

AUGUST CALENDAR 2025

NSA BAHRAIN FLEET AND FAMILY SUPPORT CENTER

INTERCULTURAL RELATIONS (ICR)

	DATE	TIME	LOCATION
Spoken Arabic	5, 12, 19	1000-1100	BLDG 100 RM 128A
Arabic Reading & Writing	5, 12, 19	1100-1200	BLDG 100 RM 128A
Islamic Festivals	24	1000-1100	BLDG 100 RM 128A
Gold Buying Tips	6	1000-1100	BLDG 100 RM 128A
Sponsorship Training	26	1100-1200	BLDG 100 RM 128A
Sponsorship Training	6, 13, 20	1430-1530	BLDG 100 RM 128A
Common Arabic	6, 13, 20, 27	1300-1400	BLDG 100 RM 128A
Jewelry & Gold Buying	8, 10	1000-1300	Gold City/Main Gate (Manama)
Carpet Buying	8, 10	1000-1300	Seef District Al' Ali Main Gate

TRANSITION ASSISTANCE (TAP)

Combined TAP	24-28	0800-1630	BLDG 100 RM 27A
Education Track	6-7	0800-1630	BLDG 100 RM 27A
CAPSTONE Event & CFS Teachback	21	1230-1400	BLDG 100 RM 27A

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP Command POC Training	18	1500-1600	BLDG 100 RM 128A
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OMBUDSMAN

Ombudsman Assembly	4	1600	BLDG 100 CO's Conference Rm.
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FAMILY EMPLOYMENT READINESS

Lunch n' Learn Employment Workshops:

2-PG Federal	24	1100-1300	BLDG 100 RM 128A
Resume Q&A: 2-Page Federal Resume & Application Requirements	3, 28	1100-1300	BLDG 100 RM 128A

LIFE SKILLS

Balancing Core Values & Conflict	10	1100-1300	BLDG 100 RM 128A
PRO TIPS: Navigating Change	26	0930-1100	BLDG 100 RM 128A
Anger Management Sessions: Feeling Ragey? Don't Bury Your Anger, Process It!	TBD	TBD	ON LOCATION

WELLNESS WEDNESDAYS: MIND BODY MENTAL FITNESS

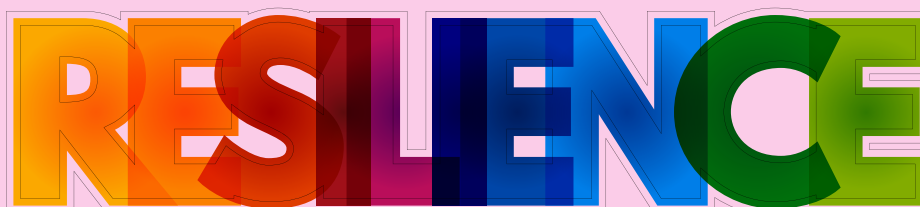
Module 6: Connection Part I	13	1100-1230	BLDG 100 RM 128A
Module 6: Flexibility Part II	27	1100-1230	BLDG 100 RM 128A
Wellness Workout	Wednesdays	1200-1230	BLDG 100 RM 128A1

PERSONAL FINANCE MANAGEMENT (PFM)

Get it Together: Organizing your Finances	4	1100-1230	BLDG 100 RM 128A
I Need More Money! - Paying Bills	14	1000-1130	Waterfront Resiliency Center (NSA 2)
How to Draft a Spending Plan	11	1100-1230	BLDG 100 RM 27A
Command Financial Specialist (CFS) Training	17-21	0800-1630	BLDG 100 RM 27A
"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	25	1300-1500	BLDG 100 RM 128A
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Class Registration is Mandatory.

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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

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

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

