



DECEMBER 2024 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 6: Connection	Tue, Dec	1000-1200	CNIC, LMS
Mind Body Mental Fitness Module 1: Stress Resilience	Fri, Dec 6	1100-1300	CNIC, LMS
Understanding Anger	Tue, Dec 10	0900-1000	CNIC, LMS
Anger Management	Wed, Dec 11	1100-1200	CNIC, LMS
Mind Body Mental Fitness: Mindfulness and Meditation	Mon, Dec 13	1100-1300	CNIC, LMS

RELOCATION / DEPLOYMENT SUPPORT

CLASS:	DATE:	TIME:	LOCATION:
Sponsorship Training	Thurs, Dec 5	0900-1000	Bldg. 26
New Spouse Orientation	Thurs, Dec 5	1400-1600	Bldg. 26
Married in the Military	Thurs, Dec 12	1400-1500	Bldg. 26
Smooth Move Workshop	Thurs, Dec 19	1400-1500	Bldg. 26

TRANSITION ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
TAP 3 Day Core	Mon-Wed, Dec 2-4 Mon-Wed, Dec 16-18	0800-1630 0800-1630	Bldg. 617
Department of Labor Employment Workshop	Thurs-Fri, Dec 5-6 Thurs-Fri, Dec 19-20	0800-1600 0800-1066	Bldg. 617
Military to Civilian Transition Seminar	Mon, Dec 9	0800-1500	Bldg. 617
Capstone	Fri, Dec 13	0800-1200	Bldg. 617
TAP Open Forum	Every Wednesday	1100-1200	Adobe Connect



CAREER / EMPLOYMENT ASSISTANCE

CLASS:	DATE:	TIME:	LOCATION:
Mastering Virtual Interviews	Wed, Dec 4 Mon, Dec 9 Thu, Dec 12 Fri, Dec 27	1000-1100 1600-1700 1300-1400 1600-1700	CNIC, LMS
Using Artificial Intelligence (AI) to Build Resumes	Fri, Dec 6	0800-0930	CNIC, LMS
Understanding USA Jobs	Wed, Dec 11 Thu, Dec 12 Mon, Dec 30	0700-0830 1500-1630 1600-1730	CNIC, LMS
Job Search Hacks	Fri, Dec 13	1400-1530	CNIC, LMS

EXCEPTIONAL FAMILY MEMBER PROGRAM

CLASS:	DATE:	TIME:	LOCATION:
Moving with EFMP	Wed, Dec 11	1500-1600	Bldg. 26
What is EFMP	Wed, Dec 18	1500-1600	Bldg. 26
CNIC Virtual Support Group: Family Care Plans	Thu, Dec 26	1300-1400	Bldg. 26

PERSONAL FINANCIAL MANAGEMENT

CLASS:	DATE:	TIME:	LOCATION:
December Dollars: Year-End Financial Mastery	Thu, Dec 5	0900-1000	CNIC, LMS
Planning Your Financial Future	Mon, Dec 9 Wed, Dec 11	0800-0900 1200-1300	CNIC, LMS
CFS Quarterly Forum	Tue, Dec 10	0900-1030	CNIC, LMS
Making Your Money Work For You	Thu, Dec 12 Fri, Dec 27	0900-1000 1300-1400	CNIC, LMS



For Classes through CNIC LMS, Please visit 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