

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

MARCH 2019



Why You Should Have Regular Family Meetings

By: Kim Patrick

Every family should have family meetings, no matter how small a family you have. If there is just one parent and one child, that counts as a family and you can have a family meeting.

The whole idea behind having a particular time to get together is all about letting kids know that they will be heard. Often, when my kids are annoyed about something, I say to them "save it for the family meeting". This way we can make sure that only the really important things hang around until family meeting day.

It teaches kids patience and self-control. They learn that some things need to wait for a certain day. Obviously not everything can wait. But if there are ongoing issues, these are the kinds of things that should wait until family meeting day.

There are always two sides to every story, and at family meeting everyone should have a chance to speak their mind. You can use a stick that you have decorated for the purpose of family meetings. Younger children especially will love to take part in decorating a special stick. Older kids might just hand around a spoon or a pen. The issue is an object will help bring some order

to the family meeting and this is vitally important.

Everyone should have a turn to speak but it must be done in an orderly fashion. Everyone is entitled to their personal opinion. After everyone has spoken, it should be time to strategize about HOW to solve ongoing issues.

Everyone should have some input about who is to change things. Then the children should agree together about what to do to solve problems. Here's the thing: when the children take part in the solution planning, they are much more likely to abide by it, because they own it as their own. This is important. Miss this and children are less likely to abide by decisions made.

The end result, you have some agreed upon decisions and values to abide by, at least until the next family meeting. Then when a child oversteps a boundary, you can simply remind them of the decisions you jointly made in your meeting. If you all agreed upon those decisions, that should be reason enough for the child to come into line.

Parenting will be so much easier when your children understand the reasons behind the boundaries. Have a family meeting today and change your household for the better.

Article Source: <http://www.parentingarticlelibrary.com>

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MARCH

2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

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9 a.m. - Noon

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Transition GPS Capstone
By appointment only
Communication Skills Workshop
9 - 11 a.m.

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Retired Activities Office
9 - 11 a.m.

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Boot Camp for Babies
11:30 a.m. - 3:45 p.m.

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Sponsorship Training
1 - 2 p.m.

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

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Transition GPS Capstone
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3 - 4 p.m.

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Career Exploration & Planning Track Workshop • 8:30 a.m. - 4 p.m.

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

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Transition GPS Capstone
By appointment only
10 Steps to Federal Employment
Workshop
9 a.m. - Noon

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Retired Activities Office
9 - 11 a.m.
EFMP: What is it?
11:15 a.m. - Noon
Hearts Apart: Deployment
Discussion Group
6 - 7:15 p.m.
Home Team: Deployment
Support Group
6 - 7:15 p.m.

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Insurance Planning
Noon - 1 p.m.

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

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9 - 11 a.m.
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9 a.m. - Noon

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Navy Family Ombudsman Basic Training • 9 a.m. - 3:30 p.m.



PROGRAMS FOR EDUCATION AND TRAINING



Career Development

Resume Writing Workshop

Friday, March 1, 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 discusses 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!

10 Steps to Federal Employment Workshop

Tuesday, March 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 and write a federal resume. Please join us and learn strategies and tips for a successful federal job search. Registration is required. Please no e-mail reservations.

Job Search Strategies

Wednesday, March 26, 9 a.m. - Noon

Confused about how to look for a job? Wondering where the best jobs can be found? This workshop will enable you to develop a plan for your individual job search. Participants will learn the primary methods used by job seekers and customize a plan to fit their needs.

Transition Assistance

Transition — Goals, Plans, Success (GPS)

Monday-Friday, March 4-8, 8 a.m. - 4 p.m.

This career and job search workshop is 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 and a review of Veteran benefits and entitlements. Classes fill up months ahead. **Register now if you are within one year of separation or two years of retirement.**

You must see your Command Career Counselor and obtain a signed DD Form 2648—Pre-separation Counseling Checklist and a copy of your Individual Transition Plan (ITP) before attending the workshop. **Failure to do so may result in disenrollment from the class.**

Transition GPS Capstone

Tuesdays, March 5, 12, 19 and 26
(By appointment only)

Capstone is a mandatory component of Transition GPS that must be completed no later than 90 days before your separation date.

Required documentation for Capstone includes:

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

Career Exploration and Planning Track (CEPT) Workshop

Tuesday and Wednesday, March 12 and 13, 8:30 a.m. - 4 p.m.

This is an interactive training for transitioning military members and spouses who are seeking careers in the technical field (trades, craft and IT industry). This workshop offers a unique opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. Service members and spouses who attend the two-day Department of Labor Career Exploration and Planning Track (CEPT) Workshop will complete a personalized career development assessment of occupational interest and ability. This industry-standard assessment will present workshop participants with a variety of tailored job recommendations aligned with interests and aptitudes, some of which are classified as "high demand" or "high growth" occupations. Participants will learn to utilize self-sustaining tools to narrow their career focus by establishing achievable career goals and development strategies. Workshop facilitators will guide participants through a variety of career considerations including labor market projections, education, apprenticeships, certifications, and licensure requirements.

Executive Transition — Goals, Plans, Success (GPS)

Monday-Friday, March 11-15, 8 a.m. - 4 p.m.

Transition GPS course designated for E-9s and O-5 and above. This is a five-day workshop designed to prepare retiring service members for transition to civilian life. The program provides a comprehensive mix of education and skill building to meet Career Readiness Standards.

Topics include, but are not limited to:

- Skills assessment
- Resume writing
- Interview techniques
- Job search methods/ Salary negotiations
- Review of veteran entitlements
- Financial planning

In accordance with OPNAV 1900.2B, all participants are required to provide a completed and signed DD form 2648 (Pre-separation counseling checklist). If you are within two years of retirement, please register for one of the workshops.

Deployment/Relocation

Sponsorship Training

Thursday, March 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.

Command Indoctrination/Newcomers' Orientation

Thursday-Friday, March 21-22, 8 a.m. - 4 p.m.

This program is designed welcome to allow military members and their families to their new working and living environments. The Indoc/ Orientation is for all active-duty service members reporting to the U.S. Naval Academy, NSA Annapolis, Navy Band and Naval Health Clinic. Don't miss these information-packed days designed to make your move to a new community a "smooth" one. A highlight of the Orientation is a tour of the Naval Academy. Spouses are encouraged to attend Thursday and Friday.

Hearts Apart: Deployment Discussion Group

Wednesday, March 20, 6 - 7:15 p.m.

Is your loved one deployed? This discussion group is for you! Onsite child care is free and upon advance request. Registration is required.



Home Team: Youth Deployment Support Group **Wednesday, March 20, 6 - 7:15 p.m.**

Home Team is for children 5-18 years old who have a deployed family member. Join the Home Team and get involved, stay connected, have social support and to learn about the power of positive! This group is in partnership with the NSA Annapolis School Liaison Officer.

Financial Management

Car Buying Strategies

Friday, March 12, 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.

Insurance Planning

Thursday, March 21, Noon - 1 p.m.

Have you experienced a life change such as getting married, moving out of barracks, buying a car, having children, etc.? When life changes, it's a good idea to review your insurance needs. Everyone needs to protect themselves against potential financial losses. So how do you determine what kind(s) of insurance to have and how much you need? This workshop provides helpful information about the various types of insurance, how to determine your insurance needs, as well as help with shopping for and purchasing the right insurance policies(s) for you.

Life Skills Education

Communication Skills Workshop

Tuesday, March 5, 9 - 11 a.m.

Communication is powerful and directly affects our quality of life and relationships. Our ability to express what we think and feel without clouding our ability to listen and respect how others think and feel is the greatest factor of success in our work and home life. Yet, communication is an everyday activity that is easily taken for granted. This workshop helps people use the power of communication to strengthen relationships at work and at home by practicing skills that build effective two-way communication.

Boot Camp for Babies

Thursday, March 7, 11:30 a.m. - 3:45 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 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!

Stress Management

Tuesday, March 26, 9 - 11 a.m.

Stress is a part of life. In this class you will understand how your beliefs and thought process have an impact on how you deal with stress. Participants will walk away with specific actions to manage stress that they can incorporate into their life immediately.

EFMP: What Is It?

Wednesday, March 20, 11:15 a.m. - Noon

Want to learn about EFMP (Exceptional Family Member Program)? The EFMP program is designed to provide assistance to family members with special needs (long term medical, physical and emotional, and or special educational needs). Join us for this informational seminar. You'll learn what the program is all about, how to enroll, and how the program can be extremely beneficial to you and your family members. Presenters will be the EFMP Military Treatment Facility Coordinator, School Liaison Officer, and FFSC EFMP Liaison.

Ombudsman Program

Navy Family Ombudsman Basic Training

Wednesday-Friday, March 27-29, 9 a.m. - 3:30 p.m.

This training consists of 9 modules that help official command ombudsmen and command leadership team members work effectively with their commands. Workshops provide resource avenues for helping families through crisis and daily living. Open to Ombudsmen, COs, XO's, Chaplains, CMCs, COBs, and their spouses. Attending the Ombudsman Basic training prior to beginning duties is required for a new Ombudsman or if a current Ombudsman and more than three years have elapsed since attending the Ombudsman Basic Training course.

Outreach Programs

FFSC at the NEX

Friday, March 15, 11 a.m. - 1 p.m.

Come by and talk with the FFSC Staff at the NEX to learn about our services and programs.

Other Programs

Retired Activities Office

Wednesdays, March 6, 13, 20 and 27, 9 - 11 a.m.

Assists all retired military and their family members with questions and issues related to survivor benefits, retired rights and benefits, widow's outreach and assistance. The office is staffed by retired military volunteers.



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.