



FEBRUARY CALENDAR 2026

NSA BAHRAIN FLEET AND FAMILY SUPPORT CENTER



INTERCULTURAL RELATIONS (ICR)

Gold buying class
Carpet buying class
Spoken Arabic
Arabic Reading & Writing
Understanding Arabs (Q&A)
Sponsorship Training
Sponsorship Training
Common Arabic
Traditional Island Tour
Recreational Island Tour

TRANSITION ASSISTANCE (TAP)

Separation TAP
Retirement TAP
Education Track
CAPSTONE Event
Pre-Separation Counseling
TAP Cross-Functional Assessment Committee (CFAC) Meeting

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP Command POC Training

OMBUDSMAN

Ombudsman Assembly

FAMILY EMPLOYMENT READINESS

Lunch n' Learn Employment Workshops:

Decoding USAJOBS Application Process
Resume Q&A: 2-Page Federal Resume Writing (PT I)
Resume Q&A: 2-Page Federal Resume Writing (PT II)
Experimenting With AI Resumes

LIFE SKILLS

Beyond the Budget: Stress, Spending, and Smart Decisions
Effective Communication: Stop Fighting about Money
Love without Losing Yourself: Healthy Relationships & Communication
Anger Management Sessions: Processing Your Anger

WELLNESS WEDNESDAYS: MIND BODY MENTAL FITNESS

Module 1: Stress Resilience
Module 2: Mindfulness & Meditation
Module 3: Living Core Values
Wellness Workout

PERSONAL FINANCE MANAGEMENT (PFM)

Command Financial Specialist: Basic Training (Must have command approval)
PFM/CFS Quarterly Forum
Get It Together: Money and Marriage
Taxes: What Do I do In Bahrain?
Home Buying: Can I Afford It?
"Money Matters" Live on 106.3

LEADERSHIP TRAINING

Family Advocacy Program/Sailor Assistance and Intercept for Life/Exceptional Family Member Program Leadership Briefs

DATE

TIME

LOCATION

1	1000-1300	Gold City/Main Gate (Manama)
22	1000-1300	Seef District Al' Ali Main Gate
03, 10, 17	1000-1100	BLDG 100 RM 128A
03, 10, 17	1100-1200	BLDG 100 RM 128A
8	1000-1100	BLDG 100 RM 128A
8	0900-1000	BLDG 100 RM 128A
03, 10, 17	1430-1530	BLDG 100 RM 128A
03, 10, 17	1300-1400	BLDG 100 RM 128A
11	0800-1600	Gathering: Chapel bldg. 202 / location Bahrain
12	0800-1600	Gathering: Chapel bldg. 202 / location Marassi Mall
8-12	0800-1630	BLDG 100 RM 27A
22-26	0800-1630	BLDG 100 RM 27A
18-19	0800-1600	BLDG 100, RM 27A
05 & 19	1130-1300	BLDG 100 RM 27A
18	0800-1300	BLDG 100 RM 33
17	1100-1230	BLDG 100, RM 27A
25	1400-1500	BLDG 100 RM 128A
1	1600	BLDG 100 CO's Conference Rm.
4	1100-1300	BLDG 100 RM 128A
16	1100-1300	BLDG 100 RM 128A
22	1100-1300	BLDG 100 RM 128A
26	1100-1300	BLDG 100 RM 128A
5	900-1030	BLDG 100 RM 128A
19	900-1030	BLDG 100 RM 128A
26	1300-1400	BLDG 100 RM 128A
TBD	TBD	ON LOCATION
11	1100-1300	BLDG 100 RM 128A
18	1100-1300	BLDG 100 RM 128A
25	1100-1300	BLDG 100 RM 128A
Wednesdays	1230-1300	BLDG 100 RM 128A
1-5	0800-1600	BLDG 100 RM 27A
3	1100-1200	BLDG 100 RM 27A
9	1100-1200	BLDG 100 RM 128A
16	1100-1200	BLDG 100 RM 27A
23	1100-1200	BLDG 100 RM 128A
Mondays	1500-1600	AFN RADIO
23	1300-1500	BLDG 100 RM 128A



Class Registration is Mandatory.

For more information contact us at: FFSC.Bahrain@us.navy.mil | DSN: 318-439-4046 | Commercial: 1785-4046



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NSA BAHRAIN FLEET AND FAMILY SUPPORT CENTER

PROGRAM OFFERINGS UPON REQUEST

Intercultural Relations

- Common Arabic
- Arabic Language
- Culture and Tradition Briefs
- Ramadan Briefs

Family Readiness & Relocation

- Sponsorship Training
- Smooth Move
- EFMP Command POC Training
- Financially Fit Kids
- Children Ages and Stages

Transition Assistance Program

- Pre-Separation Counseling

Family Employment Program

- Job Search Strategies
- Effective Resume Writing
- Navigating Federal Employment
- Interview Skills
- Salary Negotiation
- Networking Skills

SAPR

- Commander's Required 30 Day Toolkit Brief

Deployment Support

- Return and Reunion
- Why Should You Have a Family Care Plan?

Personal Finance

- Develop a Spending Plan
- Thrift Savings Plan
- Saving and Investing
- Car Buying Strategies
- Credit and Debt Management
- Home Buying Strategies
- Consumer Awareness

Life Skills

- Stress Management
- Time Management
- Effective Communication
- Military Spouse 101
- Suicide Awareness and Prevention
- Anger Management
- True Colors: Effective Team Building
- Mind-Body Mental Fitness

Family Advocacy Program

- Non-Punitive Program to ensure everyone's safety
- Education and Outreach
- Victim safety and support, protection & advocacy
- Interventions with command & offender accountability

Counseling , Advocacy & Prevention

- **SAIL Leadership Training for:**
 - Suicide Prevention Coordinators
 - Medical Personnel
 - Chaplains

To Report a Sexual Assault:
24/7 Duty Sexual Assault Prevention and
Response Victim Advocate: 973 3940 3906
24/7 Duty Sexual Assault Response Coordinator
(SARC): 973 3940 9854
SAPR VA Office Number: 973 1785 4690/ 439 4690
SARC Office Number: 973 1785 9026/ 439 9026

**To Report Spousal or Child Abuse via the Family
Advocacy Program:**
Sunday - Thursday: 7:30a.m. - 4p.m.
COMM: 973 1785 9796
DSN: 439 9796
Evenings & Weekends: 973 3940 1639

