



# FEBRUARY 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	Mon, Feb 3 Tues, Feb 4	1800-2000 1200-1400	CNIC, LMS
Mind Body Mental Fitness Module 6: Connections	Tues, Feb 11	1200-1400	CNIC, LMS
Mind Body Mental Fitness Module 2: Mindfulness & Meditation	Tues, Feb 11	1400-1600	CNIC, LMS
Stress Management	Tues, Feb 18	0900-1000	CNIC, LMS
Mind Body Mental Fitness Module 3: Living Core Values	Tues, Feb 18	1400-1600	CNIC, LMS
Mind Body Mental Fitness Module 1: Stress Resilience	Tues, Feb 18	1800-2000	CINIC, LMS

## RELOCATION / DEPLOYMENT SUPPORT

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

## TRANSITION ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
TAP 3 Day Core	Mon-Wed, Feb 3-5 Mon-Wed, Feb 10-12	0800-1630 0800-1630	Bldg. 617
Department of Labor Employment Workshop	Thurs-Fri, Feb 6-7 Thurs-Fri, Feb 13-14	0800-1600 0800-1066	Bldg. 617
Military to Civilian Transition Seminar	Tues, Feb 18	0800-1500	Bldg. 617
Managing Your Education	Wed-Thurs 19-20	0800-1500	Bldg. 617
Capstone	Fri, Feb 21	0800-1200	Bldg. 617
TAP Open Forum	Every Wednesday	1100-1200	Adobe Connect

## CAREER / EMPLOYMENT ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
Mastering the Modern Resume	Wed, Feb 5 Thurs, Feb 13 Fri, Feb 21	1700-1830 0800-0930 0800-0930	CNIC, LMS
Mastering Virtual Interviews	Thurs, Feb 6 Thurs, Feb 13 Mon, Feb 24	0800-0900 1700-1800 2000-2100	CNIC, LMS
Understanding USA Jobs	Mon, Feb 10 Tue, Feb 18 Fri, Feb 28	1100-1230 1100-1230 1100-1230	CNIC, LMS
Job Search Hacks	Wed, Feb 12 Thurs, Feb 20	1700-1830 1700-1830	CNIC, LMS

## EXCEPTIONAL FAMILY MEMBER PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Moving with EFMP	Wed, Feb 12	1500-1600	Bldg. 26
What is EFMP	Wed, Feb 19	1500-1600	Bldg. 26
POC Refresher Training via MS Teams	Wed, Feb 26	1500-1600	MS Teams

## PERSONAL FINANCIAL MANAGEMENT

CLASS:	DATE:	TIME:	LOCATION:
Thrift Savings Plan	Thurs, Feb 6	1100-1200	Bldg. 27
Car Buying Strategies	Thurs, Feb 6	1500-1600	Bldg. 26
Planning Your Financial Future	Thurs, Feb 13 Thurs, Feb 20	2000-2100 0800-0900	CNIC, LMS
Credit Management	Thurs, Feb 13	1400-1500	Bldg. 26
Developing Your Spending Plan	Thurs, Feb 20	1500-1600	Bldg. 26

**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**