

# PROGRAMS FOR EDUCATION AND TRAINING

## LINKED IN – Skills & Endorsements

Thursday, June 5, 11 a.m. – Noon

Do you stress out about networking, particularly, "social networking"? No worries! FFSC has your back! Grab your lunch, and your laptop or smart device, and join us for a quick 60 minute VIRTUAL Lunch & Learn about Linked In's Skills & Endorsements sections! This webinar will prepare you for the world of social networking using one of the most powerful professional networking sites available today.

## Transition Assistance Program

Monday – Friday, June 9-13, 8 a.m. – 4 p.m.

The Transition Assistance Program (TAP) is a congressionally mandated program for all members who've 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 will offer the 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! Classes fill up quickly! IMPORTANT!!! You must contact your Command Career Counselor and complete a Self- Assessment 365 days prior to your separation date. During this session, you will be assigned a tier level, which is a prerequisite to attending TAP.

## TAP Talk Tuesday- Virtual

Tuesday, June 17, 2 - 3 p.m.

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 each month between 2pm and 3 and let's chat about all things transition.

## Executive Transition Assistance Program (ETAP)

Monday – Friday, June 23-27, 8 a.m. – 4 p.m.

(Designated for E-9s and O-5 and above)

This five-day workshop is designed to prepare retiring service members for transition to civilian life. The program provides a comprehensive mix of education, skill building, and networking with employers to meet Career Readiness Standards at the executive/seasoned professional level.

## Life Skills

### Boot Camp For Babies

Thursday, June 5, 11 a.m. - 3:30 p.m.  
You are welcome to bring your lunch/snack!

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 Sea Bag is issued to any eligible attendee who has recently had a baby or whose child will be born within six months. It consists of gift card and a handmade item (a knitted or crocheted afghan). Don't miss out on this exciting class that will prepare you for parenthood!

### Anger Management Workshop - (3 Sessions), 9 a.m.

Tuesday, June 17, 24 & July 1, 9 a.m. - 12 p.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.

## Outreach Events

### Are you preparing for a PCS Move this summer?

#### PCS OUTREACH AT THE NEX

Thursdays, June 5 and June 26, 11 a.m. – 1 p.m.

Your Annapolis Fleet and Family Support Center Relocation Program, Personal Property, EFMP Program, School Liaison, Employment Assistance for Spouses, Navy Housing and the Liberty Housing Office will be at the Annapolis NEX. There will be resource information and an opportunity to ask questions about the upcoming move for you and/or family members. Stop by we will have lots of information.

# Annapolis

## Fleet and Family Support Center

### NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

JUNE 2025

## Smooth Sailing: Navigating PCS Transitions with Ease

As June unfolds, so does the season of Permanent Change of Station (PCS) moves. For many of us in the Navy community, this time of year brings a mixture of excitement and apprehension as we prepare to set sail for new horizons. Whether you're embarking on your first PCS journey or you're a seasoned mover, there are steps we can take to ensure smooth sailing during this transition.

### Here are some tips to help navigate the waters of PCS moves:

**1. Plan Ahead:** Preparation is key to a successful PCS move. Start planning as soon as you receive your orders. Create a timeline, make checklists, and gather necessary documents. The more organized you are, the smoother the transition will be.

**2. Utilize Resources:** The Navy offers resources to support families during PCS moves. From relocation assistance programs to housing services, take advantage of these resources to ease the burden of the moving process. Reach out to your Fleet and Family Support Center for guidance and assistance.

**3. Stay Informed:** Stay informed about your new duty station. Research the local area, schools, healthcare facilities, and recreational opportunities. Knowledge is power, and being prepared for your new surroundings can help alleviate any anxiety about the move.

**4. Communicate Openly:** Communication is crucial during a PCS move. Keep lines of communication open with your spouse, children, and anyone else involved in the move. Share your concerns, ask questions, and work together as a team to tackle any challenges that arise.

**5. Take Care of Yourself:** Moving can be stressful, both physically and emotionally. Remember to prioritize self-care during the PCS process. Get plenty of rest, eat well, and take breaks when needed. Don't be afraid to ask for help if you need it.

**6. Get Involved:** Once you've arrived at your new duty station, get involved in the local Navy community. Attend newcomer orientation events, join clubs or organizations, and reach out to other Navy families. Building connections can help you feel more at home in your new surroundings.

**7. Embrace the Adventure:** A PCS move is an opportunity for a fresh start and new adventures. Embrace the excitement of exploring a new location, meeting new people, and experiencing new cultures. Approach the move with a positive attitude, and you'll be surprised at the opportunities that await.

As you embark on your PCS journey this June, remember that you're not alone. The Navy family is here to support you every step of the way. By planning, utilizing resources, staying informed, and embracing the adventure, you can navigate the waters of PCS moves with ease.

Our **FFSC Relocation Assistance Program** has everything you need to make your move easier, so give us a call at (410) 293-2641 or stop by for assistance.



## 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.



### 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.

### CONTACT FFSC ANNAPOLIS

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### FEATURES

- Smooth Sailing: Navigating PCS Transitions
- June 2025 Calendar
- Programs for Education and Training



The  
Fleet & Family Support  
Center



# June 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pre-Separation Brief, 1 p.m.	3 Career Explorations, 11 a.m.	4 Medical Record Claim Review  Smooth Move, 8:30 a.m.	5 LinkedIn - Skills & Endorsements, 11 a.m.  Boot Camp for Babies, 11 a.m.  PCS Outreach at the NEX, 11 a.m.	6
9	10 Car Buying Strategies, 9 a.m.	11 Medical Record Claim Review  KIDS PCS TOO, 5 p.m.	12 Command Indoctrination/ Newcomers' Orientation, 8 a.m.  Moving with EFMP, 1 p.m.	13
Transition Assistance Program, 8 a.m.				
16	17 Anger Management Workshop - (3 Sessions), 9 a.m.  ABCs of EFMP, 1 p.m.  TAP Talk Tuesday, 2 p.m.	18 Medical Record Claim Review	19	20
23	24 Anger Management Workshop - (3 Sessions), 9 a.m.  Resume Writing, 10 a.m.	25 Medical Record Claim Review	26 PCS Outreach at the NEX, 11 a.m.	27
Executive Transition Assistance Program, 8 a.m.				
30				
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### Deployment/Relocation Programs

#### Smooth Move

Wednesday, June 4, 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!

#### KIDS PCS TOO – In Person

Wednesday, June 11, 5 p.m. - 7 p.m. - Kids 5-10 y/o

Military families often have to move, and learning how to make this transition can sometimes be difficult. The experience for kids moving, in particular, may lead to feelings of sadness and anger. There might also be anxiety around how to make friends in a new school.

Join us for this fun and interactive workshop for kids 5-10 y/o to learn coping skills needed to navigate their big move.

\*There will also be a concurrent Question and Answer session for parents to meet with the NSA Annapolis School Liaison and EFMP Coordinator. \* A Pizza Dinner will be served\*

#### Command Indoctrination/Newcomers' Orientation

Thursday, June 12, 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.

### Exceptional Family Member Program

#### Moving with EFMP

Thursday, June 12, 1 – 2 p.m.

Relocating as a military family presents unique challenges, and when a family member is enrolled in the Exceptional Family Member Program (EFMP), planning becomes even more essential. This workshop is designed to provide guidance, resources, and practical strategies to ensure a smooth transition.

#### ABCs of EFMP – Virtual

Tuesday, June 17, 1 – 2 p.m.

Are you wondering what the Exceptional Family Member Program (EFMP) is all about? Have questions? Then this workshop is for you! NSA Annapolis EFMP Case Liaisons will provide you with the basics of EFMP, answer your questions, and leave you with a better understanding of the program.

### Employment Assistance Program

#### Career Explorations

Tuesday, June 3, 11 a.m. – 12:30 p.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. Register today by calling 410-293-2641.

#### Resume Writing

Tuesday, June 24, 10 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!

### Financial Management Programs

#### Car Buying Strategies

Tuesday, June 10, 9 - 10:30 a.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 online, in person, new or used, at any time day or night.

### Transition/Career Assistance Programs

#### Transition Capstone

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. Call FFSC for an appointment with a TAP Team member.

#### Pre-Separation Brief

Monday, June 2, 1 – 3 p.m.

The second step after completing an Initial Self-Assessment counseling with a Command Career Counselor or Unit Transition Coordinator, transitioning Service members separating or retiring from military service to civilian life must complete the congressionally mandated Pre-Separation Brief. During this brief, members will receive explanations of the Individual Transition Plan (ITP), education, training, employment and career goals, financial management, health and well-being, and relocation and housing. This Pre-Separation Brief must occur 365 days prior to official separation from military service.

#### Medical Record Claim Review (By Appointment Only)

Wednesdays, June 4, 11, 18, 25; various times available.

Annapolis Fleet & Family Support Center collaborates with the National Office of Veterans of Foreign Wars, 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.