

# Annapolis

## Fleet and Family Support Center

### NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

OCTOBER 2019

# Domestic Violence Awareness Month

“Love Shouldn’t Hurt”

During the month of October, government and civilian organizations commemorate Domestic Violence Awareness Month through a variety of activities and events. A common observance by many supporters is the wearing of a Purple Ribbon. The Purple Ribbon has become a recognized symbol that highlights the issue of domestic abuse, while also representing the forces of advocacy committed to ending domestic violence. Despite the common awareness of the symbol, little is known about its origin.

What we do know is that more than 20 years ago, “The Battered Women’s Movement” designated the Purple Ribbon as the emblem that signifies the countless lives lost due to domestic violence. The Purple Ribbon symbolically represents the commitment of victims, survivors, family members, and all concerned persons determined to not allow deaths and abuses to continue.

In addition to the demonstration of support for victims and advocates, the display of purple ribbons throughout a community conveys a powerful message that there is no place for domestic violence in the homes, neighborhoods, workplaces or schools of its citizens.

The Fleet and Family Support Center provides a unified, customer-focused, consistent, and efficient program of services to support sustained Navy readiness. Family Advocacy Program is a component of Sailor readiness and a response to crisis situations, which may result from operational or lifestyle stress. Escalating and untreated stress can result in patterns of behavior where fear and intimidation are used to express power and control over an intimate partner. Often intimidation leads to threat or use of physical violence. Behaviors to look for include: verbal threats of harm; public put downs; controlling access to military ID cards, family, friends, or base/command functions; and leaving no financial support during deployments. If you are being hurt, if you

are hurting someone, 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.

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). 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.

Domestic violence also affects children even when they are not the target of the violence. Often when children witness domestic violence, they are psychologically traumatized, and repeated traumas can leave deep psychological scars, affecting school behavior, relationships, and even future involvement in long term relationships. In short, when children witness violence, they are being trained to be the next generation of victims and abusers. October is Domestic Violence Awareness Month. **Help yourself, help others if you can. Love shouldn’t hurt.**

Join us for the

## Domestic Violence Proclamation Signing

Wednesday, October 16th , 11:00 a.m., MWR Auditorium

### Contact FFSC Annapolis

☎ (410) 293-2641  
📠 (410) 293-5237  
✉ m\_FFSC\_Annapolis@navy.mil

### FEATURES

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# OCTOBER

2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Retired Activities Office  
9 - 11 a.m.

2

1-2-3 Magic (Parenting)  
Workshop  
9 - 11:30 a.m.

3

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

4

7

8

Conflict Resolution  
9 - 10:30 a.m.  
  
Retired Activities Office  
9 - 11 a.m.

9

10

FFSC at the Navy Exchange  
11 a.m.

11

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

CLOSED  
Columbus Day

14

15

Retired Activities Office  
9 - 11 a.m.  
  
Domestic Violence Proclamation  
Signing  
11 a.m.  
  
Hearts Apart: Deployment  
Discussion Group  
6 - 7:15 p.m.

16

17

18

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

21

22

10 Steps to Federal Employment  
Workshop  
9 a.m. - Noon  
  
Anger Management Workshop  
3 Sessions (1/3)  
8:30 - 11:30 a.m.

23

Retired Activities Office  
9 - 11 a.m.

24

Four Lenses Workshop  
9 - 11 a.m.

25

Career Exploration & Planning Track (CEPT) Workshop  
8:30 a.m. - 4 p.m.

28

Thrift Savings Plan  
10 a.m. - Noon

29

Anger Management Workshop  
3 Sessions (2/3)  
8:30 - 11:30 a.m.

30

Retired Activities Office  
9 - 11 a.m.  
  
Job Search Strategies  
9 a.m. - Noon

31

Reduce Holiday Stress Workshop  
10 - 11 a.m.



# EDUCATION AND TRAINING PROGRAMS



## Career Development Programs

### **RESUME WRITING WORKSHOP**

*Wednesday, Oct 2, 9:00 a.m. – 12:00 p.m.*

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 the FFSC at 410-293-2641 to register.

### **10 STEPS TO FEDERAL EMPLOYMENT WORKSHOP**

*Wednesday, Oct. 22, 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.

### **JOB SEARCH STRATEGIES**

*Wednesday, Oct. 30, 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. Register today by calling the FFSC at 410-293-2641.

## Deployment/Relocation Programs

### **SMOOTH MOVE SEMINAR**

*Friday, Oct. 4, 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!

### **"HEARTS APART" - DEPLOYMENT DISCUSSION GROUP**

*3rd Wednesday– Oct. 16th, 6 - 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 & Family Support Center. Child care is FREE and onsite upon advance request. Registration is required. Please call the FFSC at 410-293-2641 for more information.

### **COMMAND INDOCTRINATION/NEWCOMERS' ORIENTATION**

*Thursday- Friday, Oct. 17 - 18, 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 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.

## Transition Assistance Programs

### **TRANSITION – GOALS, PLANS, SUCCESS (GPS)**

*Monday – Friday, Oct. 7 - 11, 8 a.m. – 4:00 p.m.*

The newly revised TAP Workshop has been renamed Transition, Goals, Plans, Success (GPS)

It 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 BEING TURNED AWAY

### **CAREER EXPLORATION AND PLANNING TRACK (CEPT) WORKSHOP**

*Wednesday & Thursday, Oct 23 & 24, 8:30 a.m. – 4:00 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. Registration Required, call (410) 293-2641

### **Transition GPS Capstone**

Call FFSC for an appointment.

Weekly on Tuesdays, Oct 1, 8, 15, 22, 29

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. Required Documents For Capstone:

Completed standardized ITP to include appropriate Career Track sections

Benefits Registrations

Completed Gap Analysis

Completed Resume/Employment application

TGPS Workshops Certificate



Documented requirements for licensure, certification & apprenticeship – if applicable  
Prepared 12 month post-military budget  
DD2958 Career Readiness Standards/ITP Checklist  
DoD ID card/CAC Card

## Financial Management Programs

### **THRIFT SAVINGS PLAN**

*Monday, Oct. 28, 10 a.m. – 12 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. This is open to all active duty, staff, faculty and civilian employees. Call the FFSC at 410-293-2641 to register.

## Life Skills Education Programs

### **1-2-3 MAGIC (PARENTING) WORKSHOP**

*Thursday, Oct. 3, 9 – 11:00 a.m.*

This award-winning, bestselling program addresses the difficult task of child discipline with humor, keen insight and proven experience. It provides easy-to-follow steps for disciplining children without yelling, arguing or spanking. You'll learn how to control obnoxious behavior, the Six Kinds of Testing and Manipulation and also how to handle issues around chores, homework, messy rooms, lying, and more.

Is it hard to get your kids to do what you want them to do? Then 1-2-3 Magic is for you! A popular and simple, yet highly effective parenting program for those who have children between the ages of 2 and 12. Using video, group discussion and activities, we'll discover ways to train your children and make parenting an enjoyable experience. Don't miss out on this workshop! We will offer easy-to-learn parenting solutions that WORK – for age groups from toddlers through adolescents. Childcare is not available.

### **CONFLICT RESOLUTION**

*Wednesday, Oct. 9, 9 – 10:30 a.m.*

Conflict is inevitable and simply a normal part of life. Everyone will encounter conflict at varying degrees throughout their life. When conflict is not addressed or when conflict is internalized, it can resurface in the forms of anger, bitterness, resentfulness, aggression, detachment, etc. Attending this workshop will provide tools on how to strengthen relationships, recognize five conflict styles, how to prevent conflict from escalating, and more.

### **ANGER MANAGEMENT WORKSHOP**

*Tuesdays (3 Sessions) Oct. 22, 29, & Nov. 5th, 8:30 – 11:30 a.m.*

Do you find your anger racing from zero to 60 at work or at home? The Anger Management workshop is designed to help participants become more aware of anger in themselves and others; to understand how anger or the repression of anger affects us; to develop positive ways of expressing anger, techniques for dampening anger and dealing with anger in others.

### **FOUR LENSES WORKSHOP**

*Thursday, Oct. 24, 9 – 11 a.m.*

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.

### **REDUCE HOLIDAY STRESS WORKSHOP**

*Thursday, Oct. 31, 10 – 11 a.m.*

This workshop is designed to help participants understand the sources of holiday stress, and to become aware of how holiday stress can affect them. The participants will learn to identify their own personal signs and symptoms of holiday stress and to learn effective ways to reduce stress this holiday. Don't miss out on this workshop.

## Outreach Programs

### **FFSC AT THE NAVY EXCHANGE**

*Friday, Oct 11, 11:00 a.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 - 9 a.m. - 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.



### **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.