

PROGRAMS FOR EDUCATION AND TRAINING

Transition Assistance Programs

Transition Capstone (By Email)

CAPSTONE is the final mandatory event for all transitioning military members. Service members must demonstrate appropriate Career Readiness Standards (CRS) based on the goals they plan to pursue after completing their military service (employment, education, entrepreneurship, or technical training). All transitioning service members must complete CAPSTONE NLT 90 days before separation. **Email your Capstone request, tier level, and date you completed tap to: Brunilda.ramos3.civ@us.navy.mil. You will receive instructions to complete your Capstone.**

Medical Record Claim Review (By Appointment Only)

Wednesdays, Oct 7, 14, 21 & 28 - various times available

Annapolis Fleet & Family Support Center collaborates with the National Office of Veterans of Foreign Wars (VFW), Washington, DC to provide Medical Record Reviews weekly. This review is available for service members who are within SIX MONTHS of separation/retirement. You will receive guidance and assistance to file your VA Claim application.

Transition Assistance Program

Monday-Friday, Oct 19-23, 8 a.m. - 4 p.m.

The Transition Assistance Program (TAP) is a congressionally mandated program for all members who have served 180 days or more and plan to separate or retire. The program offers information, tools, and training to guide service members and their spouses to successfully move from the military to civilian life. From start to finish, TAP provides members with information and resources on veteran benefits, educational options, employment support (resume writing, interviewing), and more. The first three days offer the DoD mandatory core curriculum. The following two days will feature the career path that offers the My Employment Track. **Register now if you plan to retire or separate within 2 years! Classes fill up quickly! IMPORTANT! You must contact your Command Career Counselor and complete Initial Counseling 365 days prior to your separation date. During this session, you will be assigned a tier level, which is a prerequisite to attending the mandatory Pre-Separation brief and TAP course.** Spouses are highly encouraged to attend but must also register.

TAP Talk Tuesdays on Teams- Virtual

Tuesday, Oct 27, 2-3 p.m. (moved forward due to TAP week)

ARE YOU A TRANSITIONING SERVICE MEMBER? OR ARE YOU THINKING YOU MIGHT WANT TO BE? From initial counseling to capstones, self-evaluations to individual transition plans, from choosing education to going back to work in the private sector, relocating to a new place or staying in the area, all of this can be stressful, not to mention confusing. Regardless of where you are in your transition journey, you don't have to go at it alone! Stop by our virtual Team's office every 3rd Tuesday of each month between 2 and 3 pm, and let's chat about all things transition.

Thank you to everyone who attended our Bells Across America Event to honor our fallen service members and their families.



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.

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—WiFi, computers, printer, copier, and helpful reference materials.

The FFSC is located at 168 Bennion Road, Annapolis, MD.



168 BENNION ROAD, ANNAPOLIS, MD 21402

October 2026

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH



They've been isolated and living in fear for months, or even years. We don't always see the signs. Nationwide, 1 in 3 women and 1 in 8 men have experienced and reported Intimate Partner Violence related impact during their lifetime. Each October, advocates across the nation raise awareness for this important cause by recognizing Domestic Violence Awareness Month. They wear purple, tie ribbons, share facts and resources, and give a voice to those who may otherwise remain unheard.

In a year where an uptick in domestic violence can be seen worldwide, we must not allow physical distancing to keep us from raising support and awareness for individuals and families at great risk of harm.

The Fleet and Family Support Center provides a unified, customer-focused, consistent, and efficient program of services to support sustained Navy readiness. The Family Advocacy Program (FAP) provides clinical assessment, treatment and services for service members and their families involved in allegations of domestic abuse and child abuse. The goal of the Family Advocacy Program is to prevent domestic violence by encouraging people to examine their own behavior and take steps to learn and practice healthier behaviors.

If you think you may be a victim of domestic abuse, or if you know someone who is, and would like help, call the Annapolis Fleet and Family Support Center (410 293-2641) and ask to speak with a Family Advocacy Counselor. If you are an employee of the Department of the Navy and you witness child or spouse abuse, Navy policy requires you to report it to the Navy Family Advocacy Program. Reports can be anonymous.

You can also seek confidential information on domestic violence support services by contacting the Family Advocacy Victim Advocate at 410 293-2641, Anne Arundel County Domestic Violence Hotline (410 222-6800) or the National Domestic Violence Hotline (1-800-799-7233).

October is Domestic Violence Awareness Month. Help yourself, help others if you can. Love shouldn't hurt.

CONTACT FFSC ANNAPOLIS

(410) 293-2641

(410) 293-5237

m_FFSC_Annapolis@navy.mil

FEATURING

- Domestic Violence Awareness Month
- October 2026 Calendar



October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6 Home Buying 9 - 10:30 a.m. TRICARE Aware 11 - 12 p.m.	7 Medical Record Claim Review By appointment only Building Healthy Relationships 10 - 11:30 a.m. Sponsorship 1-2 p.m.	8	9
12 CLOSED	13	14 Medical Record Claim Review By appointment only	15 Command Indoctrination/Newcom ers' Orientation 8 a.m.-3 p.m. Thrift Savings Plan 9 - 10:30 a.m.	16
19	20	21	22	23
Transition Assistance Program, 8 a.m.				
	Military Pay Issues 9 - 10:30 a.m. Unlocking EFMP-Virtual 12:30 - 1:30 p.m.	Medical Record Claim Review By appointment only		
26	27 TAP Talk Tuesdays on Teams- Virtual 2-3 p.m. Communicating with Your Teen 1 - 2 p.m.	28 Medical Record Claim Review By appointment only	29	30

PROGRAMS FOR EDUCATION AND TRAINING

Exceptional Family Member Program

TRICARE Aware

Tuesday, October 6, 11 a.m.-12 p.m.

TRICARE Aware offers a general overview of TRICARE ECHO benefits and respite care options available through Child Care Aware. The session is designed to help families understand what these programs are and the eligibility requirements.

Unlocking EFMP - Virtual

Tuesday, October 20, 12:30-1:30 p.m.

Wondering what the Exceptional Family Member Program (EFMP) is all about? Have questions? Then this workshop is for you! NSA Annapolis's EFMP Case Liaison will provide you with the basics of EFMP, answer your questions and leave you with a better understanding of the program. Come join us for this informative workshops.

Financial Management Programs

Home Buying

Tuesday, October 6, 9-10:30 a.m.

This workshop will guide participants through the home-buying process, from determining affordability to closing on a property. Attendees will learn about key steps such as securing financing, understanding credit scores, choosing the right mortgage, and navigating real estate contracts.

Thrift Savings Plan(TSP)

Thursday, October 15, 9-10:30 a.m.

Participants will learn about TSP contribution options, investment choices, and how to maximize their savings for a secure retirement. The session will also cover strategies for managing and withdrawing funds, as well as key features such as matching contributions and tax advantages. By the end of the workshop, attendees will have a clearer understanding of how to effectively use the TSP to meet their long-term financial goals.

Military Pay Issues

Tuesday, October 20, 9-10:30 a.m.

You will familiarize yourself with military compensation so that you can verify information on your Leave and Earnings Statement and correct common pay problems.

Life Skills Programs

Building Healthy Relationships

Wednesday, October 7, 10-11:30 a.m.

The objective of the workshop is to provide tools to enhance healthy relationships and to educate military personnel and their families on how to successfully nurture intimate relationships. Topics include emotional record keeping, expectations, communication, and developing healthy habits.

Communicating with Your Teen

Tuesday, October 27, 1-2 p.m.

During this workshop, you will learn tips for communicating with a teen and strategies to reduce problems. The workshop also will cover how to discuss tough topics and to get through disagreements, as well as how listening to a teenager can be a parent's greatest asset.

Relocation/Deployment Programs

Sponsorship Training

Wednesday, October 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, October 15, 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, 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.

DOMESTIC VIOLENCE CONTACTS

NSA ANNAPOLIS FAMILY ADVOCACY PROGRAM 410-293-2641

NATIONAL DOMESTIC VIOLENCE HOTLINE

**1-800-799-SAFE(7233)
THEHOTLINE.ORG/HELP**

NATIONAL TEEN DATING ABUSE HOTLINE

**1-866-331-9474
LOVEISRESPECT.ORG**

ANNE ARUNDEL COUNTY CRISIS WARMLINE

410-768-5522

YWCA HOTLINE

410-222-6800

To Register for classes, call the FFSC at 410-293-2641 or email m_ffsc_Annapolis@navy.mil. Workshops will be in person unless otherwise noted. (If virtual, you will be sent a link to join the workshop after registering.)

**Workshops and seminars are open to active duty and retired military personnel, their family members and, if space is available, Department of Defense employees, their spouses and contract employees*



**AMERICA'S NAVY
FORGED BY THE SEA**

America is a maritime nation. For 250 years, America's Warfighting Navy has sailed the globe in defense of freedom.