

SEPTEMBER 2025 CALENDAR

For more information contact us at:

FFSC.Bahrain@us.navy.mil | DSN: 318-439-4046 | Commercial: 1785-4046

Class Registration is Mandatory

NSA BAHRAIN FLEET AND FAMILY SUPPORT CENTER

INTERCULTURAL RELATIONS

Spoken Arabic	9, 16, 23	1000 - 1100	BLDG 100 RM 128A
Arabic Reading & Writing	9, 16, 23	1100 - 1200	BLDG 100 RM 128A
Islamic Festivals	2	1100 - 1200	BLDG 100 RM 128A
Gold Buying Tips	2	1000 - 1100	BLDG 100 RM 128A
Sponsorship Training	30	1100 - 1200	BLDG 100 RM 128A
Sponsorship Training	9, 16, 23	1430 - 1530	BLDG 100 RM 128A
Common Arabic	2, 9, 16, 23	1300 - 1400	BLDG 100 RM 128A
2-Day Island Tour	10 - 11, 24 - 25	0800 - 1600	Meet at Chapel of Hope
**Gold Buying	14	1000 - 1300	Gold City/Main Gate (Manama)
*Carpet Buying	28	1000 - 1300	Seef District A'ali Main Gate

TRANSITION ASSISTANCE

Separation TAP	7 - 11	0800 - 1630	BLDG 100 RM 27A
Retirement TAP	21 - 25	0800 - 1630	BLDG 100 RM 27A
Vocational Track	29 - 30	0800 - 1630	BLDG 100 RM 27A
CAPTSONE Event & CFS Teach-Backs	18	1230 - 1400	BLDG 100 RM 27A
Pre-Separation Counseling	17	0800 - 1300	BLDG 100 RM 34A

EFMP

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

Ombudsman Assembly	8	1600	BLDG100 CO's Conference Room
Ombudsman Basic Training (OBT)	28-30	0800 - 1400	BLDG 100 RM 128A
Ombudsman Advanced Training	23	0900 - 1030	BLDG 100 RM 128A

FAMILY EMPLOYMENT READINESS

Lunch n' Learn Employment Workshops:

Resume Q&A: 2-Page Federal Resume and Application Requirements	4	1100 - 1300	BLDG 100 RM 128 A
Acing Your Interview	25	1100 - 1300	BLDG 100 RM 128 A
AI RESUMES: Do's & Don'ts	11	1100 - 1300	BLDG 100 RM 128 A

LIFE SKILLS

Time Management	21	1000 - 1100	BLDG 100 RM 128 A
Suicide Prevention Awareness	10	1100 - 1230	BLDG 100 RM 128 A
PRO TIPS: Navigating Change	22	1100 - 1230	BLDG 100 RM 128 A
Anger Management Sessions: Processing Your Anger	TBD	TBD	ON LOCATION

WELLNESS WEDNESDAYS:

Mind Body-Mental Fitness:

Module 1: Stress Resilience	3	1100 - 1230	BLDG 100 RM 128 A
Module 2: Mindfulness & Meditation	24	1100 - 1230	BLDG 100 RM 128 A
Wellness Workouts	Wednesdays	1200 - 1230	BLDG 100 RM 128 A

PERSONAL FINANCE MANAGEMENT

Consumer Awareness & Military Fraud	8	1100 - 1300	BLDG 100 RM 128 A
Command Financial Specialist (CFS) Training	14-18	0800-1630	BLDG 100 RM 27A
Home Buying	22	1100 - 1230	Waterfront Resiliency Center (NSA 2)
"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	29	1300 - 1500	BLDG 100 RM 128 A
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**Meeting Point: Gold City/Main Gate (Manama) *Meeting Point: Seef District A'Ali Main Gate

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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
- 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

