

# Annapolis

## Fleet and Family Support Center

### NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

JANUARY 2020

## NEW YEAR'S RESOLUTIONS?

### YOUR FFSC CAN HELP!

It never fails, almost as soon as the last holiday gift is opened we are already thinking about what we will do differently next year. New Year's resolutions are common. According to Wikipedia, a New Year's Resolution is a "commitment that an individual makes to a project or the reforming of a habit, often a lifestyle change that is generally interpreted as advantageous. The name comes from the fact that these commitments normally go into effect on New Year's Day and remain until fulfilled or abandoned." Most people make them, few people successfully implement them.

You wouldn't expect to learn a new sport or hobby without some degree of learning and practice yet we often think we can change a lifestyle or break a habit just by acknowledging a desire to do so. New Year's Resolutions can be successful with the right help.

Let's look at a few common areas where most people focus their resolutions:

**Finances:** Suppose your resolution is to better manage your finances. The Personal Financial Manager at FFSC can meet with you to discuss options and resources and provide helpful tips to get you started.

**Relationships:** Maybe you want to begin the New Year by improving your relationships with others. The FFSC clinical counselor can work with you on improving communication at home and work, stress and anger management, setting boundaries, and

many other life skills topics.

**Employment or Transition:** Imagine that you would like to find a job or just want a better job. Maybe you need to explore your options as you near retirement or separation from the military. FFSC has a Transition Assistance Program as well as a Family Employment Readiness Program to guide and assist you in these processes.

**Family Preparedness:** Whether it is preparing for a disaster such as a hurricane or preparing for a life change like deployment, the FFSC Life Skills Educator and Individual Deployment Support Specialist can provide you with the tools and resources to assist you and your family.

**Volunteering:** The FFSC can assist with locating volunteer opportunities, whether within the FFSC, or other non-profit agency, where you can share your time and gain useful experience, which can later be used for employment.

**Self-improvement:** Your goal may be to learn a new language, improve your computer skills, go back to school, etc. The FFSC can provide resources to help you reach your goal.

*Make visiting the FFSC one of your  
New Year's Resolutions!*

#### CONTACT FFSC ANNAPOLIS

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#### FEATURES

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# January 2020

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

		<b>1</b> Retired Activities Office 9 - 11 a.m.  1-2-3 MAGIC (Parenting) Workshop 9 - 11 a.m.	<b>2</b>	<b>3</b>
<b>6</b>	<b>7</b>	<b>8</b> Retired Activities Office 9 - 11 a.m.  Resume Writing Workshop 9 a.m. - Noon  Ombudsman Assembly Meeting 4:30 p.m.	<b>9</b>	<b>10</b>
Transition Assistance Program - 8 a.m. - 4 p.m.				
<b>13</b>	<b>14</b> Resume Writing Workshop 9 a.m. - Noon  1-2-3 Magic (Parenting) Workshop 9 - 11 a.m.	<b>15</b> Retired Activities Office 9 - 11 a.m.  "Hearts Apart" - Deployment Discussion Group 6-7:15 p.m.	<b>16</b>	<b>17</b>
Command Indoctrination/ Newcomers' Orientation 8:30 a.m. - 4:30 p.m.				
<b>20</b>	<b>21</b> 10 Steps to Federal Employment Workshop 9 a.m.- Noon	<b>22</b> Retired Activities Office 9 - 11 a.m.  Project Opportunity Orientation 10 a.m. - 12 p.m. & 5:30 - 7:30 p.m.	<b>23</b> Stress Management 9 - 11 a.m.	<b>24</b> Sponsorship Training 1-2 p.m.
Boots to Business Workshop - 8:30 a.m. - 4:30 p.m.				
<b>27</b>	<b>28</b> Anger Management Workshop 8:30 - 11:30 a.m.  Interviewing Skills 9 a.m. - Noon	<b>29</b>	<b>30</b>	<b>31</b>



# PROGRAMS FOR EDUCATION AND TRAINING



## Career Development

### Resume Writing Workshop

**Tuesday, Jan. 14, 9 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! Call the FFSC at 410-293-2641 to register

### 10 Steps to Federal Employment Workshop

**Tuesday, Jan. 21, 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.

### Interviewing Skills

**Tuesday, Jan. 28, 9 a.m. - Noon**

What are your greatest strengths? 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. Call the FFSC at 410-293-2641 for program information and registration.

## Transition Assistance

### Transition Assistance Program

**Monday – Friday, Jan 6 - 10, 8 a.m. – 4 p.m.**

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

### Higher Education Track

**Thursday - Friday, Jan 9 – 10, 8:30 a.m. - 4:30 p.m.**

A two-day class to better prepare transitioning service members pursuing a college education. The Higher Education Track guides service members through the process of selecting a degree program, comparing accredited colleges, examining a range of funding to include the GI Bill, as well as the Free application for Federal Student Aid (FAFSA) and completing a college application package. Successful completion of this course assists service members in meeting the Career Readiness Standards for Education. Spouses are welcome!

### Boots To Business Workshop

**Wednesday & Thursday, Jan 22 - 23, 8:30 a.m. – 4:30 p.m.**

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

### Project Opportunity Orientation

*Free Entrepreneur Training For Spouses Of Veterans, Active Duty, And Guard/Reserve Personnel*

**Wednesday, Jan 22, 10 a.m. – 12 p.m. & 5:30 p.m. -7:30 p.m.**

**To register please call the Fleet & Family Support Center (410) 293-2641**  
Is Entrepreneurship the right choice for you?

Do you have a business idea but not sure where to start?

Do you have a business and want to take it to the next level?

Project Opportunity is an intensive curriculum based 8-week cohort program that meets 1-day a week for 3 hours. The curriculum and material are facilitated by small business professionals and subject matter experts. The program concludes with a formal business pitch. Training Includes: Assessing Your Business Idea, Marketing Analysis, Financing and Financial Management, Business Structure and Taxes, and Development of a Business Plan

After registration please complete form found at <https://www.project-opportunity.com/spouse-entrepreneurship-course/>

### Transition GPS CAPSTONE

**Tuesdays, (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. 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

## Deployment/Relocation Programs

### "Hearts Apart" - Deployment Discussion Group

**Wednesday, Jan. 15, 6 – 7:15 p.m.**

Is your loved one deployed? A Deployment Discussion Group is held on the 1st and 3rd Tuesday 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. DON'T FORGET OUR YOUTH – JOIN OUR HOME TEAM



### **Command Indoctrination/Newcomers' Orientation**

**Thursday- Friday, Jan. 16 - 17, 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 three 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 Thursday-Friday.

### **Sponsorship Training**

**Friday, Jan 24, 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.

## *Life Skills Education Programs*

### **1-2-3 MAGIC (Parenting) Workshop**

**Tuesday, Jan. 14, 9 – 11 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.

### **Anger Management Workshop**

**Tuesdays (3 Sessions) Jan. 28, Feb. 4 & 11, 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.

### **Stress Management**

**Thursday, Jan. 23, 9 – 11:00 a.m.**

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. Participants will walk away with specific actions to manage stress that they can incorporate into their life immediately.

## *Ombudsman Program*

### **Ombudsman Assembly Meeting**

**Wednesday, Jan. 8, 4:30 p.m.**

The Ombudsman Assembly Meeting will be held at the Fleet & Family Support Center, NSA Annapolis, 168 Bennion Road. 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.

## *Other Programs*

### **Retired Activities Office**

**Wednesdays – 9:00am – 11:00am**

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.