

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

JUNE 2018

IT'S YOUR MOVE!

TIPS FROM THE RELOCATION ASSISTANCE PROGRAM

Are you getting ready to move? Here are just a few questions that you may have to answer: Where will I live? What will my housing cost? Will my cost of living change? How will I ship my car? What about my pet? For information on your next duty station, check out the Military Installation's website for your electronic welcome packet at <http://www.militaryinstallations.dod.mil/MOS/f?p=MI:ENTRY:0>

If you have a family, questions may arise such as: Will my spouse be able to find a job? What are the schools like? Will we be able to find quality child care? What about appropriate medical facilities? How can I

help my children adjust to relocating?

Relocation is a way of life in the military. Every year, one out of three service members makes a PCS move, and moving can be stressful. Decisions must be made and your choices may have significant, long-term effects on your life. You need accurate, timely information to make those decisions and RAP is here to help.

The FFSC RAP is an important service. The ability to receive accurate and up-to-date information ahead of time about the community, the installation, and schools, greatly lessen the stress that is usually associated with moving particularly with an OCONUS move. Having the needed information ahead of time makes the move much easier.

RAP AT A GLANCE

RAP is a resource to provide pre-departure assistance, post-arrival settling-in services, relocation counseling, cultural adaptation, housing information and referral services for all service and family members who are relocating, transitioning or separating from military service.

Programs and services include Smooth Move workshops, Welcome Aboard information, check-in and check-out procedures, sponsorship information and training, shipping

personal belongings tips, moving benefits and entitlements, on-base housing, home-buying/selling seminars, area orientation, Intercultural Relations programs (on OCONUS installations only), schools, child-care resources, employment resources, financial planning, medical needs and legal resources.

Waiting for the moving van to arrive? RAP offers a Loan Locker, which is stocked with kitchen supplies, air mattresses, futons and other household goods for you to use free of charge whether you're coming or going.

WHO IS ELIGIBLE?

All active-duty, activated Reserve and retired service members and their families, including DoD civilians overseas.

SCHOOL LIAISON OFFICER

The School Liaison Officer (SLO) helps prepare students, parents, schools and Navy leaders to respond to moves concerning school-age children. SLOs help Navy families be the best advocates for their child's education. SLOs provide assistance and information regarding school transitions, home schooling, Special Education System Navigation, deployment support, Command/School communication, Partnerships in Education and post-secondary support.

Parents and community members with questions on school-age military/DoD child education may call (410) 293-2641.



CONTACT FFSC ANNAPOLIS

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FEATURES

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JUNE

2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Smooth Move Seminar
8:30 - 11:30 a.m.

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Transition GPS Capstone
By appointment only

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

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

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

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Thrift Savings Plan
11:30 a.m. - 3:45 p.m.

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Transition GPS Capstone
By appointment only
Four Lenses Workshop
9 a.m. - Noon

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Retired Activities Office
9 - 11 a.m.
10 Steps to Federal Employment
Workshop
9 a.m. - Noon

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Car Buying Strategies
3 p.m.

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

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

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Transition GPS Capstone
By appointment only
Be a Super Sitter (Ages 13 & up)
9 a.m. - 4 p.m. • at FFSC

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Retired Activities Office
9 - 11 a.m.
Be a Super Sitter (Ages 13 & up)
9 a.m. - Noon • at CDC
Career Exploration
9 a.m. - Noon
Hearts Apart: Deployment
Discussion Group
6 - 7:15 p.m.

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Home Team: Youth Discussion
Support Group • 6:30-7:15 p.m.

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

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Home Buying
11:30 a.m. - 1:30 p.m.

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Transition GPS Capstone
By appointment only

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Retired Activities Office
9 - 11 a.m.

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

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



EDUCATION AND TRAINING PROGRAMS



Career Development

Resume Writing Workshop

Wednesday, June 6, 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, June 13, 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.** Please NO EMAIL REGISTRATIONS.

Career Exploration

Wednesday, June 20, 9 a.m. - Noon

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 GPS – Technical Track Training

Monday-Friday, June 4-8, 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 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.**

Transition GPS Capstone

Tuesdays, June 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 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

Higher Education Workshop Track

Wednesday-Thursday, June 13-14, 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!

Executive Transition-Goals, Plans, Success (GPS)

Monday-Friday, June 18-22, 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 2 years of retirement, please register for one of the workshops.

Deployment/Relocation

Smooth Move Seminar

Friday, June 1, 8:30 - 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!

Command Indoctrination/Newcomers' Orientation

Thursday-Friday, June 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 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.



Hearts Apart: Deployment Discussion Group

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

Is your loved one deployed? A Deployment Discussion Group is held on the 3rd Wednesday of each month at the Fleet and 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, June 20, 6:30 p.m. - 7:15 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.

Financial Management

Thrift Savings Plan

Monday, June 11, 11:30 a.m. - 1 p.m.

This workshop will provide detailed information on the Thrift Savings Plan (TSP) and help all eligible participants, military and civilian, understand how TSP can contribute to financial security during retirement. We will explore the following topics: Account Management, Contributions, Investment Funds and Options, Withdrawals and Loans. Additional resources will be provided.

Car Buying Strategies

Friday, June 15, 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.

Home Buying

Monday, June 25, 11:30 a.m. - 1 p.m.

A home is one of the most complicated and expensive purchases you will ever make. We will explore whether the time is right to purchase a home, what you can afford, choosing a lender and type of loan, selecting a real estate agent and more.

Life Skills

Boot Camp for Babies

Thursday, June 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!

Four Lenses Workshop

Tuesday, June 12, 9 a.m. - Noon

Are you an orange or are you blue? If you want to learn more about yourself and those around you, join us for this fun workshop that is all about personality! You will discover how our different personality temperaments compliment and balance one another in all personal and professional relationships. It will help you better understand why people do the things they do while getting to know yourself in the process. Open to individuals, couples, active duty and or spouses.

Be a Super Sitter (Age 13 and up)

Tuesday, June 19, 9 a.m. - 4 p.m. (FFSC) and

Wednesday, June 20, 9 a.m. - Noon (CDC)

Receive step-by-step instructions so you can be a super sitter!

- Finding babysitting jobs
- Caring for infants, toddlers, and young children
- Dealing with simple first aid problems
- Handling emergencies
- Interacting with children and much more.

Other Programs

Retired Activities Office

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

Assists all retired military and their family members with questions and issue related to Survivor Benefits Plan, retired rights and benefits, widow's outreach and assistance. Office is staffed by retired military volunteers.

Navy Family Ombudsman Basic Training

Tuesday-Thursday, June 26-29, 9 a.m. - 3:30 p.m.

This training consists of nine modules that help official command ombudsmen and command leadership team members work effectively with their commands. Workshops provide resources to help families through crisis and daily living. Open to Ombudsmen, COs, XO's, Chaplains, CMCs, COBs and their spouses. This course is required prior to beginning duties for new Ombudsman or current Ombudsman whose training has lapsed more than three years.

Space-A Travel the BWI Way

Friday, June 29, 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 to register.

REGISTRATION IS REQUIRED.



ADDITIONAL INFORMATION

Workshops and seminars are open to active-duty and retired military personnel and their family members. Call the FFSC 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.