

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

SEPTEMBER 2021

SEPTEMBER IS NAVY SUICIDE PREVENTION MONTH



THIS MONTH THE NAVY FLEET AND FAMILY SUPPORT PROGRAMS (FFSP) JOIN THE NAVY SUICIDE PREVENTION POWER TO MAKE A DIFFERENCE.

Every Sailor, Every Day starts with US. All members of the Navy community should lead by example and take proactive steps toward strengthening physical,

psychological and emotional wellness on a daily basis, recognizing when it's necessary to seek help. If you notice anything out of the norm with a loved one or a friend one conversation—1 Small ACT—can open the door for support by breaking the silence and facilitating early intervention. One conversation can change a life.

If you think a shipmate is having trouble navigating stress, ACT (Ask, Care, Treat): Ask – Ask directly, “Are you thinking of killing yourself?” Care – Listen without judgment. Show that you care. Treat – Get help immediately and don't leave the Sailor alone. Escort him or her to the nearest chaplain, trusted leader or medical professional for treatment.

The “1 Small ACT” of the Every Sailor, Every Day campaign encourages all members of the Navy community to use common, simple act of kindness as opportunities to save lives and reduce the shame and stigma that prevents open discussion about suicide. The campaign also is a dedicated time to bring people together with collective passion and strength around a tough subject. Everyone can benefit from active dialogue about stress and suicide.

One conversation can change a life. FFSP staff are available to assist each Navy family member and provide useful resources to increase awareness and support. Watch for suicide prevention month resources on FFSP social media pages (Facebook and Twitter) in September and throughout the year.



OMBUDSMAN APPRECIATION SEPTEMBER 14TH

The Navy Family Ombudsman Program has been in place for 48 years and is a strong component of family readiness. During the month of September, the Navy community will take time to recognize the contributions of our command ombudsmen.

Ombudsmen represent both the command and the families; they perform a service which is often very challenging. These volunteers help during all phases of deployment, disasters and crises. They are also there to assist with general questions and challenges facing Navy families. They serve because they are passionate and want to make a difference.

In spite of increasing challenges, ombudsmen continue to volunteer their time with a smile and a heartfelt interest in command families. Their ability to move forward in the face of adversity is one of the extraordinary characteristics exhibited by ombudsmen.

Take comfort in the fact that your command ombudsmen understand the challenges you face on a daily basis, because they too, are Navy Family members. Please take this opportunity to recognize and thank your command ombudsmen for all they do for you and your family.

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September 2021

PROGRAMS FOR EDUCATION AND TRAINING | ALL CLASSES WILL BE VIRTUAL
(After registration you will be sent a link to join the workshop)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6	7 Resume Writing Workshop 9a	8 Benefits Transition Workshop 8a Couples Communication 5p (In Person) Retired Activities Office 11a (In Person)	9 Credit Management 3p	10
Certified Ombudsman Training (COT) 9a				
13	14 Transition Capstone	15 Couples Communication 5p (In Person) Retired Activities Office 11a (In Person)	16 Command Indoctrination/ Newcomer's Orientation 8a (In Person) Consumer Awareness 3p	17
Transition Assistance Program 8a				
20	21 10 Steps to Federal Employment Workshop 9a Transition Capstone	22 Sponsorship Training 1p Couples Communication 5p (In person) Retired Activities Office 11a (In Person)	23 Saving and Investing 3p Love Languages for Children 1p	24
Boots to Business Workshop 8:30a				
27	28 Transition Capstone	29 Couples Communication 5p (In person) Retired Activities Office 11a (In Person)	30 Career Exploration 9a Home Buying 3p	
Higher Education Track 8:30a				

PROGRAMS FOR EDUCATION AND TRAINING

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Career Development

Resume Writing Workshop

Thursday, Sept. 7, 9 a.m. – Noon (Virtual)

Wondering how to write your resume? Have you written a resume but it isn't getting the results you want? Our resume writing workshop will help you get started or show you how to improve the one you have written. This class will discuss targeting your resume, selecting the best format for your work experience and creating a cover letter. Don't pay someone else to write your resume! Call the FFSC at 410-293-2641 to register.

10 Steps to Federal Employment Workshop

Tuesday, Sept. 20, 9 a.m. - Noon (Virtual)

The Federal Government has excellent career opportunities in a variety of occupations. However, the Federal Employment Hiring process is complex and challenging! This process can be a confusing experience. This workshop will provide an overview of the hiring process. You will learn how to navigate the USAJOBS system, analyze a vacancy announcement, type of hiring programs and preferences, write a federal resume and more. Please join us and learn strategies and tips for a successful federal job search. Register today by calling 410-293-2641.

Career Exploration

Thursday, Sept. 30, 9:00am – 12:00 p.m. (Virtual)

What do you want to be when you grow up? If you are wondering what career to pursue, or trying to be sure that your chosen field is right for you, this is your class! This workshop provides an opportunity to assess your skills, values and preferences. Participants will complete the Holland's Self Directed Search and use the results to research career opportunities. Register today by calling 410-293-2641.

Transition Assistance

Transition Capstone

Tuesdays, Sept. 7, 14, 21 & 28 (Virtual - by appointment only)

CAPSTONE is the final mandatory event for transitioning military members. Service members must demonstrate appropriate Career Readiness Standards (CRS) based on the goals they plan to pursue after service (employment, education or technical training). All transitioning service members must complete CAPSTONE NLT 90 days before separation. Required Documents for Capstone:

- Completed standardized ITP to include appropriate Career Track sections
- Benefits Registration
- Completed Gap Analysis
- Completed Resume/Employment application
- TGPS Workshop Certificate
- Documented requirements for licensure, certification & apprenticeship – if applicable
- Prepared 12 month post-military budget
- DD2958 Career Readiness Standards/ITP Checklist

Benefits Transition Workshop

Wednesday, Sept. 8, 8:00 a.m. – 12:30 p.m. (Virtual)

As you prepare to depart from the service, now is the time to check up on your benefits, entitlements and post military available services. Join us and learn more about your separation/retirement benefits to include: TRICARE, Dental, Personal Property/Household Goods, Survivor Benefit Program/ VA Medical Claim, VET Center and more. The first part of workshop will focus on benefits for both separates and retirees, while the second part will target retirement benefits. Spouses are welcome!

Transition Assistance Program

Monday – Friday Sept. 13 – 17, 8:00 a.m. – 4:00 p.m. (Virtual)

The Transition Assistance Program (TAP) provides information, tools and training to help service members and their spouses get ready to successfully move from the military to civilian life. From start to finish, TAP guides users on veteran benefits, education options, federal assistance and veteran employment help. The first three days will offer the basic mandatory core curriculum. The following two days will feature the career path that offers the My Employment Track. **Register now if you are within 1 year of separation or 2 years of retirement.** Classes fill up quickly! **IMPORTANT!!!** You must contact your Command Career Counselor and complete a Self- Assessment where you will be assigned a tier prior to attending TAP.

Boots to Business Workshop

Wednesday & Thursday, Sept. 22 & 23, 8:30 a.m. – 4:30 p.m. (Virtual)

The Two-day Transition Assistance Program (TAP) Self- Employment Intensive Training Workshop is offered in collaboration with the U.S. Small Business Administration (SBA), the Institute for Veterans and Military Families at Syracuse University (IVMF), the Department of Defense and the Department of Veterans Affairs. We are recruiting 20 interested transitioning service members and veterans to participate in the workshop. You will learn if starting a business is right for you, if your business idea is feasible and much more!

Higher Education Track

Tuesday & Wednesday, Sept. 28 & 29, 8:30 a.m. - 4:30 p.m. (Virtual)

A two-day class to better prepare transitioning service members pursuing a college education. The Higher Education Track guides service members through the process of selecting a degree program, comparing accredited colleges, examining a range of funding to include the GI Bill, as well as the Free application for Federal Student Aid (FAFSA) and completing a college application package. Successful completion of this course assists service members in meeting the Career Readiness Standards for Education. Spouses are welcome!

Deployment/Relocation

Command Indoctrination/Newcomers' Orientation

Thursday, Sept. 16, 8 a.m. – 4 p.m. (In person)

Command Indoctrination Programs are designed to facilitate the adaptation of Sailors and their families into their new working and living environments. This will afford Sailors and their families the greatest opportunity for a successful and productive tour of duty. The Indoc/Orientation is for all active duty service members reporting to the U.S. Naval Academy, Naval Support Activity Annapolis, Navy Band, and Naval Health Clinic! Don't miss our information-packed days designed to make your move to a new community a "smooth" one. A highlight of the Orientation: a tour of the Naval Academy! Spouses are encouraged to attend.

Sponsorship Training

Wednesday, Sept. 22, 1 – 2 p.m. (Virtual)

SPONSORSHIP: A vital link to a new duty station! Are you about to become a sponsor? Are you a Sponsor Coordinator? If so, this program is designed for you! You will receive information on available resources, pre-departure, post-arrival, and support services that will make your job and the incoming service member's move much more satisfying.

PROGRAMS FOR EDUCATION AND TRAINING

Financial Management

Banking and Financial Services

Thursday, Sept. 2, 3:00 p.m. – 4:00 p.m. (Virtual)

With all of the changes in money and the way it moves, What do we use? and How do we use it? Where should we park our money and how do we move it?

Credit Management

Thursday, Sept. 9, 3:00 p.m. – 4:00 p.m. (Virtual)

Credit is a financial tool or a financial weapon. The right choice is important and can be life changing.

Consumer Awareness

Thursday, Sept. 16, 3:00 p.m. – 4:00 p.m. (Virtual)

Problem with a mechanic, home improvement not completed, who do you call?

Saving and Investing

Thursday, Sept. 23, 3:00 p.m. – 4:00 p.m. (Virtual)

What and Why do we save? How does that differ from investing? What are investments? What do I have to consider when I invest? We will try to answer all of your questions in this hour.

Home Buying

Thursday, Sept. 30, 3:00 p.m. – 4:00 p.m. (Virtual)

This has been called the biggest purchase most people make during their lifetime. What are we buying? How is it paid for? Information is powerful in this marketplace. We will provide it and explain all of the jargon so you will feel comfortable when you decide a home you own is what you want.

Life Skills Education

Boot Camp for Babies

Thursday, Sept. 2, 11:30 a.m. – 3:45 p.m. (In person)

The Boot Camp for Babies workshop provides expectant parents and those with infants with an understanding of an infant's world, and some basic skills necessary for parenting. This class will address the challenges of parenting such as balancing work and family, safety issues, and required health care paperwork. Participants will also learn how to prepare financially for the newest member of the family.

Attending this workshop qualifies you, regardless of rank, for a Layette (also known as Baby's First Sea Bag) from Navy Marine Corps Relief Society. The Layette is issued to any eligible attendee who has recently had a baby or whose child will be born within six months. It consists of a coordinated set of bedding and clothing and a handmade item (a knitted or crocheted afghan) worth approximately \$100. Don't miss out on this exciting class that will prepare you for parenthood!

Couples Communication

Wednesday, Sept. 8, 15, 22 & 29, 5:00 p.m. – 7:00 p.m. (In person)

Couple Communication is a program that helps you understand and connect with your partner better. You learn 11 skills and processes to communicate effectively about day-to-day events and important issues. In the program, you gain skills and tools that improve every aspect of your life — with your partner, your family and friends, and with people at work and elsewhere.

Love Languages for Children

Thursday, Sept. 23, 1:00 p.m. – 2:00 p.m. (Virtual)

As parents, we all love your children. But do our children feel our love? If you are not speaking your child's love language, then they may not feel deeply connected with you. This workshop will help you discover your child's love language, assist your child in successful learning, use the love languages to correct and discipline more effectively, and build a foundation of unconditional love for your child.

Other Programs

Retired Activities Office

Wednesdays, 9 - 11 a.m. (In person)

Assists all retired military and their family members in such areas as Survivor Benefits Plan, retired rights and benefits, widow's outreach and assistance. Office is staffed by retired military volunteers.

Certified Ombudsman Training (COT)

Wednesday – Friday, Sept. 8-10, 9 a.m. – 3:30 pm

This training is for experienced ombudsmen who would like to become Certified Ombudsman Trainers (COT). These individuals are trained and certified to teach Ombudsman Basic Training. If you are interested in attending this training, please call the FFSC for more information on the training requirements.



ADDITIONAL INFORMATION

Workshops and seminars are open to active-duty and retired military personnel and their family members. Call the FFSC at 410-293-2641 to register or for more information.

New to NSA Annapolis? Make the Fleet and Family Support Center one of your first stops! You can attend a workshop, meet other Navy spouses and gather informational materials.



JOB SEARCH RESOURCE ROOM

The Resource Room has everything that military family members (16 years old and older) and transitioning service members need to conduct successful job searches and relocations resources -- computers with internet access, laser printer, fax machine, copier access, reference books, informational self-help pamphlets and resource hand-outs. The room is located at the FFSC.

The FFSC is located at 168 Bennion Road, Annapolis, MD.