

Training in Your Time

Zone

Wherever you are in the world, access valuable programs and services to support your personal and professional growth. We're bringing the resources to your screen — anytime, anywhere. FFSP is just a click away.

ITALY AND BAHRAIN TIMES

September 2026

DEPLOYMENT



		Italy	Bahrain
Deploy Solo and Deploy Strong	9/15	3:00 PM	4:00 PM
Deployment-Ready Finances: Securing Your Future	9/22	4:00 PM	5:00 PM
Equipping Your Kids During Deployment	9/10	5:00 PM	6:00 PM
Homefront Ready: Family Care Planning	9/29	2:00 PM	3:00 PM
Keeping it Together During Deployment	9/1	7:00 PM	8:00 PM
	9/18	2:00 PM	3:00 PM
Plan. Prepare. Deploy.	9/23	8:00 PM	9:00 PM

EMPLOYMENT



		Italy	Bahrain
AI Prompt Engineering: From Idea to Output	9/9	4:30 PM	5:30 PM
AI Resume Building: A Paradigm Shift	9/2	4:30 PM	5:30 PM
Becoming Federal Resume Savvy	9/3	11:00 AM	12:00 PM
Bounce Back From Job Rejection	9/2	2:30 PM	3:30 PM
Building the Modern Resume	9/28	8:00 PM	9:00 PM
Conquering Civilian Interviews	9/11	11:00 AM	12:00 PM
	9/18	8:00 PM	9:00 PM
Demystifying Unemployment Compensation	9/14	3:00 PM	4:00 PM
Job Search Hacks	9/8	7:00 PM	8:00 PM
	9/23	5:00 AM	6:00 AM
Leveraging AI for your 2026 Job Search	9/4	4:30 PM	5:30 PM
Mastering the Civilian Resume	9/24	5:00 PM	6:00 PM
Mastering Virtual Interviews	9/1	9:00 PM	10:00 PM
Federal Job Mastery	9/15	12:00 PM	1:00 PM
	9/28	12:00 PM	1:00 PM
Remote Ready: A Spouse's Roadmap to a Virtual Career!	9/10	8:00 PM	9:00 PM
Stoicism Principles and Stress Management	9/18	4:30 PM	5:30 PM
Understanding USAJOBS	9/17	2:00 PM	3:00 PM
USAJobs 2026	9/11	4:30 PM	5:30 PM
Virtual Interview Techniques	9/3	8:00 PM	9:00 PM
Volunteer to Career	9/11	6:00 PM	7:00 PM

PARENTING



		Italy	Bahrain
Equipping Your Kids During Deployment	9/10	5:00 PM	6:00 PM
Healing Through Parenting: Strategies for Co-parenting with DV	9/3	8:00 PM	9:00 PM
Helping Kids Thrive Through Change	9/29	11:00 AM	12:00 PM
	9/30	3:00 PM	4:00 PM
How to Protect the Next Generation in the Digital Age	9/23	7:00 PM	8:00 PM
Nine Steps To Positive Parenting	9/28	5:00 PM	6:00 PM
Operation: Family Move	9/10	5:00 PM	6:00 PM
Problematic Sexual Behavior in Children and Youth	9/15	7:00 PM	8:00 PM
Single.Serving.Parent: Dual Mission	9/18	5:00 AM	6:00 AM
Spotting the Signs of Youth Suicide	9/2	3:00 PM	4:00 PM
	9/3	7:00 PM	8:00 PM
What About the Kids?	9/17	7:00 PM	8:00 PM

EMERGENCY PREPAREDNESS



		Italy	Bahrain
Be Ready, Be Confident: Emergency Preparedness	9/23	5:00 PM	6:00 PM
Disaster-Proof Your Wallet	9/16	1:00 PM	2:00 PM
Financial Preparation for Disasters	9/3	7:00 PM	8:00 PM

EXCEPTIONAL FAMILY MEMBER



		Italy	Bahrain
CLIFF Notes to Hearing Impairments/Deafness Under IDEA	9/15	8:00 PM	9:00 PM
The Road Ahead- Special Needs Future Planning	9/3	5:00 PM	6:00 PM

NAVY LIFE



		Italy	Bahrain
Who Is an Ombudsman?	9/9	5:00 PM	6:00 PM

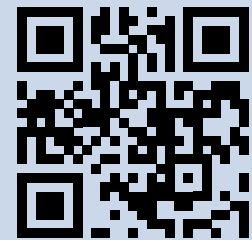
RELOCATION



		Italy	Bahrain
Operation: Family Move	9/10	5:00 PM	6:00 PM
PCS Smooth Track	9/22	6:00 PM	7:00 PM
Smooth Move	9/15	7:00 PM	8:00 PM
Stepping up Support: Sponsorship Training	9/1	11:00 AM	12:00 PM
	9/23	1:00 PM	2:00 PM
The PCS Process	9/28	5:00 AM	6:00 AM

Go to
MyNavyFamily.com

Log in or make a
new account to register
for any of these sessions.



Find a Fleet and Family
Support Center near you at

<https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory>

PERSONAL FINANCE



		Italy	Bahrain
Achieving Financial Empowerment while Experiencing IPV	9/28	6:00 PM	7:00 PM
Banking and Financial Services	9/4	3:00 PM	4:00 PM
	9/22	7:00 PM	8:00 PM
Birth & Adoption of a Child Financial Workshop	9/24	7:00 PM	8:00 PM
Car Buying Strategies	9/2	2:00 PM	3:00 PM
	9/18	8:00 PM	9:00 PM
Consumer Awareness	9/9	2:00 PM	3:00 PM
	9/17	5:00 PM	6:00 PM
	9/28	2:00 PM	3:00 PM
Deployment-Ready Finances: Securing Your Future	9/22	4:00 PM	5:00 PM
Disaster-Proof Your Wallet	9/16	1:00 PM	2:00 PM
Financial Preparation for Disasters	9/3	7:00 PM	8:00 PM
Home Buying	9/21	7:00 PM	8:00 PM
Making the Most of Your Overseas Pay	9/25	3:00 PM	4:00 PM
Maximize Your GI Bill	9/11	5:00 PM	6:00 PM
Military Retirement Planning: Know the Facts	9/11	5:00 AM	6:00 AM
	9/24	3:00 PM	4:00 PM
Million Dollar Sailor Day 1	9/16	2:00 PM	3:00 PM
Million Dollar Sailor Day 2 (Must attend both sessions)	9/17	2:00 PM	3:00 PM
Money Prep: Baby on Board	9/8	8:00 PM	9:00 PM
	9/30	2:00 PM	3:00 PM
The Financially Fit Holiday Blueprint	9/17	8:00 PM	9:00 PM
Thrift Savings Plan: Choosing the Right Path	9/14	5:00 PM	6:00 PM
	9/24	6:00 AM	7:00 AM
TSP Basics for Navy Life	9/3	9:00 PM	10:00 PM
Virtual Million Dollar Sailor Day 1	9/1	2:00 PM	3:00 PM
Virtual Million Dollar Sailor Day 2 (Must attend both sessions)	9/2	2:00 PM	3:00 PM
Your Money and Your Mindset	9/29	7:00 PM	8:00 PM

Need to talk? For virtual clinical counseling services Call 1-855-205-6749 to book an appointment.

TRANSITION



		Italy	Bahrain
Conquering Civilian Interviews	9/11	11:00 AM	12:00 PM
	9/18	8:00 PM	9:00 PM
Demystifying Unemployment Compensation	9/14	3:00 PM	4:00 PM
Leveraging the VMET in Your Job Search	9/15	6:00 PM	7:00 PM
Life After Tricare	9/4	8:00 PM	9:00 PM
Mastering the Civilian Resume	9/24	5:00 PM	6:00 PM
Retirement Ready Navy Spouse	9/9	6:00 AM	7:00 AM
Thrift Savings Plan: Choosing the Right Path	9/14	5:00 PM	6:00 PM
	9/24	6:00 AM	7:00 AM
VTAP DOL Employment Fundamentals for Career Transition	9/16	8:00 PM	9:00 PM
	9/23	2:00 PM	3:00 PM
	9/30	3:00 PM	4:00 PM
VTAP DOL Vocational Track Day 1	9/24	2:00 PM	3:00 PM
VTAP DOL Vocational Track Day 2	9/25	2:00 PM	3:00 PM
VTAP Financial Planning for Transition	9/15	8:00 PM	9:00 PM
	9/22	7:00 PM	8:00 PM
	9/29	8:00 PM	9:00 PM
VTAP Managing Your Transition	9/22	4:15 PM	5:15 PM
	9/29	5:15 PM	6:15 PM
VTAP MOC Crosswalk	9/22	5:00 PM	6:00 PM
	9/29	6:00 PM	7:00 PM
VTAP Pre-Separation Brief	9/14	8:00 PM	9:00 PM
	9/22	2:00 PM	3:00 PM
	9/29	3:00 PM	4:00 PM

Scan to schedule a one on one appointment to discuss personal financial management, employment, deployment, relocation, parenting, and more.



WARRIOR AND FAMILY RESILIENCE



		Italy	Bahrain
Am I Okay?	9/20	6:00 AM	7:00 AM
Anger Management	9/10	9:00 PM	10:00 PM
Better Reactions, Better Outcomes	9/8	11:00 AM	12:00 PM
	9/9	3:00 PM	4:00 PM
	9/10	7:00 PM	8:00 PM
Bounce Back Better	9/25	8:00 PM	9:00 PM
	9/30	9:00 PM	10:00 PM
Can I Communicate Without Conflict?	9/23	5:00 PM	6:00 PM
Healing Through Parenting: Strategies for Co-parenting with DV	9/3	8:00 PM	9:00 PM
Healthy Behaviors: Expanded Operational Stress Control for Caregivers (EOSC_C)	9/9	8:00 PM	9:00 PM
How to Protect the Next Generation in the Digital Age	9/23	7:00 PM	8:00 PM
Mind Body Mental Fitness (MBMF)			
Mod 1: Stress Resilience	9/15	3:00 PM	4:00 PM
Mod 2: Mindfulness & Meditation	9/16	3:00 PM	4:00 PM
Mod 3: Living Core Values	9/17	3:00 PM	4:00 PM
Mod 4: Flexibility	9/22	3:00 PM	4:00 PM
Mod 5: Problem Solving	9/23	3:00 PM	4:00 PM
Mod 6: Connection	9/24	3:00 PM	4:00 PM
Mindful Practices During Stressful Times	9/22	11:00 AM	12:00 PM
	9/23	3:00 PM	4:00 PM
	9/24	7:00 PM	8:00 PM
Navy Spouse Life 101	9/21	4:00 PM	5:00 PM
Spotting the Signs of Youth Suicide	9/2	3:00 PM	4:00 PM
	9/3	7:00 PM	8:00 PM
Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	9/15	6:30 PM	7:30 PM
Strangulation Training	9/10	6:00 PM	7:00 PM
Strength Through Struggle: A case study on Resilience and Recovery from Domestic Violence	9/10	3:00 PM	4:00 PM
Stress Management	9/29	4:00 PM	5:00 PM
Suicide Prevention	9/17	5:00 PM	6:00 PM
	9/23	8:00 PM	9:00 PM
The Power of Connection: Building Support Systems	9/15	11:00 AM	12:00 PM
	9/16	3:00 PM	4:00 PM
	9/17	7:00 PM	8:00 PM
Understanding Anger	9/15	4:00 PM	5:00 PM
Why Do I Get so Angry and Emotional?	9/9	5:00 PM	6:00 PM

Resilience & Readiness



SEPTEMBER IS SUICIDE PREVENTION MONTH

Join us for virtual workshops that build resilience, connection, and coping skills.

WHAT YOU'LL LEARN

Learn to identify suicide warning signs
and connect others with support

Explore mindfulness and healthy coping
strategies for managing stress

Build stronger connections that foster
resilience and hope

MONDAYS | 8PM EDT

JAPAN TUESDAY 9AM

- Better Reactions, Better Outcomes (9/7)
- The Power of Connection: Building Support Systems (9/14)
- Mindful Practices During Stressful Times (9/21)
- Helping Kids Thrive Through Change (9/28)

TUESDAYS | 5AM EDT

ITALY 11 AM | JAPAN 6PM

- Better Reactions, Better Outcomes (9/8)
- The Power of Connection: Building Support Systems (9/15)
- Mindful Practices During Stressful Times (9/22)
- Helping Kids Thrive Through Change (9/29)

WEDNESDAYS | 9AM EDT

ITALY 3:00 PM

- Spotting the Signs of Youth Suicide (9/2)
- Better Reactions, Better Outcome (9/9)
- The Power of Connection: Building Support Systems (9/16)
- Mindfulness Practices During Stressful Times (9/23)
- Helping Kids Thrive Through Change (9/30)

THURSDAYS | 1PM EDT

ITALY 7:00 PM

- Better Reactions, Better Outcomes (9/7)
- The Power of Connection: Building Support Systems (9/14)
- Mindful Practices During Stressful Times (9/21)
- Helping Kids Thrive Through Change (9/28)

To register scan the QR Code
or visit: MyNavyFamily.com

