

JANUARY CALENDAR

2026
HAPPY NEW YEAR

NSA BAHRAIN FLEET AND FAMILY SUPPORT CENTER

INTERCULTURAL RELATIONS

Spoken Arabic	06, 13, 20	1000 - 1100	BLDG 100 RM 128A
Arabic Reading & Writing	06, 13, 20	1100 - 1200	BLDG 100 RM 128A
Understanding Arabs (Q&A)	11	1000 - 1100	BLDG 100 RM 128A
Sponsorship Training	11	0900 - 1000	BLDG 100 RM 128A
Sponsorship Training	06, 13, 20	1430 - 1530	BLDG 100 RM 128A
Common Arabic	06, 13, 20	1300 - 1400	BLDG 100 RM 128A
**Gold Buying Class	12	1000 - 1300	Gold City/Main Gate (Manama)
*Carpet Buying	22	1000 - 1300	Seef District A'ali Main GateMeet at
Traditional Island Tour	07, 28	0800 - 1600	Meet at Chapel Bldg. 202 / Day Out
Recreational Island Tour	08, 29	0800 - 1600	Meet at Chapel Bldg. 202 / Marassi

TRANSITION ASSISTANCE

Separation TAP	11 - 15	0800 - 1630	BLDG 100 RM 27A
Retirement TAP	25 - 29	0800 - 1630	BLDG 100 RM 27A
Virtual Entrepreneurship Track	21 - 22	0800 - 1630	Virtual Classroom
CAPTSONE Event	22	1130 - 1300	BLDG 100 RM 27A
Pre-Separation Counseling	21	0800 - 1300	BLDG 100 RM 33

EFMP

EFMP Command POC Training	28	1500 - 1600	BLDG 100 RM 128A
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OMBUDSMAN

Ombudsman Assembly	05	1600	BLDG100 CO's Conference Room
eOBT January Sessions: Module 1	07	0500	mynavyfamily.com

FAMILY EMPLOYMENT READINESS

Lunch n' Learn Employment Workshops:

Resume Q&A: 2-Page Federal Resume and			
Application Requirements	05	1100 - 1300	BLDG 100 RM 128 A
Effective Resume Writing	11	1100 - 1300	BLDG 100 RM 128A
Acing Your Interview	15	1100 - 1300	BLDG 100 RM 128A

LIFE SKILLS

Time Management on Your Terms	08	0900 - 1030	BLDG 100 RM 128 A
Effective Communication: New Year, Better Conversations	15	0900 - 1030	BLDG 100 RM 128 A
Stress Management: Learning from Zebras	22	1300 - 1430	BLDG 100 RM 128 A
Anger Management Sessions: Processing Your Anger	TBD	TBD	ON LOCATION

WELLNESS WEDNESDAYS

Mind Body-Mental Fitness:

Module 5: Problem Solving	14	1100 - 1230	BLDG 100 RM 128 A
Module 6: Connection Part I	21	1100 - 1230	BLDG 100 RM 128 A
Module 6: Connection Part I	28	1100 - 1230	BLDG 100 RM 128 A
Wellness Workouts	14, 21, & 28	1200 - 1230	BLDG 100 RM 128 A

PERSONAL FINANCE MANAGEMENT

Consumer Awareness Tips for Holidays	05	1000 - 1130	BLDG 100 RM 128 A
Credit and Debt: Why Should I Care?	12	1100 - 1200	BLDG 100 RM 128 A
Get it together: Spending Plan	19	0800-1600	BLDG 100 RM 27 A
Am I Financially Ready to Retire?	26	1100 - 1200	Waterfront Resiliency Center
"Money Matters" Live on 106.3	Mondays	1500-1600	AFN RADIO

LEADERSHIP TRAINING

Triad Leadership Financial Forum	21	1300 - 1500	BLDG 100 RM 128 A
Family Advocacy Program & Sailor Assistance and			
Intercept for Life /Exceptional Family Member/Sexual			
Assault Response and Prevention Leadership Briefs	26	1300 - 1500	BLDG 100 RM 128 A

For more information contact us at: 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

