

FREE WORKSHOPS & CLASSES

LIFE SKILLS

TRAINING & EDUCATION

For more info or to register, Call (760) 725-9052



January 2026

[5 Choices to Extraordinary](#)

[Productivity Essentials \(Virtual\)](#)

January 7-8 (0800-1200)

Virtual Class

[Basic Anger Management \(Virtual\)](#)

January 14 (0900-1100)

Virtual Class

[4 Lenses Basics \(In-person\)](#)

January 15 (0900-1100)

Wounded Warrior BN West Building 27833 Commandant Classroom

[Bridging the Generations Gap](#)

[\(Virtual\)](#)

January 21 (0900-1100)

Virtual Class

[Interpersonal Communication –](#)

[Public Speaking In-Person\)](#)

January 22 (0900-1100)

La Casa Del Mar BLDG 210841

La Marina Room

[Happiness Advantage \(In-Person\)](#)

January 29 (0800-1100)

Wounded Warrior BN West Building 27833 Commandant Classroom

February 2026

[7 Habits of Highly effective People \(In-person\)](#)

February 3-5 (0800-1500)

Wounded Warrior BN West Building 27833 Rotunda Classroom

[5 Love Languages for Couples \(In-Person Date Night\)](#)

February 9 (1730-1930)

La Casa Del Mar BLDG 210841

La Marina Room

[Conflict Management \(Virtual\)](#)

February 10 (0900-1100)

Virtual Class

[Say What? Interpersonal](#)

[Communication \(Virtual\)](#)

February 17 (0900-1100)

Virtual Class

[Basic Stress Management \(In-Person\)](#)

February 18 (0900-1100)

Wounded Warrior BN West Building 27833 Rotunda Classroom

[Extended DISC \(Virtual\)](#)

February 25 (0800-1100)

Virtual Class

[Attitudes and Actions \(In-Person\)](#)

February 26 (0900-1100)

Wounded Warrior BN West Building 27833 Rotunda Classroom

March 2026

[Communication & Public Speaking to Influence & Careers \(In-Person\)](#)

March 4-5 (0800-1200)

Wounded Warrior BN West Building 27833 Rotunda Classroom

[Real Relationships \(Date Night In-Person\)](#)

March 9 (1730-1930)

La Casa Del Mar BLDG 210841

La Marina Room

[Speed of Trust Foundations](#)

[\(Virtual\)](#)

March 11-12 (0800-1200)

Virtual Class

[4 Lenses and Careers \(In-Person\)](#)

March 19 (0800-1100)

Warrior BN West 27833 Commandant Classroom

[5 Love Languages of Children](#)

[\(Virtual\)](#)

March 25 (0900-1100)

Virtual Class

[Conflict Management \(In-person\)](#)

March 26 (0900-1100)

Wounded Warrior BN West Building 27833 Commandant

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July 2026

[5 Choices to Extraordinary](#)

[Productivity Essentials \(Virtual\)](#)

July 14-15 (0800-1200)

Virtual Class

[4 Lenses Basics \(In-Person\)](#)

July 16 (0900-1100)

Wounded Warrior BN West Building 27833 Commandant Classroom

[Basic Anger Management \(Virtual\)](#)

July 21 (0900-1100)

Virtual Class

[Bridging the Generations Gap](#)

[\(Virtual\)](#)

July 22 (0900-1100)

Virtual Class

[Interpersonal Communication – Public Speaking In-Person\)](#)

July 23 (0900-1100)

La Casa Del Mar BLDG 210841

La Marina Room

[Happiness Advantage \(In-Person\)](#)

July 30 (0800-1100)

Wounded Warrior BN West

Building 27833 Commandant Classroom

August 2026

[Say What? Interpersonal Communication \(Virtual\)](#)

August 4 (0900-1100)

Virtual Class

[Summer Teen Summit \(In-Person\)](#)

August 5-6 (0800-1200)

La Casa Del Mar BLDG 210841

La Marina Room

[7 Habits of Highly Effective People \(In-Person\)](#)

August 11-13 (0800-1500)

La Casa Del Mar BLDG 210841

La Marina Room

[Conflict Management \(Virtual\)](#)

August 18 (0900-1100)

Virtual Class

[Say What? Interpersonal Communication \(Virtual\)](#)

August 19 (0900-1100)

Virtual Class

[Basic Stress Management \(In-Person\)](#)

August 20 (0900-1100)

Wounded Warrior BN West Building 27833

Commandant Classroom

[Real Relationships \(Date Night In-Person\)](#)

August 24 (1730-1930)

La Casa Del Mar BLDG 210841

[Attitudes and Actions \(In-Person\)](#)

August 27 (0900-1100)

Wounded Warrior BN West Building 27833 Commandant Classroom

September 2026

[Communication & Public Speaking to Influence & Careers \(In-Person\)](#)

September 9-10 (0800-1200)

Wounded Warrior BN West Building 27833 Rotunda Classroom

[Speed of Trust Foundations \(Virtual\)](#)

September 16-17 (0800-1200)

Virtual Class

[5 Love Languages of Couples \(Date Night In-Person\)](#)

September 21 (1730-1930)

La Casa Del Mar BLDG 210841

La Marina Room

[5 Love Languages of Children \(Virtual\)](#)

September 22 (0900-1100)

Virtual Class

[4 Lenses and Careers \(In-Person\)](#)

September 24 (0800-1100)

Warrior BN West 27833 Commandant Classroom

[Conflict Management \(In-person\)](#)

September 29 (0800-1100)

Wounded Warrior BN West Building 27833 Rotunda Classroom

[Ready Set Prepare! \(Virtual\)](#)

September 30 (0900-1100)

Virtual Class

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October 2026

[5 Choices to Extraordinary](#)

[Productivity Essentials \(In-Person\)](#)

October 7-8 (0800-1200)

Wounded Warrior BN West Building
27833 Commandant Classroom

[Real Relationships \(Virtual\)](#)

October 14 (0900-1100)

Virtual Class

[Happiness Advantage \(In-Person\)](#)

October 14 (0800-1100)

Wounded Warrior BN West Building
27833 Commandant Classroom

[Bridging the Generations Gap](#)

(Virtual)

October 20 (0900-1100)

Virtual Class

[Say What? Interpersonal](#)

[Communication \(In-Person\)](#)

October 21 (0900-1100)

Wounded Warrior BN West Building
27833 Commandant Classroom

[4 Lenses for Couples – \(Date Night In-](#)

[Person\)](#)

October 26 (1730-1930)

La Casa Del Mar BLDG 210841

La Marina Room

[7 Habits of Highly Effective People](#)

(Virtual)

October 27-29 (0800-1500)

Virtual Class

November 2026

[Communication & Public](#)

[Speaking to Influence &](#)

[Careers \(In-Person\)](#)

November 4-5 (0900-1100)

Wounded Warrior BN West
Building 27833

Commandant Classroom

[4 Lenses and Generations](#)

(In-Person)

November 3 (0800-1100)

Wounded Warrior BN West
Building 27833

Commandant Classroom

[Say What? Interpersonal](#)

[Communication \(Virtual\)](#)

November 10 (0800-1000)

Virtual Class

December 2026

[4 Lenses and the Agile Leader \(In-](#)

[Person\)](#)

December 3 (0800-1100)

Warrior BN West 27833

Commandant Classroom

[5 Love Languages of Children](#)

(Virtual)

December 8 (0900-1100)

Virtual Class

[Leading at the Speed of Trust \(In-](#)

[Person\)](#)

December 9-10 (0800-1430)

Wounded Warrior BN West 27833

Rotunda Classroom

[Basic Stress Management \(Virtual\)](#)

December 15 (0900-1100)

Virtual Class

[Conflict Management \(Virtual\)](#)

December 16 (0900-1100)

Virtual Class

[Interpersonal Communication –](#)

[Public Speaking \(In-Person\)](#)

December 17 (0900-1100)

Wounded Warrior BN West

Building 27833 Commandant

Classroom