

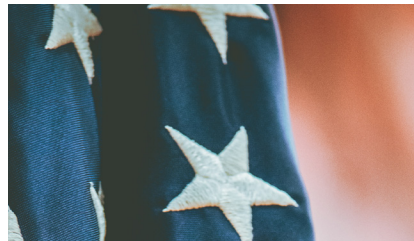
Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

NOVEMBER 2022



THANK YOU TO OUR MILITARY FAMILIES! MILITARY FAMILY APPRECIATION WEEK

The month of November is Military Family Appreciation Month. We think it appropriate to recognize the courage, dedication, commitment, and support of those family members who didn't raise their right hand to take an oath, but who nevertheless serve this nation through their own sacrifices.

Behind the scenes, sometimes by their sides, sometimes waiting at home alone -- are more Heroes, the American Military Family members. They are the wives, husbands, and children of our brave and patriotic service men and women. These families sacrifice careers, comforts and personal desires for their loved ones, and ultimately for our Nation. They endure relocations, separations, and isolation from their own families and friends. They often live in other countries far away from our own.

Many find the pay insufficient to sustain a family and must work outside the home to make ends meet. Many have careers that begin again and again after each move. Many postpone their education while raising children or when relocating overseas. Yet, they rear resilient children. They enrich the neighborhoods in which they live. They quietly and selflessly support their loved ones in uniform. Without personal compensation, they serve our great Nation. They are our unsung Heroes who wave good-bye at the tarmac, on the pier, or at the front door with newborn in arms.

Military Families we salute you!

We would like to honor our families at our 20th Annual Celebration by offering a FREE PIZZA dinner. Please call the FFSC Front desk @ 410-293-2641 to register by November 16, 2022 so we'll have plenty of pizza for everyone! We can't wait to Celebrate!!

CELEBRATING VETERANS DAY 2022

Veterans Day is a time for us to pay our respects to those who have served. For one day, we stand united in respect for you, our veterans. This holiday started as a day to reflect upon the heroism of those who died in our country's service and was originally called Armistice Day. In 1975 President Gerald Ford signed a law returning Veterans Day to Nov. 11 starting in 1978.

We celebrate and honor America's veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good.

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FEATURES

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The
Fleet & Family Support
Center



November 2022

PROGRAMS FOR EDUCATION AND TRAINING | CLASSES ARE NOW IN PERSON AND VIRTUAL
(After registration you will be sent a link to join the workshop)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Resume Writing Workshop 1 p.m.	4
Transition Assistance Program (TAP) Virtual - 8 a.m.				
7	8 Navigating Federal Employment Workshop 9 a.m.	9 Sponsorship Training 1 p.m. Home for the Holidays - Conflict Resolution 1 p.m. Ombudsman Assembly Meeting 4:30 p.m.	10 Car Buying Strategies 9 a.m.	11
14 How to Survive the Holidays Financially 9 a.m.	15 Benefits Transition Workshop 8 a.m. New Spouse Orientation 11 a.m.	16	17 Command Indoctrination/ Newcomer's Orientation 8 a.m. Career Assessment and Exploration Workshop 9 a.m.	18
		Boots to Business - 8:30 a.m.		
21 Military Family Appreciation Night 5 p.m.	22	23	24	25
28	29	30 Anger Management (3 Sessions) 8:30 a.m.		

PROGRAMS FOR EDUCATION AND TRAINING

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Career Development

Resume Writing Workshop-In Person

Thursday, Nov. 3, 1:00 p.m. – 3:00 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!

Navigating Federal Employment Workshop-In Person

Tuesday, Nov. 8, 9:00 a.m. – 12:00 p.m.

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.

Career Assessment and Exploration Workshop-In Person

Thursday, Nov. 17, 9 a.m. – 12:00 a.m.

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. Call the FFSC at 410-293-2641 for program information and registration.

Transition Assistance

Transition Assistance Program (TAP)

Monday – Friday, Oct 31 - Nov 4, 8:00 am – 4:00 pm (Virtual)

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 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. Please call FFSC to register. Required Capstone Document 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

Benefits Transition Workshop-In Person

Tuesday, Nov. 15, 8:00 a.m. – 12:30 p.m.

As you prepare to depart from the service, now is the 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 workshop will focus on benefits for both separates and retirees, while the second part will target retirement benefits. Spouses are welcome!

Boots to Business -In Person

Wednesday-Thursday, Nov. 16-17, 8:30 a.m. – 12:30 p.m.

The Two-day Transition Assistance Program (TAP) Self- Employment Intensive Training Workshop is offered in collaboration among 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!

Deployment/Relocation

Sponsorship Training-In Person

Wednesday, Nov. 9, 1:00 p.m. – 2:00 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, Nov. 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, 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.

PROGRAMS FOR EDUCATION AND TRAINING

Financial Management Programs

Car Buying Strategies-In Person

Thursday, Nov. 10, 9:00 a.m. – 12:00 p.m.

Car Buying is one of the most emotional and stressful purchases that we make on an irregular basis. In today's marketplace the methods of purchase as well as the types of vehicles available are numerous. Vehicles may be purchased on line, in person, new or used at any time day or night. Call the FFSC at 410-293-2641 to register.

How to survive the Holidays Financially-In Person

Monday, Nov. 14, 9:00 a.m. – 12:00 p.m.

It's that time of year again, Holiday Time!!!! Halloween, Thanksgiving, Chanukah, Christmas, and New Year's all line up and all involve spending. Join us to discuss ways to save now to spend later and what payment methods we should use. This is a joyous time of year but let's start the new year with little or no debt.

Life Skills Education

Home for the Holidays- Conflict Resolution (In Person/Virtual)

Wednesday, Nov. 9, 1:00 p.m. – 2:00 p.m.

As we know Holidays can breed a lot of stress. Contending with crowded stores, long lines, traffic jams, juggling priorities and worrying about spending too much money can often causes our worst personality traits to emerge. And, particularly, when extended family members gather for the holidays, conflict is inevitable. This workshop will teach you effective conflict resolution skills to help while you're home for the holidays.

New Spouse Orientation (In Person/Virtual)

Tuesday, Nov 15, 11:00 a.m. – 1:00 p.m.

Whether you are a new Navy spouse or you have been around awhile, sometimes you wonder if you moved to another planet! The Navy has its own language, traditions and customs. Everything can seem so different! How are you supposed to understand life on this planet? Make your Fleet and Family Support Center one of your first stops in your new Navy adventure. You can attend a workshop and meet other new Navy spouses, and gather informational materials. FFSC provides new spouse orientation and support for spouses to prepare them for their responsibilities and acquaint them with military and community resources.

Anger Management (3 Sessions)-In Person

Wednesday, Nov. 30 - Dec. 7, 14, 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.

Other Programs

Retired Activities Office

Wednesdays, 9:00 a.m. – 11:00 p.m. (In Person at FFSC)

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.

Ombudsman Assembly Meeting

Wednesday, Nov. 9, 4:30 - 5p.m. (Virtual)

The Ombudsman Assembly Meeting will be held virtually. The Bi-monthly assembly meeting is an opportunity for command-appointed Ombudsman to share ideas, obtain updated information, and receive training from area program and resource specialists. Commanding Officers, Executive Officers, Chaplains, Command Master Chiefs, and their spouses, are also encouraged to attend.

Military Family Appreciation Night

Monday, Nov. 21, 5:00 p.m. – 7:00 p.m.

November is "Military Family Appreciation Month". During this month we take time to acknowledge and pay special tribute to all military families for the contributions they make to their own communities and, ultimately, to the security of our entire nation. We would like to honor our families at our 19th Annual Celebration by offering a FREE PIZZA dinner.

Please call the FFSC Front desk @ 410-293-2641 to register by November 16, 2022 so we'll have plenty of pizza for everyone! We can't wait to Celebrate!!



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.