

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

NOVEMBER 2019

Military Family Appreciation Month

THANK YOU TO OUR MILITARY FAMILIES!

The month of November is Military Family Appreciation Month. We think it appropriate to recognize the courage, dedication, commitment, and support of those family members who didn't raise their right hand to take an oath, but who nevertheless serve this nation through their own sacrifices.

Behind the scenes, sometimes by their sides, sometimes waiting at home alone -- are more Heroes, the American Military Family members. They are the wives, husbands, and children of our brave and patriotic service men and women. These families sacrifice careers, comforts and personal desires for their loved ones, and ultimately for our Nation. They endure relocations, separations, and isolation from their own families and friends. They often live in other countries far away from our own.

Many find the pay insufficient to sustain a family and must work outside the home to make ends meet. Many have careers that begin again and again after each move. Many postpone their education while raising children or when relocating overseas. Yet, they rear resilient children. They enrich the neighborhoods in which they live. They quietly and selflessly support their loved ones in uniform. Without personal compensation, they serve our great Nation. They are our unsung Heroes who wave good-bye at the tarmac, on the pier, or at the front door with newborn in arms.

Military Families we salute you!

Join the Fleet & Family Support Center on 25 November for our 16th Annual "Pizza Night".

Once again, we are excited to offer this evening of celebration in your honor. Mark your calendars and have dinner on us - pizza, soda, cookies and lots of fun. Register by 21 November so we'll have plenty pizza for everyone! Hope to see you there!



MILITARY FAMILIES WE SALUTE YOU!

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FEATURES

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NOVEMBER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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4

5

6
Retired Activities Office
9 - 11 a.m.
Resume Writing Workshop
9 a.m. - Noon

6

7
Sponsorship Training
1-2 p.m.

7

8
Understanding Federal
Financial Aid
Noon - 1 p.m.

8

Transition — Goals, Plans, Success (GPS) • 8 a.m. - 4 p.m.

CLOSED
Veteran's Day

11

12
Credit Management
Noon-1 p.m.

12

13
Retired Activities Office
9 - 11 a.m.
Reduce Holiday Stress Workshop
9 a.m.-1 p.m.
Resume Writing Workshop
9 a.m. - Noon
1-2-3 MAGIC (Parenting)
Workshop 9-11 a.m.

13

14
Ombudsman Assembly Meeting
4:30-5 p.m.

14

15

Command Indoctrination/Newcomers' Orientation • 8 a.m. - 4 p.m.

18

19
10 Steps to Federal Employment
Workshop
9 a.m. - Noon

19

20
Retired Activities Office
9 - 11 a.m.
"Hearts Apart" - Deployment
Discussion Group
6-7:15 p.m.

20

21
Boot Camp for Babies
11:30 a.m. - 3:30 p.m.
Car Buying Strategies 3-4 p.m.

21

22

Higher Education Track • 8:30 a.m. - 4:30 p.m.

25
Military Family
Appreciation Month
5 - 7 p.m.

25

26
Interviewing Skills
9 a.m. - Noon

26

27
Retired Activities Office
9 - 11 a.m.

27

28
CLOSED
Thanksgiving Day

28

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PROGRAMS FOR EDUCATION AND TRAINING



Career Development

Resume Writing Workshop

Wednesday, Nov. 13, 9 a.m. - Noon

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, Nov. 19, 9 a.m. - Noon

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.

Interviewing Skills

Wednesday, Nov. 28, 9 a.m. - Noon

What are your greatest strengths? Greatest weaknesses? Learn how to answer these and many other common interview questions. This workshop discusses interview preparation, the stages of an interview and interview follow-up. Call the FFSC at 410-293-2641 for program information and registration.

Transition Assistance

Transition – Goals, Plans, Success (GPS)

Monday – Friday, Nov. 4 - 8, 8 a.m. – 4:00 p.m.

The newly revised TAP Workshop has been renamed Transition, Goals, Plans, Success (GPS)

It is a five-day career and job search workshop for separating service members seeking civilian employment. Topics include: Tools for Transition, Military Occupational Cross Walk, Skills Assessment, Resume Writing, Job Search Methods, Interview Techniques, as well as a review of Veteran benefits and entitlement and much more. **Register now if you are within 1 year of separation or 2 years of retirement.** Classes fill up months ahead. **IMPORTANT!!!** You must see your Command Career Counselor and obtain (1) a signed DD Form 2648 –Pre-separation Counseling Checklist and (2) a copy of your Individual Transition Plan (ITP) prior to coming to TAP. **FAILURE TO DO SO MAY RESULT IN YOU NOT BEING ABLE TO ATTEND TGPS!**

Higher Education Track

Wednesday & Thursday, Nov. 20-21,

8:30 a.m. - 4:30 p.m.

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!

Transition GPS Capstone

Call FFSC for an appointment. Weekly on Tuesdays

Capstone is a mandatory component of Transition GPS that must be completed no later than 90 days prior to separation date. Capstone is scheduled by appointment only. Please call FFSC to register. Required Capstone Document For Capstone:

- Completed standardized ITP to include appropriate Career Track sections
- eBenefits Registrations
- Completed Gap Analysis
- Completed Resume/Employment application
- TGPS Workshops Certificate
- Documented requirements for licensure, certification & apprenticeship – if applicable
- Prepared 12 month post-military budget
- DD2958 Career Readiness Standards/ITP Checklist
- DoD ID card/CAC Card

Deployment/Relocation

Sponsorship Training

Thursday, Nov. 7, 1 – 2 p.m.

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.

"Hearts Apart" - Deployment Discussion Group

3rd Wednesday– Nov. 20, 6 - 7:15 p.m.

Is your loved one deployed? A Deployment Discussion Group is held on the 1st and 3rd Tuesday of each month at the Fleet & Family Support Center. Child care is FREE and onsite upon advance request. Registration is required. Please call the FFSC at 410-293-2641 for more information.

Command Indoctrination/Newcomers' Orientation

Thursday- Friday, Nov. 14-15, 8 a.m. – 4 p.m.

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.

Financial Management

Credit Management

Tuesday, Nov. 12, 3 – 4 p.m.

We all want to be able to use credit but how do we get it and keep it affordable? This workshop provides valuable information on establishing a credit history, choosing and using credit cards, and effectively managing your credit. We will also explore credit reports and credit scores and what you can do to improve your credit score. Open to all active duty, dependents, and civilian employees. Please call 410-293-2641 to register.



Car Buying Strategies

Thursday, 21 November, 3 – 4 p.m.

Looking for a car? Don't get taken for a ride! Learn all the important do's and don'ts BEFORE you step onto the car lot in this workshop. Topics include determining what you can afford, comparison shopping, what the vehicle should cost, financing options, negotiating, avoiding consumer pitfalls, and more.

Life Skills Education

Reduce Holiday Stress Workshop

Wednesday, Nov. 6, 9:00 – 10 a.m.

This workshop is designed to help participants understand the sources of holiday stress, and to become aware of how holiday stress can affect them. The participants will learn to identify their own personal signs and symptoms of holiday stress and to learn effective ways to reduce stress this holiday. Don't miss out on this workshop

1-2-3 MAGIC (PARENTING) WORKSHOP

Wednesday, Nov 13, 9 – 11:00 a.m.

This award-winning, bestselling program addresses the difficult task of child discipline with humor, keen insight and proven experience. It provides easy-to-follow steps for disciplining children without yelling, arguing or spanking. You'll learn how to control obnoxious behavior, the Six Kinds of Testing and Manipulation and also how to handle issues around chores, homework, messy rooms, lying, and more.

Is it hard to get your kids to do what you want them to do? Then 1-2-3 Magic is for you! A popular and simple, yet highly effective parenting program for those who have children between the ages of 2 and 12. Using video, group discussion and activities, we'll discover ways to train your children and make parenting an enjoyable experience. Don't miss out on this workshop! We will offer easy-to-learn parenting solutions that WORK – for age groups from toddlers through adolescents. Childcare is not available.

Boot Camp for Babies

Thursday, Nov. 21, 11:30 a.m. – 3:30 p.m.

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 Sea Bag is issued to any eligible attendee who has recently had a baby or whose child will be born within six months. It consists of gift card and a handmade item (a knitted or crocheted afghan). Don't miss out on this exciting class that will prepare you for parenthood!

Other Programs

Retired Activities Office

Wednesdays - 9:00 AM - 11:00 AM

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 volunteer.

Ombudsman Assembly Meeting

Wednesday, Nov. 13, 4:30 - 5p.m.

The Ombudsman Assembly Meeting will be held at the Fleet & Family Support Center, NSA Annapolis, 168 Bennion Road. The Bi-monthly assembly meeting is an opportunity for command-appointed Ombudsman to share ideas, obtain updated information, and receive training from area program and resource specialists. Commanding Officers, Executive Officers, Chaplains, Command Master Chiefs, and their spouses, are also encouraged to attend.

Military Family Appreciation Month

Monday, Nov. 25, 5:00 p.m. – 7:00 p.m.

November is "Military Family Appreciation Month". During this month we take time to acknowledge and pay special tribute to all military families for the contributions they make to their own communities and, ultimately, to the security of our entire nation. With great enthusiasm, the Fleet and Family Support Center would like to honor you at our 10th Annual Celebration! Come on over and have dinner on us - pizza, soda, cookies and lots of fun. Register by 16 November so we'll have plenty pizza for everyone! Hope to see you there!

Outreach Programs

FFSC AT THE NMRTC

Friday, November 15 – 11:00 a.m. – 1:30 p.m.

Fleet & Family Support Center staff will be at the Navy Exchange to answer questions and give away free pamphlets and brochures. So, come on by!

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. All classes are held at the Fleet and Family

Support Center unless otherwise noted.

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.