

# Annapolis

## Fleet and Family Support Center

### NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

MARCH 2022

## Why Have Family Meetings!



*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 a 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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The  
Fleet & Family Support  
Center



# March 2022

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
	<b>1</b> Effective Resume Writing Workshop-Virtual 9a	<b>2</b> Anger Management Workshop- In Person at FFSC Annapolis (3 Sessions) 8:30a  Smooth Move - Virtual 8:30a	<b>3</b>	<b>4</b>
Transition Assistance Program (TAP) - 8am				
<b>7</b>	<b>8</b>	<b>9</b> Anger Management Workshop- In Person at FFSC Annapolis (3 Sessions) 8:30a  Sponsorship Training-Virtual 1p	<b>10</b>	<b>11</b> Boot Camp For Babies-Virtual 11a
<b>14</b>	<b>15</b> Life after Divorce: Landing on your Feet-Virtual 1p	<b>16</b> Anger Management Workshop- In Person at FFSC Annapolis (3 Sessions) 8:30a  Interview Techniques 9a	<b>17</b> Command Indoctrination/ Newcomers' Orientation-Virtual 8a	<b>18</b>
Executive Transition Assistance Program (ETAP) - 8am				
<b>21</b> Stress Resilience - Virtual 11a	<b>22</b>	<b>23</b>	<b>24</b> Navigating Federal Employment 9a	<b>25</b>
Boots to Business - 8:30am				
<b>28</b>	<b>29</b> Military Transition Benefits Workshop - Virtual 8a	<b>30</b> YOU LEAD- Effective Leadership Workshop- Virtual 1p	<b>31</b>	

# PROGRAMS FOR EDUCATION AND TRAINING

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## Career Development

### Effective Resume Writing Workshop-Virtual

**Tuesday, Mar. 1, 9:00 a.m. – 12:00 p.m.**

This three-hour interactive training will review the basic types of résumés and discuss which types are appropriate for different job seekers and what information should be included on each. It will also discuss the essential elements of cover letters to use in conjunction with the résumé and how to market a résumé effectively in the current job market. Call the FFSC at 410-293-2641 to register.

### Interview Techniques

**Wednesday, March 16, 9:00 a.m. – 12:00 p.m.**

This three-hour interactive training session discusses the interview process, including traditional and behavioral interviewing questions, as well as methods for responding to these questions using the STAR (situation, task, action, result) method. Register today by calling 410-293-2641.

### Navigating Federal Employment

**Thursday, March 24, 9:00 a.m. – 12:00 p.m.**

This three-hour training will focus on the federal employment process. It observes the processes of creating a USAJobs profile, as well as searching and applying for jobs in federal government. It reviews unique hiring paths and special hiring authorities such as veterans and military spouse preferences, which offer a less-competitive hiring process for eligible veterans and military spouses. It discusses the essential elements of an effective federal résumé and provides an in-depth look at job vacancy announcements, assessments and job requirements. Register today by calling 410-293-2641.

## Transition Assistance

### Transition Assistance Program (TAP) - Virtual

**Monday – Friday, Feb. 28-Mar 4, 8:00 a.m. – 4:00 p.m.**

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.

### Transition Capstone-Virtual

**Tuesdays (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

### Executive Transition Assistance Program (ETAP) - Virtual

**Monday – Friday Mar. 14-18, 8:00 a.m. – 4:00 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

Register now if you are within 2 years of retirement. Classes fill up months ahead. **IMPORTANT!!!** You must see your Command Career Counselor prior to enrolling in TAP.

### Boots To Business

**Wednesday & Thursday, Mar. 23 - 24, 8:30 a.m. – 4:30 p.m.**

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!

### Military Transition Benefits Workshop (Virtual)

**Tuesday, Mar. 29, 2022, 8:00 a.m. – 1:00 p.m.**

Employer Benefits are important! Interested? As you prepare to depart from the service, now is a good 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 the workshop will focus on benefits for both separates and retirees, while the second half of the program will target retirement benefits. Spouses are welcome! Workshop link will be sent two days prior to workshop. Registration is required. Please call (410) 293-2641 to register!

\*\*\* Please note: Starting this month this workshop will be held six times per year (every other month). Also, it will be held virtually until further notice!

## Deployment/Relocation

### Smooth Move -Virtual

**Wednesday, March 2, 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!

# PROGRAMS FOR EDUCATION AND TRAINING

## **Sponsorship Training-Virtual**

**Wednesday, Mar. 9, 1 p.m. – 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-Virtual**

**Thursday, Mar. 17, 8 a.m. – 3 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 and Naval Health Clinic. Don't miss our information-packed day designed to make your move to a new community a "smooth" one.

## *Life Skills Education*

### **Anger Management Workshop- In Person at FFSC Annapolis (3 Sessions)**

**Wednesday, March 2, 9, 16, 8:30 a.m. - 1130 a.m.**

Do you find your anger racing from 0 to 60 ? Do you often regret something you've said or done as a result of being angry? If the answer is yes, this workshop may be for you!

Anger is a completely normal, usually healthy, human emotion. But when it gets out of control, it can lead to problems at work, in your personal relationships, and in the overall quality of your life. This workshop is designed to help you understand and identify triggers for your anger. You will also learn techniques that can be used to manage and transform anger into a power that works for you, not against you! This is a workshop will be held weekly. All three sessions must be attended for completion. No Uniforms, Civilian attire only.

### **Boot Camp For Babies-Virtual**

**Thursday, Mar. 11, 11:00 a.m. – 3:00 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 baby gift from FFSC and a gift card from Navy Marine Corps Relief Society. The gift and gift card is issued to any eligible attendee who has recently had a baby or whose child will be born within six months. Don't miss out on this exciting class that will prepare you for parenthood!

## **Life after Divorce: Landing on your Feet-Virtual**

**Tuesday, Mar. 15, 1:00 p.m. – 2:00 p.m.**

It's over. You've signed the divorce papers, and the relationship you entered with so much hope is officially dissolved. Everyone's divorce story is different. Maybe you had been married for decades, maybe just a year or so. Maybe you have children, maybe you don't. Maybe the divorce was your idea and maybe it was your partner's, or maybe you both agreed that separation was best. Maybe you're relieved, maybe you're heartbroken or a bit of both.

But however you got here, the question now is where do you go from here? And how do you figure out who you are and what you want as a newly single person? What is your new life going to look like, and how do you start moving in that direction?

## **Stress Resilience - Virtual**

**Monday, Mar. 21, 11:00 a.m. – 12:00 p.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.

## **YOU LEAD- Effective Leadership Workshop- Virtual**

**Wednesday, Mar. 30, 1:00 p.m. – 2:30 p.m.**

Leaders are faced with a vast array of situations, tasks, and dilemmas on a daily basis. They often grapple with whether they should be more direct, controlling and in charge or whether they should use a more collaborative and participative approach when working with others. There are no obvious and simple, right or wrong solutions because the leadership style and approach should depend on the situation and on the needs of the individuals involved.

This Leadership Workshop will help leaders make sense of the situations they face every day. It provides them with the skills and tools they need in order to apply the right leadership style to these situations and achieve the results they desire. As a result of the workshop, participants are more skilled and adaptable as they work with others, manage change, solve problems, and make decisions that will drive results for their organization.



### **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.