

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

OCTOBER 2017

Domestic Violence Awareness Month

"Love Shouldn't Hurt"

During October, government and civilian organizations commemorate Domestic Violence Awareness Month through a variety of activities and events. A common observance by many supporters is wearing a purple ribbon.



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.

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 ribbon symbolically represents the commitment of victims, survivors, family members and all concerned persons determined to not allow deaths and abuses to continue. Also, displays of purple ribbons throughout a community convey a powerful message that there is no place for domestic violence in the homes, neighborhoods, workplaces or schools of its citizens.

FAMILY ADVOCACY PROGRAM

Fleet and Family Support Center's Family Advocacy Program counselors help Sailors and families respond to crisis situations, which may result from operational or lifestyle stress.

Escalating and untreated stress may result in patterns of behavior where fear and intimidation are used to express power and control over an intimate partner. Often intimidation leads to threats 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
- Leaving no financial support for family during deployments

Domestic violence also affects children even when they are not the target of the violence. When children witness domestic violence, they are learning how to deal with relationships via conflict. Often, they are psychologically traumatized; and repeated traumas may leave deep psychological scars affecting school behavior, current relationships and even in future long-term relationships. In short, when children witness violence, they are being trained to be the next generation of victims and abusers.

If you are being hurt, if you are hurting someone or if you know someone who is and would like help, please contact one of these resources:

NSA Annapolis Family Advocacy Counselor
410-293-2641

Family Advocacy Victim Advocate
410-293-2641

Anne Arundel County Domestic Violence Hotline
410-222-6800

National Domestic Violence Hotline
Toll-free: 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 made anonymously.

CONTACT FFSC ANNAPOLIS

☎ (410) 293-2641

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October

2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Anger Management
(Session 3 of 3)
8:30 - 11:30 a.m.

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Retired Activities Office
9 - 11 a.m.

Smart Investing
Mitscher Auditorium at the
U.S. Naval Academy
12:45 - 1:20 p.m.

Transition GPS Capstone
By appointment only

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Car Buying Tips
Noon - 1 p.m.

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

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CLOSED
Columbus Day

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Conflict Management
9 - 10:30 a.m.

Financial Fitness
for the Holidays
Noon - 1 p.m.

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Retired Activities Office
9 - 11 a.m.

Interviewing Skills
9 a.m. - Noon

Sponsorship Training
11 a.m. - Noon

Transition GPS Capstone
By appointment only

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Stress Management
9 a.m. - Noon

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

Federal Employment
9 a.m. - Noon

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Retired Activities Office
9 - 11 a.m.

Hearts Apart: Deployment
Discussion Group
6 - 7:15 p.m.

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

Transition GPS Capstone
By appointment only

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Planning for Retirement
Rickover 110 at the
U.S. Naval Academy
Noon - 1 p.m.

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Transition GPS - Technical Track
8:30 a.m. - 4:30 p.m.

Command Indoctrination/Newcomers' Orientation • 8 a.m. - 4 p.m.
*Wednesday - Navy Pride and Professionalism
Thursday and Friday - Command Indoctrination*

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Resume Writing
9 - 11 a.m.

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Retired Activities Office
9 - 11 a.m.

Transition GPS Capstone
By appointment only

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Love Languages for Couples
5 - 7 p.m.

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Command Financial Specialist Training • 8 a.m. - 4 p.m.

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Career Development

Interviewing Skills

Wednesday, Oct. 11, 9 a.m. - Noon

What are your greatest strengths and greatest weaknesses? Learn how to answer these and many other common interview questions. This workshop discusses interview preparation, the stages of an interview and interview follow-up.

Federal Employment Workshop

Tuesday, Oct. 17, 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 and write a federal resume. Please join us and learn strategies and tips for a successful federal job search. Registration is required. Please no e-mail reservations.

Resume Writing

Tuesday, Oct. 24, 9 - 11 a.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 discusses 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!

Transition Assistance

Transition - Goals, Plans, Success (GPS)

Monday-Friday, Oct. 2-6, 8 a.m. - 4 p.m.

This career and job search workshop is 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 and a review of Veteran benefits and entitlements. Classes fill up months ahead. **Register now if you are within one year of separation or two years of retirement.**

You must see your Command Career Counselor and obtain a signed DD Form 2648-Pre-separation Counseling Checklist and a copy of your Individual Transition Plan (ITP) before attending the workshop. **Failure to do so may result in disenrollment from the class.**

Transition GPS Capstone

Wednesdays by appointment only

Capstone is a mandatory component of Transition GPS that must be completed no later than 90 days before your separation date.

Required documentation for Capstone includes:

- Completed standardized ITP to include appropriate Career Track sections
- eBenefits registrations
- Completed Gap Analysis
- Completed resume/employment application
- TGPS Workshops 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

Transition GPS - Technical Track

Wednesday-Thursday, Oct. 18-19, 8:30 a.m. - 4:30 p.m.

Interested in pursuing a technical career after the military? This class assists you to define technical career goals, identify required credentials, find career technical training opportunities, identify local Veteran's resources and use your VA education benefits. For an optimal experience in this track, please complete the Core GPS program before attending this class. If available, please bring your Individual Transition Plan (ITP), military service transcripts, O*Net Self-Assessment/MOC Crosswalk results and your personal budget.

Deployment/Relocation

Hearts Apart: Deployment Discussion Group

Wednesday, Oct. 18, 6 - 7:15 p.m.

Is your loved one deployed? This discussion group is for you! Onsite child care is free and upon advance request. Registration is required.

Home Team: Youth Deployment Support Group

Wednesday, Oct. 18, 6:30 - 7:15 p.m.

Home Team is for kids 5-18 years old who have a deployed family member. Join the Home Team and get involved, stay connected, have social support and to learn about the power of positive! This group is in partnership with the NSA Annapolis School Liaison Officer.

Command Indoctrination/Newcomers' Orientation

Wednesday-Friday, Oct. 18-20, 8 a.m. - 4 p.m.

Wednesday, Navy Pride and Professionalism

Thursday and Friday, Command Indoctrination

This program is designed welcome to allow military members and their families to their new working and living environments. The Indoc/Orientation is for all active-duty service members reporting to the U.S. Naval Academy, NSA Annapolis, Navy Band and Naval Health Clinic. Don't miss these information-packed days designed to make your move to a new community a "smooth" one. A highlight of the Orientation is a tour of the Naval Academy. Spouses are encouraged to attend Thursday and Friday.

Financial Management

Smart Investing

Wednesday, Oct. 4, 12:45 - 1:20 p.m.

Mitscher Auditorium, U.S. Naval Academy

In celebration of World Investor Week, Securities and Exchange Commission representatives will be sharing their tips so you can be a smart investor. This is open to all active-duty military, DoD civilians and USNA Midshipmen, faculty and staff.

Car Buying Tips

Thursday, Oct. 5, Noon - 1 p.m.

Are you 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. Topics include what you can afford, comparison shopping, what a vehicle should cost, trade-ins, financing options, high-pressure sales tactics, negotiating and how to avoid pitfalls.



Financial Fitness for the Holidays

Tuesday, Oct. 10, Noon - 1 p.m.

This year try something different and plan for the upcoming holidays before you open your wallet. Setting a holiday spending budget is the key to a financially healthy season. You will learn how to set up a holiday budget, tips for smart shopping and consumer pitfalls to avoid. Reduce some stress now and when the credit card statements arrive in January!

Planning for Retirement

Thursday, Oct. 19, Noon - 1 p.m.

Rickover 110, U.S. Naval Academy

It's never a too soon or too late to start thinking about retirement! During this brown bag lunch, you will learn the steps involved in retirement planning, estimating retirement needs and sources of retirement income. Military retirement benefits, the Thrift Savings Plan, Individual Retirement Account (IRA) options and Social Security will be covered. This is open to all active-duty military, DoD civilians and USNA faculty and staff.

Command Financial Specialist Training

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

This training is designed to provide financial education, training counseling and information referral at the command level. To qualify for Command Financial Specialist training, the candidate must be an E6 and above or E5 with 6 years of completed service, highly motivated and financially stable. Trained individuals will represent their commands and provide education, counseling and information at the command level as a collateral duty. Active-duty military must register with the Personal Financial Management specialist at nancy.chapman.ctr@navy.mil.

Life Skills Education

Conflict Management

Tuesday, Oct. 10, 9 - 10:30 a.m.

Conflict is inevitable and simply a normal part of life. Everyone encounters conflict at varying degrees throughout their life. When conflict is not addressed or when conflict is internalized, it may resurface in the form of anger, bitterness, resentfulness, aggression or detachment. This workshop provides tools such as how to strengthen relationships, recognize five conflict styles and how to prevent conflict from escalating.

Stress Management

Thursday, Oct. 12, 9 a.m. - Noon

Stress is a part of life. In this class you will understand how your beliefs and thought process have an impact on how you deal with stress. You will walk away with specific stress-management skills to incorporate into your life immediately.

1-2-3 Magic (Parenting)

Tuesday, Oct. 17, 9 - 11 a.m.

This parenting program addresses the difficult task of child discipline with humor, keen insight and proven experience for toddlers through adolescents. It provides easy-to-follow steps for disciplining children without yelling, arguing or spanking. You'll learn how to control obnoxious behavior and the six kinds of testing and manipulation. Also, you will receive tips on how to handle issues around chores, homework, messy rooms and lying. Childcare is not available.

Love Languages for Couples

Thursday, Oct. 26, 5 - 7 p.m.

Do you communicate your needs well with your spouse/significant other? Have you ever thought: I know my spouse/significant other loves me, but I don't feel loved? This workshop will explore different ways people show love, the different emotional needs people have, what your love language is, what your emotional needs are and how to communicate these needs in a positive way. Please complete the survey at www.5lovelanguages.com/assessments/love/ and bring the results to the workshop

Other Programs

Retired Activities Office

Wednesdays, Oct. 4, 11, 18 and 25, 9 - 11 a.m.

Assists all retired military and their family members with questions and issues related to survivor benefits, retired rights and benefits, widow's outreach and assistance. The office is staffed by retired military volunteers.

CLOSED for Columbus Day

Monday, Oct. 9

FFSC is closed Monday, Oct. 9 in observance of Columbus Day.

Sponsorship Training

Wednesday, Oct. 11, 11 a.m. - Noon

Has your Command chosen you to sponsor inbound service members? Now, what do you do? This training includes how to make contact with the inbound service member, type of information to provide him/her, and information on available resources and support services. This workshop will make your job and the incoming service member's move much more satisfying. Sponsor Coordinators are welcome to attend.



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.