

# HAPPY HOLIDAYS

## DECEMBER 2025 CALENDAR

### NSA BAHRAIN FLEET AND FAMILY SUPPORT CENTER

INTERCULTURAL RELATIONS	DATE	TIME	LOCATION
Spoken Arabic	02, 09, 23	1000 - 1100	BLDG 100 RM 128A
Arabic Reading & Writing	02, 09, 23	1100 - 1200	BLDG 100 RM 128A
Understanding Arabs (Q&A)	30	1100 - 1200	BLDG 100 RM 128A
Sponsorship Training	30	1000 - 1100	BLDG 100 RM 128A
Sponsorship Training	09, 23, 30	1430 - 1530	BLDG 100 RM 128A
Common Arabic	02, 09, 23, 30	1300 - 1400	BLDG 100 RM 128A
**Gold Buying Class	23	1000 - 1300	Gold City/Main Gate (Manama)
*Carpet Buying	28	1000 - 1300	Seef District A'ali Main Gate Meet at
Traditional Island Tour	10	0800 - 1600	Meet at Chapel Bldg. 202 / Day Out
Recreational Island Tour	11	0800 - 1600	Meet at Chapel Bldg. 202 / Marassi Mall
TRANSITION ASSISTANCE			
Separation & Retirement TAP	14 - 18	0800 - 1630	BLDG 100 RM 27A
Vocational Track	03 - 04	0800 - 1630	BLDG 100 RM 27A
CAPTSONE Event	11	1130 - 1300	BLDG 100 RM 27A
EFMP			
EFMP Command POC Training	30	1500 - 1600	BLDG 100 RM 128A
OMBUDSMAN			
Ombudsman Assembly	01	1600	BLDG100 CO's Conference Room
FAMILY EMPLOYMENT READINESS			
<b>Lunch n' Learn Employment Workshops:</b>			
Resume Q&A: 2-Page Federal Resume and Application Requirements	15	1100 - 1300	BLDG 100 RM 128 A
LIFE SKILLS			
Time Management	29	1000 - 1100	BLDG 100 RM 128 A
PRO TIPS: Navigating Change	14	1230 - 1400	BLDG 100 RM 128 A
Anger Management Sessions: Processing Your Anger	TBD	TBD	ON LOCATION
WELLNESS WEDNESDAYS			
<b>Mind Body-Mental Fitness:</b>			
Module 4: Flexibility	03	1100 - 1230	BLDG 100 RM 128 A
Module 5: Problem Solving	10	1100 - 1230	BLDG 100 RM 128 A
Wellness Workouts	Wednesdays	1200 - 1230	BLDG 100 RM 128 A
PERSONAL FINANCE MANAGEMENT			
Consumer Awareness Tips for Holidays	1	1000-1130	BLDG 100 RM 128 A
Credit and Debt: Why Should I Care?	9	1100-1200	BLDG 100 RM 128 A
Command Financial Specialist Training	7-11	0800-1600	BLDG 100 RM 27 A
"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/Sexual Assault Response and Prevention Leadership Training Briefs	22	1300 - 1500	BLDG 100 RM 128 A

For more information contact us at: [FFSC.Bahrain@us.navy.mil](mailto:FFSC.Bahrain@us.navy.mil) | DSN: 318-439-4046 | Commercial: 1785-4046  
Class Registration is Mandatory

\*\*Meeting Point: Gold City/Main Gate (Manama) \*Meeting Point: Seef District A'Ali Main Gate



## **PROGRAM OFFERINGS UPON REQUEST**

### **Intercultural Relations**

- Common Arabic
- Arabic Language
- Culture and Tradition Briefs
- Ramadan Briefs
- Arabic Reading and Writing
- Gold Buying Tips
- Command Gold & Carpet Buying Groups

### **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

### **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
- Mind-Body Mental Fitness
- True Colors Awareness & Team Building
- Handling Conflict 101

### **Deployment Support**

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

### **SAPR**

- Commander's Required 30 Day Toolkit Brief

### **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**

