

# Training in Your Time

## ITALY AND BAHRAIN TIMES

MAY 2026



### DEPLOYMENT

		Italy	Bahrain
Deploy Solo and Deploy Strong	5/8	1:00 PM	2:00 PM
Equipping Your Kids During Deployment	5/1	7:00 PM	8:00 PM
	5/8	4:00 PM	5:00 PM
Homefront Ready: Family Care Planning	5/22	8:00 PM	9:00 PM
	5/8	6:00 PM	7:00 PM
Plan. Prepare. Deploy.	5/15	1:00 PM	2:00 PM
	5/18	7:00 PM	8:00 PM
Sleep Tight – Deploy Right	5/15	4:00 PM	5:00 PM
	5/29	1:00 PM	2:00 PM
Stronger Together During Deployment	5/1	11:00 AM	12:00 PM
	5/4	5:00 PM	6:00 PM



### PARENTING

		Italy	Bahrain
Mental Health Begins at Birth	5/11	6:00 PM	7:00 PM
Nine Steps To Positive Parenting	5/7	7:00 PM	8:00 PM
	5/12	7:00 AM	8:00 AM
	5/14	7:00 PM	8:00 PM
Spotting the Signs of Youth Suicide	5/27	4:00 PM	5:00 PM
What About the Kids?	5/21	7:00 PM	8:00 PM



### WARFIGHTER AND FAMILY RESILIENCE

		Italy	Bahrain
Anger Management	5/7	4:00 PM	5:00 PM
	5/13	5:00 PM	6:00 PM
Building Bridges: Nurturing Healthy Relationships	5/11	4:00 PM	5:00 PM
Communication Skills	5/5	5:00 PM	6:00 PM
Finding the Good in Conflict	5/4	2:00 PM	3:00 PM
	5/26	6:00 PM	7:00 PM
Healing Through Parenting: Strategies for Co-parenting with Domestic Violence	5/20	7:00 PM	8:00 PM
Healthy Relationships	5/20	8:00 PM	9:00 PM
How to Protect the Next Generation in the Digital Age	5/22	4:00 PM	5:00 PM
Intimate Partner Violence: Identification and Reporting	5/13	4:00 PM	5:00 PM
Mind Body Mental Fitness (MBMF) Mod 1: Stress Resilience	5/12	9:00 AM	10:00 AM
Mod 2: Mindfulness & Meditation	5/13	9:00 AM	10:00 AM
Mod 3: Living Core Values	5/14	9:00 AM	10:00 AM
Mod 4: Flexibility	5/19	9:00 AM	10:00 AM
Mod 5: Problem Solving	5/20	9:00 AM	10:00 AM
Mod 6: Connection	5/21	9:00 AM	10:00 AM
Power of Connection: Building Support Systems	5/28	7:00 PM	8:00 PM
Staying Safe: Vigilance and Awareness in Preventing Stalking in Intimate Partner Violence	5/5	2:00 PM	3:00 PM
Stoicism Principles and Stress Management	5/22	3:00 PM	4:00 PM
Strength Through Struggle: A case study on Resilience and Recovery from Domestic Violence	5/28	4:00 PM	5:00 PM
Stress Management	5/21	8:00 PM	9:00 PM
Understanding Anger	5/19	4:00 PM	5:00 PM
	5/5	4:00 PM	5:00 PM



### EFMP

		Italy	Bahrain
FBA, BIP, MDR etc.: Demystifying the Acronyms and Supports for Students with Behavioral	5/21	7:00 PM	8:00 PM



### RELOCATION

		Italy	Bahrain
Calming Cultural Shock	5/5	3:00 PM	4:00 PM
Moving with EFMP	5/12	6:00 PM	7:00 PM
Final Move	5/13	7:00 PM	8:00 PM
Planning the Perfect PCS	5/13	7:00 PM	8:00 PM
	5/21	4:00 PM	5:00 PM
Stepping up Support: Sponsorship Training	5/11	8:00 PM	9:00 PM
	5/12	3:00 PM	4:00 PM
	5/28	11:00 AM	12:00 PM



### NAVY LIFE

		Italy	Bahrain
Mission Start: Military Spouse Orientation 101	5/20	6:00 PM	7:00 PM
Navy Spouse Life 101	5/26	6:00 PM	7:00 PM
Why OPSEC Matters	5/1	3:00 PM	4:00 PM



- 1 Go to [MyNavyFamily.com](https://www.mynavyfamily.com) to log in or create a free account.
- 2 Select the category on the home page, then select your webinar.
- 3 Confirm the start time and click "Enroll Me."

The FFSP LMS also has comprehensive resources like Navy Family Emergency Hub.



	Italy	Bahrain
AI Prompt Engineering: From Idea to Output	5/13 3:00 PM	4:00 PM
AI Resume Building: A Paradigm Shift	5/5 3:00 PM	4:00 PM
Building the Modern Resume	5/27 7:00 AM	8:00 AM
Job Search Hacks	5/5 6:00 PM	7:00 PM
	5/12 11:00 AM	12:00 PM
	5/29 8:00 PM	9:00 PM
Leveraging AI for Your 2026 Job Search	5/8 3:00 PM	4:00 PM
Mastering Virtual Interviews	5/20 5:00 PM	6:00 PM
Pain Free Resume Writing	5/13 9:00 PM	10:00 PM
Power Up Your Resume for Remote Jobs	5/27 7:00 PM	8:00 PM
Remote Ready: A Spouse's Roadmap to a Virtual Career!	5/18 2:00 PM	3:00 PM
The ART of the Interview	5/20 9:00 PM	10:00 PM
USAJobs 2026	5/15 3:00 PM	4:00 PM
Volunteer to Career	5/6 8:00 PM	9:00 PM

Register for these and more at [MyNavyFamily.com](https://www.mynavyfamily.com)

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



	Italy	Bahrain
Civilian Healthcare Foundations	5/11 3:00 PM	4:00 PM
Financial Confidence Through Life's Changes	5/4 7:00 PM	8:00 PM
Leveraging Websites for Career Transition Research	5/14 1:00 PM	2:00 PM
Life After Tricare	5/5 9:00 PM	10:00 PM
	5/14 7:00 PM	8:00 PM
	5/20 7:00 AM	8:00 AM
Mastering the Civilian Resume	5/6 7:00 PM	8:00 PM
Retirement Ready Navy Spouse	5/20 2:00 PM	3:00 PM
Skillbridge Simplified	5/12 7:00 PM	8:00 PM
Transferable Skills: Your Key to Career Mobility	5/26 3:00 PM	4:00 PM
vTAP DOL Employment Fundamental for Transition	5/13 2:00 PM	3:00 PM
	5/20 3:00 PM	4:00 PM
vTAP DOL Vocational Track Day 1	5/14 2:00 PM	3:00 PM
vTAP DOL Vocational Track Day 2	5/15 2:00 PM	3:00 PM
vTAP Financial Planning for Transition	5/12 7:00 PM	8:00 PM
	5/19 8:00 PM	9:00 PM
vTAP Managing Your Transition	5/12 4:15 PM	5:15 PM
	5/19 5:15 PM	6:15 PM
vTAP MOC Crosswalk	5/12 5:00 PM	6:00 PM
	5/19 6:00 PM	7:00 PM
vTAP Pre-Separation	5/12 2:00 PM	3:00 PM
	5/19 3:00 PM	4:00 PM

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



	Italy	Bahrain
Banking and Financial Services	5/13 2:00 PM	3:00 PM
Car Buying Strategies	5/6 12:00 PM	1:00 PM
	5/19 8:00 PM	9:00 PM
Consumer Awareness	5/11 7:00 PM	8:00 PM
	5/27 12:00 PM	1:00 PM
Deployment-Ready Finances: Securing Your Future	5/22 5:00 PM	6:00 PM
Disaster-Proof Your Wallet	5/15 8:00 PM	9:00 PM
Home Buying	5/5 7:00 PM	8:00 PM
	5/7 3:00 PM	4:00 PM
	5/28 3:00 PM	4:00 PM
Making the Most of Your Overseas Pay	5/13 9:00 PM	10:00 PM
Million Dollar Sailor (Must attend both days)	5/13 2:00 PM	3:00 PM
	5/14 2:00 PM	3:00 PM
Money Prep: Baby on Board	5/18 8:00 PM	9:00 PM
Money, Money. You're Ruining My Honey!	5/18 4:00 PM	5:00 PM
Navy Retirement... Is It Enough?	5/14 7:00 PM	8:00 PM
Planning your Financial Future	5/21 11:00 AM	12:00 PM
Ready, Set...Rent!	5/15 6:00 PM	7:00 PM
	5/22 2:00 PM	3:00 PM
Stay Mission Ready - Know Your Rights Under SCRA	5/29 4:00 PM	5:00 PM
Take a Bite Out of College Costs	5/27 7:00 PM	8:00 PM
Tools to Grow Your Money	5/19 5:00 PM	6:00 PM

Find a Fleet and Family Support Center near you at <https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory>