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**Notes:**
- Due to COVID-19, pre-registration for classes is required. To register for a class or for more information, please call (775) 426-3333.

**October 2020 Workshops & Classes**

**Fleet & Family Support Center**
**SAPR Program Updates:**
To maintain current skills and receive the latest 32 hours of refresher training every two years, contact the Sexual Assault Victim Advocates.

**SAPR VA Training:**
Successfully complete a screening interview.

**SAPR VA Initial Training:**
The SAPR VA provides critical support with installation staff. Attend the initial training to follow up with installation staff. Attend the initial training to follow up.

**SAPR VA Follow-up:**
Contact your SAPR VA for initial interview.

**Career Options & NAVY SKILLS Evaluation Program (COP COP):**
A comprehensive change of station (PCS) move.

**Career Options & NAVY SKILLS Evaluation Program (COP COP):**
Learn about educational and career options in select the tools to make informed decisions. This course enhances mission readiness by giving you the tools to make informed decisions. This course enhances mission readiness by giving you the tools to make informed decisions. This course enhances mission readiness by giving you the tools to make informed decisions.

**Consent:**
This class is a fun, engaging, and informative way to learn how to manage your anger in a healthy way.

**Anger Away:**
Make sure your resume stands out. Get the right skills, experience, and writing with an organized, effective, and winning resume. Include tips and techniques to wow employers.

**Resume Writing:**
This 6-week course is a great way to learn how to write the basics of Navy life and how to thrive. Learn from a Navy spouse.

**Navy Spouse 101:**
Learn to work as a team.

**Communication:**
And individual strengths to improve your ability to communicate effectively. Learn to communicate effectively.

**Couples Communication:**
Learn healthy communication techniques for couples.

**SAPR Initial Training:**
Train with the necessary information to support victims of sexual assault.

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Train with the necessary information to support victims of sexual assault.

**Vocations:**
Successful completion of the training is required. Complete the training.

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Successful completion of the training is required. Complete the training.

**Employment Track:**

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**SAPR Employment Track:**
To maintain current skills and receive the latest 32 hours of refresher training every two years, contact the Sexual Assault Victim Advocates.

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