



CELEBRATING
250 YEARS
NATIONAL CAPITAL REGION NAVY BIRTHDAY BALL

OCTOBER CALENDAR 2025

NSA BAHRAIN FLEET AND FAMILY SUPPORT CENTER

INTERCULTURAL RELATIONS (ICR)

Spoken Arabic
Arabic Reading & Writing
Arabian Food & Hospitality
Sponsorship Training
Sponsorship Training
Common Arabic
Gold & Jewelry Buying
Carpet Buying
Traditional Island Tour
Recreational Island Tour

DATE	TIME	LOCATION
14, 21, 28	1000-1100	BLDG 100 RM 128A
14, 21, 28	1100-1200	BLDG 100 RM 128A
19	1100-1200	BLDG 100 RM 128A
19	1000-1100	BLDG 100 RM 128A
14, 21, 28	1430-1530	BLDG 100 RM 128A
07, 14, 21, 28	1300-1400	BLDG 100 RM 128A
13	1000-1300	Gold City/Main Gate (Manama)
26	1000-1300	Seef District Al' Ali Main Gate
08, 22	0800-1600	Meet at Chapel Bldg. 202 /Day Out
09, 23	0800-1600	Meet at Chapel Bldg. 202 /Marassi Galleria

TRANSITION ASSISTANCE (TAP)

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

05-09	0800-1630	BLDG 100 RM 27A
19-23	0800-1630	BLDG 100 RM 27A
28	0800-1300	BLDG 100 RM 34A
15-16	0800-1630	BLDG 100 RM 27A
16	1230-1400	BLDG 100 RM 128A
28	1100-1230	BLDG 100 RM 27A

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP Command POC Training

29	1500-1600	BLDG 100 RM 128A
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OMBUDSMAN

Ombudsman Assembly
Electronic Ombudsman Basic Training (eOBT)

6	1600	BLDG 100 CO's Conference Rm.
Check LMS	Check LMS	LMS @ mynavyfamily.com

FAMILY EMPLOYMENT READINESS

Lunch n' Learn Employment Workshops:

USAJOBS Application Review
Resume Q&A: 2-Page Federal Resume & Application Requirements

6	1100-1300	BLDG 100 RM 128A
13	1100-1300	BLDG 100 RM 128A

LIFE SKILLS

Effective Communication
Problem Solving
Anger Management Sessions: Processing Your Anger

13	0900-1000	BLDG 100 RM 128A
22	1100-1230	BLDG 100 RM 128A
TBD	TBD	ON LOCATION

WELLNESS WEDNESDAYS: MIND BODY MENTAL FITNESS

Module 3: Care-Giver OSC & Living Core Values
Module 4: Flexibility
Problem Solving
Wellness Workout

8	1100-1230	BLDG 100 RM 128A
15	1100-1300	BLDG 100 RM 128A
22	1100-1230	BLDG 100 RM 128A
Wednesdays	1200-1230	BLDG 100 RM 128A

PERSONAL FINANCE MANAGEMENT (PFM)

How to be a TSP Millionaire
Where's My Money? : Creating a Spending Plan
Dealing With Debt and Credit
Holiday Spending
"Money Matters" Live on 106.3

2	1430-1600	BLDG 100 RM 128A
6	1100-1200	Waterfront Resiliency Center (NSA 2)
13	1400-1500	BLDG 100 RM 128A
20	1100-1230	BLDG 100 RM 128A
Mondays	1600-1700	AFN RADIO

LEADERSHIP TRAINING

Family Advocacy Program & Sailor Assistance and Intercept
for Life /Exceptional Family Member/Sexual Assault Response
and Prevention Leadership Training Leadership Briefs

27	1300-1500	BLDG 100 RM 128A
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HAPPY BIRTHDAY
U.S. NAVY
OCTOBER 13TH
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Class Registration is Mandatory.



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



OCTOBER CALENDAR 2025

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

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

Deployment Support

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

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

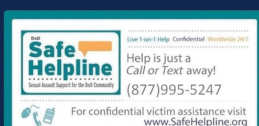
To Report Spousal or Child Abuse via the Family Advocacy Program:

Sunday - Thursday: 7:30a.m. - 4p.m.

COMM: 973 1785 9796

DSN: 439 9796

Evenings & Weekends: 973 3940 1639



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U.S. NAVY
OCTOBER 13

