

FEBRUARY CALENDAR 2026

NSA BAHRAIN FLEET AND FAMILY SUPPORT CENTER

INTERCULTURAL RELATIONS (ICR)

	DATE	TIME	LOCATION
Gold buying class	1	1000-1300	Gold City/Main Gate (Manama)
Carpet buying class	22	1000-1300	Seef District Al' Ali Main Gate
Spoken Arabic	03, 10, 17	1000-1100	BLDG 100 RM 128A
Arabic Reading & Writing	03, 10, 17	1100-1200	BLDG 100 RM 128A
Understanding Arabs (Q&A)	8	1000-1100	BLDG 100 RM 128A
Sponsorship Training	8	0900-1000	BLDG 100 RM 128A
Sponsorship Training	03, 10, 17	1430-1530	BLDG 100 RM 128A
Common Arabic	03, 10, 17	1300-1400	BLDG 100 RM 128A
Traditional Island Tour	11	0800-1600	Gathering: Chapel bldg. 202 / location Bahrain
Recreational Island Tour	12	0800-1600	Gathering: Chapel bldg. 202 / location Marassi Mall

TRANSITION ASSISTANCE (TAP)

Separation TAP	8-12	0800-1630	BLDG 100 RM 27A
Retirement TAP	22-26	0800-1630	BLDG 100 RM 27A
Education Track	18-19	0800-1600	BLDG 100, RM 27A
CAPSTONE Event	05 & 19	1130-1300	BLDG 100 RM 27A
Pre-Separation Counseling	18	0800-1300	BLDG 100 RM 33
TAP Cross-Functional Assessment Committee (CFAC) Meeting	17	1100-1230	BLDG 100, RM 27A

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP Command POC Training	25	1400-1500	BLDG 100 RM 128A
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OMBUDSMAN

Ombudsman Assembly	1	1600	BLDG 100 CO's Conference Rm.
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FAMILY EMPLOYMENT READINESS

Lunch n' Learn Employment Workshops:

Decoding USAJOBS Application Process	4	1100-1300	BLDG 100 RM 128A
Resume Q&A: 2-Page Federal Resume Writing (PT I)	16	1100-1300	BLDG 100 RM 128A
Resume Q&A: 2-Page Federal Resume Writing (PT II)	22	1100-1300	BLDG 100 RM 128A
Experimenting With AI Resumes	26	1100-1300	BLDG 100 RM 128A

LIFE SKILLS

Beyond the Budget: Stress, Spending, and Smart Decisions	5	900-1030	BLDG 100 RM 128A
Effective Communication: Stop Fighting about Money	19	900-1030	BLDG 100 RM 128A
Love without Losing Yourself: Healthy Relationships & Communication	26	1300-1400	BLDG 100 RM 128A
Anger Management Sessions: Processing Your Anger	TBD	TBD	ON LOCATION

WELLNESS WEDNESDAYS: MIND BODY MENTAL FITNESS

Module 1: Stress Resilience	11	1100-1300	BLDG 100 RM 128A
Module 2: Mindfulness & Meditation	18	1100-1300	BLDG 100 RM 128A
Module 3: Living Core Values	25	1100-1300	BLDG 100 RM 128A
Wellness Workout	Wednesdays	1230-1300	BLDG 100 RM 128A

PERSONAL FINANCE MANAGEMENT (PFM)

Command Financial Specialist: Basic Training (Must have command approval)	1-5	0800-1600	BLDG 100 RM 27A
PFM/CFS Quarterly Forum	3	1100-1200	BLDG 100 RM 27A
Get It Together: Money and Marriage	9	1100-1200	BLDG 100 RM 128A
Taxes: What Do I do In Bahrain?	16	1100-1200	BLDG 100 RM 27A
Home Buying: Can I Afford It?	23	1100-1200	BLDG 100 RM 128A
"Money Matters" Live on 106.3	Mondays	1500-1600	AFN RADIO

LEADERSHIP TRAINING

Family Advocacy Program/Sailor Assistance and Intercept for Life/Exceptional Family Member Program Leadership Briefs	23	1300-1500	BLDG 100 RM 128A
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Class Registration is Mandatory.





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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?

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



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

