

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

APRIL 2018

We All Can Play a Part in BUILDING COMMUNITY, BUILDING HOPE

April is National Child Abuse Prevention Month

April is National Child Abuse Prevention Month. This month and throughout the year, Naval Support Activity Annapolis encourages all individuals and organizations to play a role in making Annapolis a better place for children and families. By ensuring that parents have the knowledge, skills, and resources they need to care for their children, we can help prevent child abuse and neglect by making meaningful connections with children, youth and families in our communities. Research shows that protective factors are present in healthy families. Promoting these factors is among the most effective ways to reduce the risk of child abuse and neglect. They are:

- Nurturing and attachment
- Knowledge of parenting and of child and youth development
- Parental resilience
- Social connections
- Concrete supports for parents
- Social and emotional competence of children

"April is a time to celebrate the important role that communities play in protecting children and strengthening families," said Galena Kuiper of NSA Annapolis Family Advocacy Program. "Everyone's participation is critical. Focusing on ways to connect with families is the best thing our community can do to strengthen families and prevent child abuse and neglect."

In support of these efforts, the U.S. Department of Health and Human Services' Children's Bureau, Office on Child Abuse and Neglect, its Child Welfare Information Gateway, the FRIENDS National Center for Community-Based Child Abuse Prevention and over 30 National Prevention Partners have created 2016/2017 Prevention Resource Guide: Building Community, Building Hope. The resource guide, designed for service providers who work throughout the community to strengthen families, is available online at <https://childwelfare.com/topics/preventing/preventionmonth/resource-guide/>

For more information about child abuse prevention programs and activities during the month of April and throughout the year, contact the Family Advocacy Program.

APRIL IS

Sexual Assault, Awareness and Prevention Month (SAAPM)

Every April, Sexual Assault Awareness and Prevention Month (SAAPM) kicks off with a flurry of events and activities across the Navy Enterprise seeking to raise awareness about Sexual Assault and to inspire participants to Step Up and Step In. Many events are planned at NSA Annapolis, the Naval Academy and in the local community to raise awareness of the issue of sexual assault. In 2018, we are taking prevention to the next level as Protecting our People Protects our Mission. The Navy's 2018 SAAPM Call to Action is "Raise your Voice for Prevention."

The Sexual Assault Prevention & Response (SAPR) Program at FFSC offers confidential help if you have questions or need any information about sexual assault, whether for yourself or a loved one. If you have not yet had the opportunity to meet the new Sexual Assault Response Coordinator (SARC), Shantrice Blackmon, you will see her at several events in our community during the month of April. Wear Teal Day is on April 6, 2018. These are a visual reminder of the message that sexual violence is preventable! Bystander intervention can reduce the number of sexual assaults occurring. Look for more information throughout the month of April about how you can show your support for ending sexual violence!

For anonymous, confidential assistance regarding sexual assault, call the **DoD Safe Helpline at 877-995-5247** or visit **www.dodsafeline.org**.



Sexual Assault Awareness Prevention Month Activities

(All events will take place at the MWR Fitness Center unless otherwise noted.)

Monday, April 2 ► 10 a.m.

SAAPM Joint Proclamation Signing
to kickoff Sexual Assault Month at
MWR NSAA Pavilion (89 Bennion Road)

Wednesday, April 4 ► 5:30 p.m.

Yoga for Self-Care

Tuesday, April 10 ► 11:30 a.m.

Self-Defense with Practical Application

Thursday, April 12 ► 9 a.m.

Mindful Yoga

Thursday, April 19 ► 5:30 p.m.

Empower Mind and Body Pilates

Tuesday, April 24 ► 6:30 p.m.

Zumba Self Celebration

Wednesday, April 25 ► 7 p.m.

Candlelight Vigil at USNA Miller Chapel

CONTACT FFSC ANNAPOLIS

☎ (410) 293-2641

☎ (410) 293-5237

✉ m_FFSC_Annapolis@navy.mil

FEATURES

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Community, Building Hope

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APRIL

2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

Raising Financially Fit Kids
11:30 a.m. - 12:30 p.m.
Transition GPS Capstone
By appointment only.

3

Retired Activities Office
9 - 11 a.m.

4

Space-A Travel the BWI Way
Noon - 1 p.m.

5

Smooth Move Seminar
8:30 - 11:30 a.m.
Paying for College
11:30 a.m. - 12:30 p.m.

6

9

Transition GPS Capstone
By appointment only.

10

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

11

12

Child Abuse Prevention Walk
10 a.m.

13

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

16

Sponsorship Training
1 - 2 p.m.
Transition GPS Capstone
By appointment only.

17

Retired Activities Office
9 - 11 a.m.
10 Steps to Federal Employment
9 a.m. - Noon
Hearts Apart: Deployment
Discussion Group • 6 - 7 p.m.
Home Team: Youth Deployment
Support Group • 6:30 p.m.

18

19

20

Command Financial Specialist Training • 8 a.m. - 4 p.m.

23

Getting the Poop-on "Toilet
Training" Workshop
5:30 - 6:30 p.m.
Transition GPS Capstone
By appointment only.

24

Retired Activities Office
9 - 11 a.m.
Interviewing Skills
9 a.m. - Noon

25

26

27

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

30

Money and the Move
11:30 a.m. - 12:30 p.m.



EDUCATION AND TRAINING PROGRAMS



Career Development

Resume Writing Workshop

Wednesday, April 11, 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 410-293-2641 to register.

10 Steps to Federal Employment Workshop

Wednesday, April 18, 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, April 25, 9 a.m.-Noon

This workshop teaches how to answer common interview questions, as well as interview preparation, stages and follow-up techniques. Call 410-293-2641 for program information and registration.

Transition Assistance

Transition GPS – Technical Track Training

Monday-Friday, April 9-13, 8 a.m.-4 p.m.

Transition, Goals, Plans, Success (GPS) 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 attend a Pre-separation brief and a copy of your Individual Transition Plan (ITP) prior to coming to TGPS. **FAILURE TO DO SO MAY RESULT IN YOU NOT BEING ABLE TO ATTEND.**

Transition GPS Capstone

Tuesdays, April 3, 10, 17 and 24

(By appointment only)

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.

Documents Required 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 and apprenticeship, if applicable
- Prepared 12 month post-military budget
- DD2958 Career Readiness Standards/ITP Checklist
- DoD ID card/CAC Card

Deployment/Relocation

Smooth Move Seminar

Friday, April 6, 8:30 a.m.-11:30 a.m.

Are you getting ready for a PCS move? Wondering what to do to prepare? This workshop is for everyone, experienced mover or not, who is on Permanent Change of Station (PCS) orders. You'll receive information on: packing and protecting your belongings, weight allowances and dealing with the moving company, do-it-yourself or Personally Procured Moves, travel and car allowances, budgeting for your move, house hunting hints, information on your upcoming duty station and community, and much more!

Sponsorship Training

Tuesday, April 17, 1-2 p.m.

Sponsorship is 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

Wednesday, April 18, 6-7 p.m.

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

Home Team: Youth Deployment Support Group

Wednesday, April 18, 6:30 p.m.

For kids ages 5-18 who are experiencing a family deployment, come join the "HOME TEAM" to get involved, stay connected, have social support and to learn about the power of POSITIVE!! Partnering with our School Liaison Officer (SLO) - Call 410-293-2641 for more information and to register.

Command Indoctrination/Newcomers' Orientation

Thursday-Friday, April 26-27, 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 three 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

Raising Financially Fit Kids

Tuesday, April 3, 11:30 a.m.-12:30 p.m.

Join us after Family Boot Camp as we share age appropriate tips to introduce children to the fundamentals of money and money management. With the right information and a little commitment, parents can teach their children financial skills that last a lifetime! Please call the FFSC to register at 410-293-2641.

Paying for College

Friday, April 6, 11:30 a.m.-12:30 p.m.

The cost of a college education continues to rise and worries many parents. This workshop will discuss how to pay for college, including financial aid, personal savings/investments, scholarships, and GI Bill benefits. Whether your child is 6 or 16, this class can help! Open to all. Please call the FFSC to register at 410-293-2641.

Command Financial Specialist Training

Monday, April 16 - Friday, April 20, 8 a.m.-4 p.m.

This week long training on personal financial management is for highly motivated sailors (E6 and above, or E5 with 6 years of completed service) and officers who wish to provide financial education, counseling and information to their shipmates and commands as a collateral duty. Active duty MUST contact the PFM at nancy.chapman.ctr@navy.mil to register.

Money and the Move

Monday, April 30, 11:30 a.m.-12:30 p.m.

To help make sure your move doesn't drain your wallet, we will explore the expenses involved with a move, how to develop a financial plan for a move, what the Navy will pay for, and cost cutting tips for relocations. Whether you have never moved or made ten moves, this is the workshop to take before you move across town or across the country! Call the FFSC at 410-293-2641 to register.

Life Skills

Getting the Poop On "Toilet Training" Workshop

Wednesday, April 24, 5:30-6:30 p.m.

Potty training can be a difficult time for parents and children. It is not easy for children to learn how and when to properly use a toilet. For some children takes a few weeks, others a few months to train. Parents don't miss this opportunity to learn skills to help your child to become fully independent in the area of potty training.

Sexual Assault Awareness Program

"Teal Day" Sexual Assault Awareness Prevention

Friday, April 7

Let's band together and wear Teal as a visible commitment to support the prevention of sexual assault and encourage everyone to wear Teal in recognition of Sexual Assault Awareness Prevention Month.

Ombudsman

Certification Navy Family Ombudsman Basic Training

Wednesday-Friday, April 25-27, 9 a.m.-2:30 p.m.

FFSC Staff must have training/facilitating experience and have successfully completed OBT/eOBT. After completing OBT/eOBT staff members are encouraged to continue to learn more about the Ombudsman Program in order to gain the in-depth knowledge required of COT trainers, prior to applying to become COT certified. You must have approval to attend COT training.

Other Programs

Retired Activities Office

Wednesdays, March 7, 14, 21 and 28, 9-11 a.m.

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.

Space-A Travel the BWI Way!

Thursday, April 5, Noon-1 p.m.

Want to learn about the Space-A Travel Program? Experts at BWI Airport will explain the program and tell active duty/dependents and retired military travelers how to make the best use of it. Attend this seminar and get the latest information. Call 410-293-2641 TODAY to register. **REGISTRATION IS REQUIRED.**

CHILD ABUSE PREVENTION WALK

FRIDAY, APRIL 13 • 10 A.M.

Join Naval Support Activity Annapolis, the US Naval Academy and members of the community as we walk together to support Child Abuse Prevention. The walk will last one hour. All are welcome!



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.