

NMCRS B4B Class Schedule 2022

FSO

Annapolis			Phone #	(410) 293-9220
			Emai	annapolis@nmcrs.org
Month	Time	Contact Office to Register Type	Notes	
Fleet & Family Support Center Annapolis				

Bahrain			Phone #	DSN 318-439-2914
			Emai	bahrain@nmcrs.org
Month	Time	Contact Office to Register Type	Notes	
1 on 1 In Person or Virtual				

Bangor			Phone #	360-396-6704
			Emai	bangor@nmcrs.org
Month	Time	Contact Office to Register Type	Notes	

Beaufort			Phone #	843-228-7357
			Emai	beaufort@nmcrs.org
Month	Time	Contact Office to Register Type	Notes	
1 on 1 In Person or Virtual				

Bethesda			Phone #	301-295-1207
			Emai	bethesda@nmcrs.org
Month	Time	Contact Office to Register Type	Notes	
1 on 1 In Person or Virtual				

Bremerton			Phone #	360- 627-2187
			Emai	bremerton@nmcrs.org
Month	Time	Contact Office to Register Type	Notes	
1/11/2023	1030	In Person		

Camp Lejeune			Phone #	910-451-5584
			Emai	camplejeune@nmcrs.org
Month	Time	Contact Office to Register Type	Notes	
Classes held at Protestant Chapel Annex, BLDG 16A				

Camp Pendleton North			Phone #	760-725-7497
			Emai	camppendletonnorth@nmcrs.org
Month	Time	Contact Office to Register Type	Notes	

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Fallon		Contact Office to Register	Phone # 775-426-2739
Month	Time	Type	Emai fallon@nmcrs.org
			Notes
		In Person 1 on 1	Contact Office for Information
2/2/2023	0900	In Person	Fleet & Family Support Center Building

Fort Meade		Contact Office to Register	Phone # 301-388-8418
Month	Time	Type	Emai washingtonnavyyard@nmcrs.org
			Notes
		1 on 1 In Person or Virtual	Call the office to schedule appointment

Fort Worth		Contact Office to Register	Phone # 817-782-6000
Month	Time	Type	Emai fortworth@nmcrs.org
			Notes
		1 on 1 In Person or Virtual	Call the office to schedule appointment

Great Lakes		Contact Office to Register	Phone # 847-688-6830
Month	Time	Type	Emai greatlakes@nmcrs.org
			Notes
		TBD	1 on 1 Available upon Request
			Call the office for upcoming dates.

Groton		Contact Office to Register	Phone # 860-694-3285
Month	Time	Type	Emai groton@nmcrs.org
			Notes

Guam		Contact Office to Register	Phone # 671-564-1879
Month	Time	Type	Emai guam@nmcrs.org
			Notes
		1 on 1 In Person or Virtual	TBD

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Gulfport**Phone #** 228-871-2610**Emai** gulfport@nmcrs.org**Month** **Time****Contact Office to Register****Type****Notes**Classes Held at Fleet & Family Support Center -
Subject tio change based on COVID situation

1/20/2023	1100	In Person
2/17/2023	1100	In Person
3/24/2023	1100	In Person
4/21/2023	1100	In Person
5/19/2023	1100	In Person
6/16/2023	1100	In Person
7/21/2023	1100	In Person
8/25/2023	1100	In Person
9/22/2023	1100	In Person
10/13/2023	1100	In Person
11/17/2023	1100	In Person
12/1/2023	1100	In Person

Iwakuni**Phone #** 011-81-827-79-5311**Emai** iwakuni@nmcrs.org**Month** **Time****Contact Office to Register****Type****Notes**

FSO**Jacksonville****Phone #** 904- 542-3515**Emai** jacksonville@nmcrs.org

Month	Time	Contact Office to Register Type	Notes
1/10/2023	1000	In Person	
1/24/2023	1000	Virtual	
2/14/2023	1000	In Person	
2/28/2023	1000	Virtual	
3/14/2023	1000	In Person	
3/28/2023	1000	Virtual	
4/11/2023	1000	In Person	
4/25/2023	1000	Virtual	
5/9/2023	1000	In Person	
5/23/2023	1000	Virtual	
6/13/2023	1000	In Person	
6/27/2023	1000	Virtual	
7/11/2023	1000	In Person	
7/25/2023	1000	Virtual	
8/8/2023	1000	In Person	
8/22/2023	1000	Virtual	
9/12/2023	1000	In Person	
9/26/2023	1000	Virtual	
10/10/2023	1000	In Person	
10/24/2023	1000	Virtual	
11/14/2023	1000	In Person	
11/28/2023	1000	Virtual	
12/12/2023	1000	In Person	
12/19/2023	1000	Virtual	

Kaneohe Bay**Phone #** 808-257-1972**Emai** kaneohebay@nmcrs.org

Month	Time	Contact Office to Register Type	Notes
			1 on 1 in person appointments available upon request
1/23/2023	0900-1030	In Person	
2/6/2023	0900-1030	In Person	

Kings Bay / Albany**Phone #** 912-573-3928**Emai** kingsbay@nmcrs.org

Month	Time	Contact Office to Register Type	Notes
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FSO**Lemoore****Phone #** 559-998-4045**Contact Office to Register****Emai** lemoore@nmcrs.org**Month****Time****Type****Notes**

Virtual

1 on 1 are always available IP or Virtual by appointment upon request. Please contact 559-998-4045 to schedule a class.

December- No classes scheduled, 1 on 1 available IP or Virtual by appointment upon request

1/27/2023 1030-1200

In Person

2/24/2023 1030-1200

In Person

Little Creek**Phone #** 757-462-1596**Contact Office to Register****Emai** littlecreek@nmcrs.org**Month****Time****Type****Notes**

1 on 1 In Person or Virtual

call 757-462-1596 to schedule at the convenience of the client

Mayport**Phone #** 904-270-5418 x 1504**Contact Office to Register****Emai** mayport@nmcrs.org**Month****Time****Type****Notes**

1/11/2023 1200-1330

In Person

1/18/2023 1800-1930

Virtual

2/14/2023 1200-1330

In Person

2/22/2023 1800-1930

Virtual

MCRD San Diego**Phone #** 619-524-5734**Contact Office to Register****Emai** mcrdsandiego@nmcrs.org**Month****Time****Type****Notes**

In Person 1 on 1

Millington**Phone #** 901-874-7350**Contact Office to Register****Emai** millington@nmcrs.org**Month****Time****Type****Notes**

1/11/2023 1000-1130

In Person

Miramar**Phone #** 858-307-1807**Contact Office to Register****Emai** miramar@nmcrs.org**Month****Time****Type****Notes**

FSO**Naples****Phone #** 081-568-3913
Emai naples@nmcrs.org**Contact Office to Register**

Month	Time	Type	Notes
12/20/2022	1200-1400	Virtual	
1/17/2023	1200-1400	In Person	Chapel Conference Room
1/24/2023	1200-1400	Virtual	
2/21/2023	1200-1400	In Person	Chapel Conference Room
2/28/2023	1200-1400	Virtual	
3/21/2023	1200-1400	In Person	Chapel Conference Room
3/28/2023	1200-1400	Virtual	
4/18/2023	1200-1400	In Person	Chapel Conference Room
4/25/2023	1200-1400	Virtual	

New Orleans**Phone #** 504-678-4652
Emai neworleans@nmcrs.org**Contact Office to Register**

Month	Time	Type	Notes
2/8/2023	1000-1130	In Person	4000 Russell Avenue Room 145

New River**Phone #** 910-449-6431
Emai newriver@nmcrs.org**Contact Office to Register**

Month	Time	Type	Notes
1/10/2023	1000	In Person	
1/31/2023	1000	In Person	
2/7/2023	1000	In Person	
2/28/2023	1000	In Person	

Newport**Phone #** 401-841-7341
Emai newport@nmcrs.org**Contact Office to Register**

Month	Time	Type	Notes
		In Person	Bldg 690 Conference Room (690 Peary St Newport RI 02841)
12/15/2022	0930	In Person	
1/19/2023	0930	In Person	
2/16/2023	0930	In Person	
3/16/2023	0930	In Person	
4/20/2023	0930	In Person	
5/18/2023	0930	In Person	

FSO**Norfolk / Newport News****Phone #** 757-322-1171**Contact Office to Register****Emai** Norfolk@nmcrs.org

Month	Time	Type	Notes
12/15/2022	1000-1200	In Person	
1/12/2023	1000-1200	In Person	
1/19/2023	1000-1200	In Person	
1/26/2023	1000-1200	Virtual	
2/2/2023	1000-1200	In Person	
2/9/2023	1000-1200	In Person	
2/16/2023	1000-1200	In Person	
2/23/2023	1000-1200	Virtual	
3/2/2023	1000-1200	In Person	
3/9/2023	1000-1200	In Person	
3/16/2023	1000-1200	In Person	
3/23/2023	1000-1200	In Person	
3/30/2023	1000-1200	Virtual	

North Island**Phone #** 619-545-4477**Contact Office to Register****Emai** northisland@nmcrs.org

Month	Time	Type	Notes
1/20/2023	1200-1400	In Person	
2/3/2023	1200-1400	In Person	
3/3/2023	1200-1400	In Person	
4/14/2023	1200-1400	In Person	
5/5/2023	1200-1400	In Person	
6/2/2023	1200-1400	In Person	

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Oceana			Phone #	757-433-3383
			Emai	oceana@nmcrs.org
Month	Time	Contact Office to Register Type		Notes
1/11/2023	1030	In Person		Navy College Classroom T102
1/25/2023	1800	Virtual		
2/8/2023	1030	In Person		Navy College Classroom T102
2/22/2023	1800	Virtual		
3/8/2023	1030	In Person		Navy College Classroom T102
3/22/2023	1800	Virtual		
4/12/2023	1030	In Person		Navy College Classroom T102
4/26/2023	1800	Virtual		
5/10/2023	1030	In Person		Navy College Classroom T102
5/24/2023	1800	Virtual		
6/7/2023	1030	In Person		Navy College Classroom T102
6/21/2023	1800	Virtual		
7/12/2023	1030	In Person		Navy College Classroom T102
7/26/2023	1800	Virtual		
8/9/2023	1030	In Person		Navy College Classroom T102
8/23/2023	1800	Virtual		
9/13/2023	1030	In Person		Navy College Classroom T102
9/27/2023	1800	Virtual		
10/11/2023	1030	In Person		Navy College Classroom T102
10/25/2023	1800	Virtual		
11/8/2023	1030	In Person		Navy College Classroom T102
12/13/2023	1030	In Person		Navy College Classroom T102

Okinawa			Phone #	098-970-7808
			Emai	okinawa@nmcrs.org
Month	Time	Contact Office to Register Type		Notes
1/6/2023	1030-1200	In Person		At USO on Camp Foster

Parris Island			Phone #	843-228-3512
			Emai	parrisland@nmcrs.org
Month	Time	Contact Office to Register Type		Notes

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Patuxent River / Indian Head			Phone # 301-342-4739
Contact Office to Register			Emai patuxentriver@nmcrs.org
Month	Time	Type	Notes
		1 on 1 In Person or Virtual	Classes are held in Classroom #6 across from the NMCRS Office - 1 on 1 in person available Please call for a one-on-one appointment in November & December
1/10/2023	1000-1130	In Person	
3/14/2023	1000-1130	In Person	

Pearl Harbor			Phone # 808-473-0282
Contact Office to Register			Emai pearlharbor@nmcrs.org
Month	Time	Type	Notes
			1 on 1 classes are provided/scheduled per request
1/23/2023	1000	In Person	
2/13/2023	1000	In Person	

Pensacola			Phone # 850-452-2300
Contact Office to Register			Emai pensacola@nmcrs.org
Month	Time	Type	Notes

Portsmouth			Phone # 757-953-5956
Contact Office to Register			Emai portsmouth@nmcrs.org
Month	Time	Type	Notes

Quantico			Phone # 703-784-9754
Contact Office to Register			Emai quantico@nmcrs.org
Month	Time	Type	Notes
			Virtual and one-on-one available upon request
1/17/2023	1100-1300	In Person	

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Rota			Phone #	956-821-1614 DSN 727-1614
			Emai	rota@nmcrs.org
Month	Time	Contact Office to Register Type	Notes	
			Sign up at http://linktr.ee/nmcrsrota - 1 on 1 In Person by Request - In person classes are held in the NMCRS Classroom, located in the Community Building 3432, second floor in Room A118.	
1/3/2023	1100	In Person		
1/19/2023	1100	Virtual		
2/7/2023	1100	In Person		
2/15/2023	1100	Virtual		
3/7/2023	1100	In Person		
3/16/2023	1100	Virtual		

San Antonio / Corpus Christi			Phone #	210-221-9819
			Emai	sanantonio@nmcrs.org
Month	Time	Contact Office to Register Type	Notes	
			In Person Appointments upon Request	
12/16/2022	1300	Virtual		
1/19/2023	1200	Virtual		

San Diego			Phone #	619-767-6800
			Emai	sandiego@nmcrs.org
Month	Time	Contact Office to Register Type	Notes	
			Sign Up at Tinyurl.com/budget4baby Building 270	
12/17/2022	0900-1030	In Person		
1/7/2023	0900-1030	In Person		
1/13/2023	1300-1430	Virtual		
1/20/2023	0900-1030	In Person		
2/16/2023	1300-1430	Virtual		
2/24/2023	0900-1030	In Person		
3/4/2023	0900-1030	In Person		
3/8/2023	1300-1430	Virtual		

Sasebo			Phone #	252-3366 DSN 315-25
			Emai	sasebo@nmcrs.org
Month	Time	Contact Office to Register Type	Notes	
			CEC bldg. 2nd Floor Classroom	

Signonella			Phone #	DSN 314-624-4212
			Emai	signonella@nmcrs.org
Month	Time	Contact Office to Register Type	Notes	
			Sign up at tinyurl.com/B4BSigonella	

FSO**Twentynine Palms****Phone #** 760-830-6323**Contact Office to Register****Emai** twentyninepalms@nmcrs.org**Month****Time****Type****Notes**

Family Service Center Building 693 in classroom #1

1/10/2023 1130-1330 In Person

1/24/2023 1700-1900 In Person

2/7/2023 1130-1330 In Person

3/7/2023 1130-1330 In Person

3/21/2023 1700-1900 In Person

Ventura**Phone #** 805-982-4409**Contact Office to Register****Emai** ventura@nmcrs.org**Month****Time****Type****Notes**

B4B® workshops are being offered virtually via MS Teams. Group workshops and 1 on 1 are also available upon request.

Washington Navy Yard**Phone #** 202-433-3364**Contact Office to Register****Emai** washingtonnavyyard@nmcrs.org**Month****Time****Type****Notes****Whidbey Island****Phone #** 360-257-2728**Contact Office to Register****Emai** whidbeyisland@nmcrs.org**Month****Time****Type****Notes**

12/15/2022 1730-1830 In Person

1/24/2023 1000-1100 In Person

2/7/2023 1000-1100 In Person

2/23/2023 1730-1830 In Person

Yokosuka**Phone #** 011-81-46-816-7905 Base Phone 046-816-7905**Contact Office to Register****Emai** yokosuka@nmcrs.org**Month****Time****Type****Notes****Yuma****Phone #** 928 269-2373**Contact Office to Register****Emai** yuma@nmcrs.org**Month****Time****Type****Notes**