**Transition Assistance Program**

A five-day virtual course designed to help Sailors plan their transition from military to civilian life.

*Each class features a three-day core curriculum and a two-day track class.*

Sign up with your Command Career Counselor.

**TAP w/ Employment or Education Track**

11/30-12/4 0800-1600 Virtual

**Employment** – Provides in-depth training on topics such as interview skills, resume writing, and networking.

**Education** - Provides guidance on choosing an educational institution, the application process, and expectations upon attendance.

**Pre-Separation Class**

12/8 0800-1630 Virtual
12/15 (Retirees) 0800-1630 Virtual

Provides information to prepare service members who are within 18-12 months of separating or retiring from the military.

**TAP w/ Vocational Training**

12/7-11 0800-1600 Virtual

Provides guidance and assistance on conducting several self-assessments to determine a career path to align with skills, interests, and abilities to identify post-transition career.

**Capstone**

Sign up with Command Career Counselor

*Ensure transitioning service members meet Career Readiness Standards prior to separation or retirement.*

**Retiree SBP/Tricare Brief**

12/2 1130-1330 Virtual

Provide retiring service members, medical retirees, and families information regarding Survivor Benefits Plan and Tricare enrollment.

**Transitioning Spouse**

12/2 1330-1600 Virtual

Provide spouses with information regarding the Transition Assistance Program and benefits.

**Resume Writing Workshop**

12/18 1300-1500 Bldg 824

Polish your resume and increase your chances of employment in the civilian job market. **Call to sign up.**

**Life Skills Education**

**Anger and Conflict Management**

12/1 0900-1000 Virtual

A one-hour workshop focusing on anger management strategies and managing conflict with others. [https://connect.apan.org/lemoorelifeskillseducation](https://connect.apan.org/lemoorelifeskillseducation)

**Stress Management**

12/8 0900-1000 Virtual

A one-hour workshop focusing on causes of stress and coping strategies for stress management. [https://connect.apan.org/lemoorelifeskillseducation](https://connect.apan.org/lemoorelifeskillseducation)

**Communication Skills**

12/15 0900-1000 Virtual

A one-hour workshop focusing on ways to build positive relationships through effective communication. [https://connect.apan.org/lemoorelifeskillseducation](https://connect.apan.org/lemoorelifeskillseducation)
Life Skills Education cont’d.
Moxie! Expressive Art Therapy  Tuesdays  1600-1730  Virtual
Simple expressive exercises such as painting, drawing, and collage to explore emotional struggles. Call to sign up.
SHARK (Art Exploration Ages 10-16)  Mondays  1600-1730  Virtual
An adolescent virtual creative art exploration group utilizing art, music, play and creative writing. Call to sign up.

Relocation and Sponsorship Program
Sponsorship Training  12/10  0900-1000  Virtual
12/17  1500-1600  Virtual
Become qualified to be a command sponsor by attending this one-hour training. Open to E5+.
https://connect.apan.org/lemoorerelocation
Command Indoc  By Request
A fifteen minute overview of FFSC programs and services for Sailors new to NAS Lemoore.

Parenting and Relationships
Active Parenting – 5-12 Year Olds  12/1, 12/8, 12/15  1300-1500  Virtual
A three-part workshop designed to help improve parenting skills by earning cooperation, improving communication, and learning effective discipline strategies. Call to sign up.
It Takes a Village  12/16  1430-1600  Virtual
Parenting and pregnancy support group for all military families who are pregnant or care for children 0-3 years old to discuss challenges, resources, information, and exchange ideas.
https://connect.apan.org/lemoorenewparentsupport
Infant Basics  12/8  1330-1530  Virtual
An overview of basic information to raise happy and healthy newborns.
https://connect.apan.org/lemoorenewparentsupport
Infant Safety  12/9  1330-1530  Virtual
An overview of basic safety information to keep young children safe.
https://connect.apan.org/lemoorenewparentsupport

Exceptional Family Member Program (EFMP)
EFMP 101  Virtual Class by Request
An overview of EFMP services, including qualifications and available resources.
Exceptional Family Members in Exceptional Times  Resuming in January
A support group for EFMP families dealing with stressors during the COVID-19 pandemic.
https://connect.apan.org/lemooreefmp
**Family Employment Readiness Program (FERP)**

**Employment Resources**
Virtual Appointment by Request
Schedule an appointment to review your resume or discuss job search strategies.

**Personal Finance Management Program**

**CFS Forum/Senior Leadership Brief**
12/3 1100-1200 Virtual
Only open to existing CFS and Senior Leadership.
https://connect.apan.org/lemoorepfm

**Savings & Investing**
12/8 1400-1530 Virtual
Learn how to start saving and investing to meet your personal financial goals.
https://connect.apan.org/lemoorepfm

**Budget Track**
12/9 1000-1130 Virtual
Create your 12-month post-separation budget prior to attending TAP in a stress-free environment.
https://connect.apan.org/lemoorepfm

**Sexual Assault Prevention and Response (SAPR)**

**UH/RA Training**
12/01 1030-1130 Virtual
Training for new Resident Advisors on sexual assault prevention and response policies.
https://connect.apan.org/lemooresapr

**SAPR VA Refresher Training**
12/10 1300-1500 Virtual
Training for certified Unit Victim Advocate D-SAACP certification CEUs.
https://connect.apan.org/lemooresapr

**CDO/First Responder**
12/15 1030-1130 Virtual
Training for First Responders on sexual assault prevention and response policies.
https://connect.apan.org/lemooresapr

**SAPR POC Training**
12/17 0830-1700 Virtual
Training for new SAPR Point of Contacts on sexual assault prevention and response policies.
https://connect.apan.org/lemooresapr

**Ombudsman Program and Family Readiness Groups**

**Ombudsman Basic Training**
Online
Training for command-appointed ombudsmen. Call for information.

**FRG Readiness 101**
Online and on Demand
Training for Family Readiness Group representatives. Call for information.

**IA and Deployment Support**

**Pre-Deployment Brief**
Information and resources for Sailors and families preparing for deployment. Call for information.
FFSC Program Spotlight: Relocation Program

Need help with navigating move.mil? Have questions about your PCS move? Did you know our Relocation Specialist has plenty of resources for you and your family before your next move?

The Fleet and Family Relocation Assistance Program (RAP) can make your move a lot easier, whether you are settling in or departing from a duty station. RAP is intended to make the relocation process less stressful by providing pre-move workshops and webinars, one-on-one relocation counseling, the lending locker, and much more.

RAP provides support to the Command Sponsor and Indoctrination programs including Sponsor training. Sponsor training prepares personnel to welcome new sailors to NAS Lemoore by providing the necessary support and resources to facilitate a positive and successful relocation to a new duty station.

In addition to relocation assistance, RAP organizes the Foreign Spouses group. Feeling lonely, homesick, or isolated? Just want to talk to someone from your part of the world? Join other foreign spouses to network and share resources, discuss the American way of life, develop friendships, and learn about the many resources available to make your new life experience positive. We meet once a quarter- to sign up for reminders for meetings you can contact your relocation specialist.

Whatever your relocation needs your relocation specialist is here to help!

Jessica Rocha, Relocation Specialist
619-915-9180

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<thead>
<tr>
<th>Important Numbers &amp; Information</th>
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<tbody>
<tr>
<td>Suicide Prevention Lifeline</td>
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<tr>
<td>DOD Safe Helpline</td>
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<tr>
<td>NAS Lemoore Sexual Assault Response Line</td>
</tr>
<tr>
<td>Sexual Assault Response Coordinator #1</td>
</tr>
<tr>
<td>Sexual Assault Response Coordinator #2</td>
</tr>
<tr>
<td>Domestic Abuse Confidential Hotline</td>
</tr>
<tr>
<td>American Red Cross</td>
</tr>
<tr>
<td>Military One Source</td>
</tr>
</tbody>
</table>

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