

# NASK FFSC MAY 2024



Mon	Tues	Wed	Thurs	Fri
		<b>1</b> Personal Property NASK FFSC 0900-1400  Stress Management NASK FFSC 1300-1400	<b>2</b> Capstone NASK FFSC by Appt	<b>3</b> Suicide Prevention Virtual - LMS 1300-1400
<b>6</b> TAP May 6th-10th NASK FFSC 0800-1630  TSP/SBP NASK FFSC 1200-1300	<b>7</b> Healthy Relationships NASK FFSC 1000-1100	<b>8</b> Personal Property NASK FFSC 0900-1400	<b>9</b> Capstone/Smooth Move NASK FFSC by Appt	<b>10</b> 
<b>13</b> SAPR IVAT May 13th-17th NASK FFSC 0800-1630	<b>14</b>	<b>15</b> Personal Property NASK FFSC 0900-1400	<b>16</b> FAP 101 NASK FFSC 1300-1400  Capstone NASK FFSC by Appt	<b>17</b> New Spouse Orientation NASK FFSC 1500-1600
<b>20</b>	<b>21</b> SACMG NASK HQ 1400	<b>22</b> Personal Property NASK FFSC 0900-1400	<b>23</b> Capstone/Smooth Move NASK FFSC by Appt	<b>24</b> Suicide Prevention NASK FFSC 1330-1430
<b>27</b> 	<b>28</b>	<b>29</b>	<b>30</b> MBMF Mod. 4 Flexibility NASK FFSC 1000-1200	<b>31</b>

## Notes

**Emergencies, please call 911**

FFSC Counselors are available for crisis intervention. Please call 361-516-6333 for more information on our counseling services or to make an appointment.

SAPR 24/7 services are available by calling:

NASK SARC: 361-533-0129

SAPR VA: 361-533-0454

NASCC SARC: 361-523-3580

DoD Safe Helpline: 877-995-5247

Please call 361-516-6333 to register for NASK FFSC Classes, Capstone, and Events, or to schedule classes at your

Command!

## Themes / Holidays / Observances

Mental Health Awareness Month

National Military Appreciation Month

Gold Star Awareness Month

Relocation Assistance Month

Prevention

PCS/Moving Season

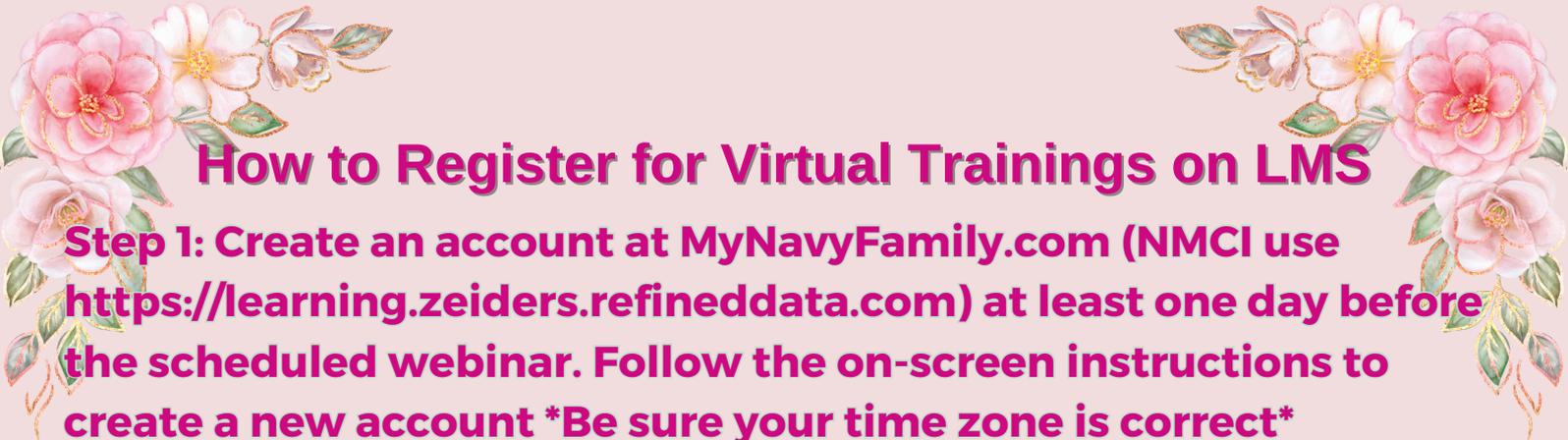
National Hurricane Preparedness Week - 3rd Week of May

Military Spouse Appreciation Day - May 10, 2024

Mother's Day - May 12, 2024

Armed Forces Day - May 18, 2024

Memorial Day - May 27, 2024



# How to Register for Virtual Trainings on LMS

**Step 1: Create an account at MyNavyFamily.com (NMCI use <https://learning.zeiders.refineddata.com>) at least one day before the scheduled webinar. Follow the on-screen instructions to create a new account \*Be sure your time zone is correct\***

**Step 2: Click on "Live Webinars" at the top of the page to view the full list of offerings.**

**Step 3: Click on the title of a session to view the information and description.**

**Step 4: Click on "Register Now" to sign up for the course.**

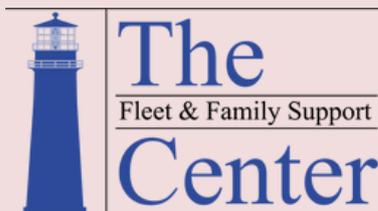


## Additional Information

**Transition Assistance Program (TAP) - If separating or retiring in the next 18-24 months, you MUST contact a Command Career Counselor (CCC) to schedule your TAP Class. Please contact Fleet and Family Support Center with TAP related questions. Contact your local CCC or transition POC to start the TAP process. Our next TAP class is scheduled for 19-23 Aug 2024.**

**Life Skills (Stress Management, Effective Communication, Conflict Management, Suicide Prevention, Anger Management, New Spouse Orientation, Coping Skills, Mind Body Mental Fitness (MBMF), and Parenting 101) - These classes are designed to provide participants with tools to increase resiliency, promote the importance of self-care, and serve as a gentle reminder to continue looking out for each other, our loved ones, and ourselves.**

**Questions regarding our NASK FFSC Calendar, to register for our in-person classes and events, or to schedule classes at your Command, please call 361-516-6333.**



**NAS Kingsville FFSC  
746 Rosendahl Street  
Kingsville, TX 78363  
361-516-6333  
Hours of Operation  
Monday-Friday: 0800-1630**