, and appropriate use of child safety equipment.

Keys to Career Fair Success: Planning to attend job fairs, but not sure how to prepare? Job fairs are an important part of your job search. This workshop will show you some tips and strategies to make the most of attending job fairs. It is more than just showing up on the day of.

Mastering the Federal 2 - Page Resume: This workshop will provide concise and precise guidance on federal resume changes and practical strategies to meet the new requirements including format, keyword alignment and quantifiable accomplishments.

Mental Health Matters: Couples & Deployment: Does your service member's upcoming deployment weigh heavy on your mind and heart? Join this 30-minute workshop to ensure you have the tools to take care of your mental health.

Military Spouse Orientation: Calling all new military spouses! If you are new to military life as a spouse, then this workshop is for you. Join us as we provide the basics of Navy life, a wide variety of resources, and other helpful tools to help you thrive as a military spouse.

Mind-Body Mental Fitness (MBMF): The primary goal of MBMF is to enhance the mind, body, spirit, and social domains in one's life. Participants will learn proactive pathways to build resiliency, gain practical skills, and find balance within these domains that can be utilized daily, through 6 independent modules.

Ombudsman Basic Training: This 4 day class is a required training for all Ombudsman that provides the tools and resources needed to be successful as a liaison between the command leadership and military families. Please sign up 2 weeks in advance through the Ombudsman Coordinator. Call (805) 982-5037 to register.

Planning for Your Financial Future: This workshop will provide learners with the knowledge and skills necessary to develop personal financial goals and make adjustments to personal spending to attain those goals.

Positive Parenting: Are you concerned about your child's behavior? This workshop will provide tips/ideas to have a more positive approach in behavior management.

Raising Confident Children: Does parenting leave you stressed out or worried that your child won't have the tools or skills to be independent during their next developmental stage? Discover 6 important life skills your child needs and learn how to encourage, and promote these skills in your child.

Raising Resilient Children: As children get older we worry about their emotional development. This class will give you key skills needed to help promote emotional growth in your child.

Reintegrating With Partners: This workshop helps couples prepare for the mission of returning home to their spouse or partner by focusing on four areas: re-establishing connections, celebrating change, recognizing operational stress, and restoring intimacy.

Resume 1 Stop: Get hands on assistance to fine tune your current resume; personal laptops are encouraged.

Sensory Fridays: Join the New Parent Support Team for an hour of sensory fun. Sensory activities are ideal for children of all ages and developmental capabilities. The benefits of sensory play are significant. These benefits include, improved language skills, fine and gross motor development, cognitive growth, and providing a calming effect for children.

Smooth Move: Whether it's your first, 5th, or final move, let us help you make it smooth and simple.

Sponsor Training: Ensure that designated personnel have the necessary training to fulfill their role as command sponsors.

Vesting in TSP: This workshop will explain the components of the military retirement system, the importance of preparing for retirement, and show participants how to manage a TSP account.

Welcome Aboard NBVC: Newly stationed to a command aboard NBVC? Join FFSC staff as we answer questions, provide information, and help you settle into your new community.

Winning Interview Techniques: Learn how to overcome your nerves during the interview process. Come find out what to expect, and how to best prepare for an interview.