

MAY

2026



In-person & Virtual YOUR FFSC CLASS SCHEDULE NEW LONDON



Join our in-person and virtual classes for topics sure to capture your interest.
For more information call the **FFSC at 860-694-3383** or email ffscnewlondon.fct@navy.mil.

Classes presented by your New London FFSC team via Microsoft Teams.

Email listed contact to register or receive additional information.

(V) = Virtual (I) = In-Person

Anger Management Counseling (New London staff: Hallie Draper hallie.c.draper.civ@us.navy.mil)

Deployment (New London staff: Vici Taylor victoria.l.taylor6.naf@us.navy.mil)

Fri, May 22

9:00 AM – 11:00 AM

Build Your Family Care Plan (I)

The purpose of this training is to provide tools to get you started on your Family Care Plan, to help ensure both continuity of care for your dependents and to give you peace of mind while you carry out the demands of this challenging lifestyle.

Fri, May 22

Noon – 2:00 PM

Navy Parent 101 (V)

As parents, connection and communication with your child can be instrumental in their health and well-being. There is a difference in how the military recognizes you as a family member vs. how they recognize and communicate with your Sailor's dependents- spouses and children. Join us at this one-session workshop which provides a wide variety of helpful information about military life, including the challenges of deployment and how you can support your US NAVY Submariner.

Emergency Management (New London staff: Vici Taylor victoria.l.taylor6.naf@us.navy.mil)

***Please contact Vici to schedule command/Family Readiness Group (FRG) Ready Navy Briefs.**

Thurs, May 21

9:00 AM – 11:00 AM

Ready Navy (I)

When an emergency strikes, knowing what to do can save lives, property, and time. One of the most important tools you or your family can have to protect yourself in possible emergencies is a Family Emergency Plan. Learn how to prepare, respond, and recover with Fleet & Family Support Center's Operation Prepare public awareness program.

Employment (FERP) (New London staff: Kippie Martin: kippie.v.martin.naf@us.navy.mil)

Tues, May 5

10:00 AM – 11:30 AM

Job Search Strategies (I)

This program focuses on the job search process. It observes the most effective methods for job searching, including networking, job search engines, job fairs, social media, and employment agencies. During this session, learners will identify their network, construct a personal elevator speech, write two job search SMART (Specific, Measurable, Achievable, Relevant, and Time-bound) goals, and learn how to improve their professional online presence.

Thurs, May 7

10:00 AM – 11:30 AM

LinkedIn 101: How to Get Started (I)

Learn how to harness a platform with over 1 billion users - where 6 people re hired every minute and 95% of recruiters search for talent.

Thurs, May 14

10:00 AM – 11:30 AM

Make Your Resume Pop (I)

Discover how to turn your resume into a recruiter magnet with bold strategies that highlight your unique value.

Exceptional Family Member Program (EFMP) (New London staff: Tina Hall:

tina.a.hall2.naf@us.navy.mil and Heather LaFlash heather.m.laflash2.naf@us.navy.mil)

Thurs, May 28

9:00 AM – 10:30 AM

Exceptional Family Member POC Training (I)

This training provides information that enables POCs to assist members in their commands. Who should attend: Any newly designated EFMP POC in New England Area.

Thurs, May 28 **1:00 PM – 2:30 PM** **Exceptional Family Member Overview Training (I)**
This training provides information to families who are interested in getting more in-depth information about EFMP enrollment, processes and gets to meet the local EFMP Case Liaisons. Open to active duty and their family members.

Family Advocacy Program (FAP) (New London staff: Michelle York: michelle.e.york2.naf@us.navy.mil)

Life Skills (New London staff: Lisa Dain: lisa.m.dain.naf@us.navy.mil)

Thurs, May 7 **2:00 PM – 4:00 PM** **Pre Marriage (I)**
Are you getting married soon or recently married? All Sailors and their future spouses are welcome to join us for this 90-minute workshop to learn all the steps necessary to get your new spouse their military ID, learn about your housing and health care options, and get practical information on how to start out on solid financial footing after your wedding.

New Parent Support (New London staff: Kathryn Beauchemin: kathryn.n.beauchemin.naf@us.navy.mil)

Every Tues **11:00 AM- 12:00PM** **New Parent Support Play Group (I)**
Make new friends and is for parents of children up to age 4.

Personal Financial Management (PFM) (New London staff: A.J. Lemire: alan.j.lemire.naf@us.navy.mil)

Mon, May 11 **3:00 PM – 4:00 PM** **Developing Your Spending Plan (I)**
Do you want to get control of your finances? This single-session workshop can help you develop a realistic spending plan. With this spending plan in place, you'll be on your way to paying your bills on time and achieving your short- and long-term financial goals.

Mon, Mon 18 **3:00 PM – 4:00 PM** **Homebuying (I)**
Buying a house is the most significant purchase many people will ever make. This course is designed to increase the knowledge and comfort level of first-time home buyers and serve as a refresher for repeat home buyers. Upon completion of this course, learners should be able to determine whether they are ready to purchase a home, know how to choose a real estate agent, mortgage, and be able to negotiate and close the deal.

Relocation (New London staff: Charles Demirgian charles.o.demirgian.naf@us.navy.mil)

Thurs, May 14 **9:00 AM - 11:00 AM** **Permanent Change of Station (PCS) Workshop (I)**
Transferring to a new duty station? This single-session workshop offers tips to help make your move as "painless" as possible! Topics include hints on shipping household goods, travel and financial planning, entitlements, family preparation, and ways to cope with relocation. Open to all active duty, retiring, and separating military personnel, and your families.

Thurs, May 14 **1:00 PM – 3:00 PM** **Command Sponsorship Training (I)**
This single-session training (also available for presentation at your worksite), teaches command personnel to serve as sponsors

Fri, May 22 **10:00 AM – 11:45 AM** **Command Coordinator Training (I)**
A Sponsor Coordinator will oversee the support provided to incoming and outgoing sailors. To implement the command Sponsorship and indoctrination Program according to and specific to commands as per OPNAVINST 1740.3E.

SAPR (New London staff: Shannon Ramsey: shannon.m.ramsey8.naf@us.navy.mil)

Spouse Leadership Training (New London staff: Lisa Dain: lisa.m.dain.naf@us.navy.mil)

Wed, May 6 **7:00 PM – 8:00 PM** **Ombudsman Advanced Training (I)**
This is a two-day workshop for spouses of Prospective Commanding Officers (PCO), Prospective Executive Officers (PXO), and Prospective Chief of the Boat and Command Master Chief (COB/CMC). It provides information on military and community resources, roles of PCO/PXO/PCOB/PCMC Spouses, and leadership/growth opportunities. It also gives participants a chance to network and problem-solve together.

Tues, May 12 **4:00 PM – 9:00 PM (T - F)** **Family Readiness Group (FRG) Leadership Training (I)**
FRGs play an integral part in keeping families together in various situations, especially during deployment. Please contact your closest FFSC for more information regarding all FRG trainings.

Tues, May 18

4:00 PM – 9:00PM (T-F)

Command Support Team Spouse (I)

This is a two-day workshop for spouses of Prospective Commanding Officers (PCO), Prospective Executive Officers (PXO), and Prospective Chief of the Boat and Command Master Chief (COB/CMC). It provides information on military and community resources, roles of PCO/PXO/PCOB/PCMC Spouses, and leadership/growth opportunities. It also gives participants a chance to network and problem-solve together.

Thurs, May 21

Noon – 2:00 PM

Spouse Newcomers Orientation (I)

Are you newly married or getting married soon? Are you new to the area or to the military? Join us for a one-session workshop which provides a wide variety of helpful information about military life, including the challenges of deployment, expectations of the military, preparation for a mobile lifestyle, pay and allowances, housing, medical and dental care, recreational activities, financial planning, and more.



Transition Assistance (New London: ffscnewlondon.fct@navy.mil)

All separating and retiring service members ***MUST*** complete an Initial Assessment with a Command Career Counselor (CCC) ***PRIOR*** to registering for any TAP event.

****MUST register through your Command Career Counselor****



There are three different Transition Assistance Program (TAP) Options available:

Option ONE

Attend Local (in-person) DoD TAP 3-Day Core Courses and 2-Day Employment Courses

(These classes fill fast, register early.)

Separating TAP: May 4 - 6

My Employment TRACK: May 7 – 8

My Navy Career Option: May 14 - 15

Retirement TAP: May 18 – 20

My Entrepreneurship TRACK: May 21- 22

How to register: Please see your Command Career Counselor for an Initial Assessment and registration.

Option TWO

Virtual TAP Workshops via CNIC LMS (Learning Management System)

Signing up is easy as 1-2-3-4:

Make a free account at <https://learning.zeiders.refineddata.com>.

1. Click on "Live Webinars" at the top of the page to view the full list of offerings.
2. Click on the title of the session to view the information and description.
3. Click on "register now" to register for your course.

You will get reminder emails with your personalized link. If you have any trouble, please write to learning@zeiders.com.



***** NOTE: only the first two days of TAP are available with this option. The Veterans Administration (VA) Day is located via virtual TAP Events at <https://www.tapevents.org/courses>**

Option THREE

TAP workshops via <https://www.tapevents.org/courses> for online self-paced course completion.

Please see your CCC for additional information.

Additional workshops offered through the CNIC Learning Management System

Go to www.mynavyfamily.com to create an LMS account. Once logged in, access LIVE webinars to register for a session.

If logging in from an NMCI computer use <https://learning.zeiders.refineddata.com>.

If you would like additional information about any of these topics, [please read each class description or contact our front desk at 860-694-3383.](#)

Deployment

Fri, May 1	1:00 PM	Equipping Your Kids During Deployment
Mon, May 4	11:00 AM	Stronger Together During Deployment
Fri, May 8	7:00 AM	Deploy Solo and Deploy Strong
Fri, May 8	10:00 AM	Equipping Your Kids During Deployment
Fri, May 8	12:00 PM	Homefront Ready: Family Care Planning
Wed, May 13	10:00 AM	Equipping Your Kids During Deployment
Thurs, May 14	9:00 AM	Deploy Solo and Deploy Strong
Fri, May 15	7:00 AM	Homefront Ready: Family Care Planning
Fri, May 15	10:00 AM	Plan.Prepare.Deploy.
Mon, May 18	1:00 PM	Homefront Ready: Family Care Planning
Wed, May 20	5:00 PM	Deploy Solo and Deploy Strong
Fri, May 22	2:00 PM	Equipping Your Kids During Deployment
Fri, May 29	7:00 AM	Plan.Prepare.Deploy.
Sun, May 31	9:00 AM	Sleep Tight – Deploy Right

EFMP

Thurs, May 21	1:00 PM	Demystifying the Acronyms and Supports for Student with Behavioral Needs
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Emergency

Tues, May 5	3:00 PM	Be Ready, Be Confident: Emergency Preparedness
Thurs, May 7	9:00 PM	Resolve To Be Ready: Evacuation Planning
Tues, May 19	9:00 AM	Resolve To Be Ready: Evacuation Planning
Tues, May 26	3:00 PM	Be Ready, Be Confident: Emergency Preparedness

Employment

Tues, May 5	9:00 AM	AI Resume Building – A Paradigm Shift
Tues, May 5	12:00 PM	Job Search Hacks
Thurs, May 7	4:00 PM	Understanding USA Jobs
Fri, May 8	9:00 AM	Leveraging AI for Your 2026 Job Search
Wed, May 13	9:00 AM	AI Prompt Engineering: From Idea to Output
Wed, May 13	3:00 PM	Pain Free Resume Writing
Fri, May 15	9:00 AM	USAJOBS 2026
Mon, May 18	8:00 AM	Remote Ready: A Spouse's Roadmap to a Virtual Career
Mon, May 18	9:00 AM	Mastering Virtual Interviews
Wed, May 20	11:00 AM	Mastering Virtual Interviews
Wed, May 20	3:00 PM	The ART of the Interview
Wed, May 27	1:00 PM	Power Up Your Resume for Remote Jobs
Fri, May 29	2:00 PM	Job Search Hacks

Finances

Tues, May 5	1:00 PM	Home Buying
Wed, May 6	6:00 AM	Car Buying Strategies
Wed, May 6	10:00 PM	Home Buying
Thurs, May 7	8:00 AM	Ready, Set...Rent
Thurs, May 7	9:00 AM	Home Buying
Mon, May 11	8:00 PM	Military Retirement Planning: Know the Facts
Mon, May 11	1:00 PM	Consumer Awareness
Wed, May 13	8:00 AM	Banking and Financial Services
Wed, May 13	8:00 AM	Million Dollar Sailor Day 1 (Must Attend Both Days)
Wed, May 13	3:00 PM	Making the Most of Your Overseas Pay



Thurs, May 14	8:00 AM	Million Dollar Sailor Day 2 (Must Attend Both Days)
Thurs, May 14	1:00 PM	Navy Retirement...Is It Enough?
Fri, May 15	12:00PM	Ready, Set...Rent
Fri, May 15	2:00 PM	Disaster- Proof Your Wallet
Mon, May 18	10:00 AM	Money, Money, You're Ruining My Honey!
Mon, May 18	2:00 PM	Money Prep: Baby On Board
Tues, May 19	10:00 AM	Know the Facts
Tues, May 19	11:00 AM	Tools to Grow Your Money
Tues, May 19	2:00 PM	Car Buying Strategies
Thurs, May 21	4:00 PM	Tools to Grow Your Money
Fri, May 22	8:00 AM	Ready, Set...Rent
Fri, May 22	11:00 AM	Deployment-Ready Finances: Securing Your Future
Wed, May 27	6:00 AM	Consumer Awareness
Wed, May 27	1:00 PM	Take a Bite Out of College Costs
Thurs, May 28	9:00 AM	Home Buying
Fri, May 29	10:00 AM	Stay Mission Ready – Know Your Rights Under SCRA

Parenting

Wed, May 6	6:30 PM	Parenting and Sexual Development (SHAPE Module 1)
Thurs, May 7	1:00 PM	Nine Steps to Positive Parenting
Mon, May 11	12:00 PM	Mental Health Begins at Birth
Wed, May 13	6:30 PM	Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)
Thurs, May 14	1:00 PM	Nine Steps to Positive Parenting
Wed, May 20	6:30 PM	Parenting to Prevent PSB: Ages 5-9 (SHAPE Module 3)
Thurs, May 21	1:00 PM	What About the Kids?
Wed, May 27	10:00 AM	Spotting the Signs of Youth Suicide
Wed, May 27	6:30 PM	Preteens (SHAPE Module 4)

Relocation

Tues, May 5	9:00 AM	Calming Cultural Shock
Mon, May 11	2:00 PM	Stepping Up Support: Sponsorship Training
Tues, May 12	9:00 AM	Stepping Up Support: Sponsorship Training
Wed, May 13	1:00 PM	Planning the Perfect PCS
Wed, May 13	1:00 PM	Final Move
Sun, May 17	9:00 PM	Stepping Up Support: Sponsorship Training
Thurs, May 21	10:00 AM	Planning the Perfect PCS
Thurs, May 21	10:00 PM	Planning the Perfect PCS

Resilience

Mon, May 4	8:00 AM	Finding the Good in Conflict
Mon, May 4	4:00 PM	Staying Steady and Strong in the Face of Uncertainty
Tues, May 5	8:00 AM	Staying Safe: Vigilance and Awareness in Preventing Stalking
Tues, May 5	10:00 AM	Understanding Anger
Tues, May 5	11:00 AM	Communication Skills
Tues, May 5	9:00 PM	Run for Resilience
Thurs, May 7	10:00 AM	Anger Management
Mon, May 11	10:00 AM	Building Bridges: Nurturing Healthy Relationships
Wed, May 13	10:00 AM	Intimate Partner Violence
Wed, May 13	11:00 AM	Anger Management
Tues, May 19	10:00 AM	Stress Management
Wed, May 20	1:00 PM	Healthy Through Parenting: Strategies for Co Parenting w/DV
Wed, May 20	2:00 PM	Healthy Relationships
Thurs, May 21	2:00 PM	Stress Management
Fri, May 22	9:00 AM	Stoicism Principles and Stress Management
Fri, May 22	10:00 AM	How to Protect the Next Generation in the Digital Age
Tues, May 26	9:00 AM	Transferable Skills: Your Key to Career Mobility
Tues, May 26	12:00 PM	Finding the Good in Conflict
Thurs, May 28	1:00 PM	Power of Connection: Building Support Systems



Transition

Sun, May 3	9:00 PM	Leveraging Websites for Career Transition Research
Mon, May 4	1:00 PM	Financial Confidence Through Life's Changes
Mon, May 4	7:00 PM	vTAP Pre-Separation
Mon, May 4	9:00 PM	Leveraging Websites for Career Transition Research
Mon, May 4	9:15 PM	vTAP Managing Your Transition
Mon, May 4	10:00 AM	vTAP MOC Crosswalk
Tues, May 5	3:00 PM	Life After Tricare
Tues, May 5	7:00 PM	vTAP Financial Planning for Transition
Wed, May 6	1:00 PM	Mastering the Civilian Resume
Wed, May 6	7:00 PM	vTAP DOL Employment Fundamental for Transition
Sun, May 10	10:00 PM	Skillbridge Simplified
Mon, May 11	9:00 AM	Civilian Healthcare Foundations
Tues, May 12	8:00 AM	vTAP Pre-Separation
Tues, May 12	10:15 AM	vTAP Managing Your Transition
Tues, May 12	11:00 AM	vTAP MOC Crosswalk
Tues, May 12	1:00 PM	vTAP Financial Planning for Transition
Tues, May 12	1:00 PM	Skillbridge Simplified
Wed, May 13	8:00 AM	vTAP DOL Employment Fundamental for Transition
Thurs, May 14	7:00 AM	Leveraging Websites for Career Transition Research
Thurs, May 14	8:00 AM	vTAP DOL Vocational Track Day 1
Thurs, May 14	1:00 PM	Life After Tri Care
Fri, May 15	8:00 AM	vTAP DOL Vocational Track Day 2
Tues, May 19	9:00 AM	vTAP Pre-Separation
Tues, May 19	11:15 AM	vTAP Managing Your Transition
Tues, May 19	12:00 PM	vTAP MOC Crosswalk
Tues, May 19	2:00 PM	vTAP Financial Planning for Transition
Wed, May 20	8:00 AM	Retirement Ready Navy Spouse
Wed, May 20	9:00 AM	vTAP DOL Employment Fundamental for Transition
Thurs, May 28	9:00 AM	Retirement Ready Navy Spouse



For more information and additional details on FFSC events, please follow us on our online Fleet and Family Support Center Facebook Page at:

<https://www.facebook.com/FleetandFamilySupportCenterNewLondon/>.

Contact us if you have any questions at **860-694-3383** or email ffscnewlondon.fct@navy.mil.



Get started
**ON YOUR
PSC MOVE**

Call FFSC today for *Relocation Assistance!*

