

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

MAY 2023

★ MILITARY SPOUSE ★ *Appreciation Day*

It is a day that is set aside each year to recognize and honor the contributions and sacrifices of military spouses. In 1984, then President Ronald Reagan proclaimed the Friday before Mother's Day to be designated as Military Spouse Appreciation Day. Since then, each President and senior military leaders have echoed the sentiments expressed by President Reagan. In addition to the public support and recognition of these leaders, events are commonly sponsored at installations across the nation and around the world to recognize the importance of our unsung heroes.

Military spouses, past and present, are an extraordinary group of individuals. While their husbands or wives took an oath and signed on a dotted line when they joined the military, spouses were enlisted through the back door with the vows they took on their wedding day. In choosing their mates, they inadvertently chose their way of life. While others have the luxury of decorating their homes knowing they will be there for the duration, military spouses decorate their homes hoping they will be there for three years. While others slowly gather a network of hairdressers, churches, dentists, and doctors; military spouses hit the ground running. They know they have a limited time to set down roots before it's time to pack up again.

For many people, constant moving discourages them from connecting with the local community; however, for the military spouse, the opposite is true. Adversity just makes them stronger. What some people view as obstacles, they take on as challenges to be overcome. With only eighteen months to three years at most duty stations, they view it as a limited time to make friends and leave a mark on the community. They jump in wholeheartedly into the PTA, church, and community. They realize that they are the only constant for their children while mom or dad is deployed or remote, and they remain steadfast in their conviction that they are doing the right thing.

They come from diverse backgrounds, hailing from places such as Texas, Florida, Germany, or Japan, but the one thing they have in common is their unfailing support of their military husband or wife and the mission of the United States military. The husbands and wives of all our men and women in uniform worldwide deserve our thanks. We salute your strength, patriotism, and support. You make the mission possible.

JOIN THE FFSC FOR "SPOTLIGHT ON SPOUSES" SPOUSE APPRECIATION DAY – FRIDAY, 12 MAY 11:30 AM - 1:30 PM

Join the Fleet & Family Support Center Staff for our annual "Spotlight on Spouses" event. We are celebrating and honoring you, our military spouses, with a special Free lunch, certificates of appreciation, and with helpful information from FFSC and community representatives. Please call (410) 293-2641 to sign up if you can join us.



MAY IS *National Mental Health Month*

Mental Health Month raises awareness of trauma and its impact on the physical, emotional, and mental well-being of children, families, and communities. Mental Health Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness. Mental health is essential for a person's overall health. Prevention works, treatment is effective, and people can recover from mental disorders and live full and productive lives.

Mental health conditions are more common than you might realize — they affect about 21% of people living in the U.S.


If you are struggling with your mental health, effective treatments are available and FFSC Annapolis, Military OneSource, and USNA Chaplains can provide information, support, and counseling.


FFSC Annapolis - (410) 293-2641

Military OneSource - (800) 342-9647

USNA Chaplin - (410) 293-1100

CONTACT FFSC ANNAPOLIS

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FEATURES

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The
Fleet & Family Support
Center



May 2023

PROGRAMS FOR EDUCATION AND TRAINING | SOME CLASSES WILL BE VIRTUAL
 (After registration you will be sent a link to join the workshop)

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Thrift Savings Plan 0900-1200	3 Smooth Move – In-Person 0830-1130 New Spouse Orientation – In-Person and Virtual 1100-1300	4 Effective Resume Writing Workshop 0900-1200	5
Transition Assistance Program (TAP) Virtual - 0800-1600				
8	9 Job Search Strategies 0900-1200	10 Sponsorship Training – In-Person 1300-1400 Ombudsman Assembly - Virtual 1630-	11	12 Spouse Appreciation Day Celebration at FFSC Annapolis 1130-1330
My Entrepreneurship - Boots to Business Workshop - 0830-1200				
15	16	17 Love Languages for Couples – In-Person 1600-1800	18 Navigating Federal Employment 0900-1200 Linked In: 3 Degrees of Networking Webinar-Virtual 1100-1230 Command Indoc/Newcomers' Orientation 0800-1500	19
22	23	24	25 Linked In: About Me Webinar- Virtual 1100-1200	26
CFS Certification Training - 0800-1630				
29	30	31		

PROGRAMS FOR EDUCATION AND TRAINING

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Career Development

Effective Resume Writing Workshop

Thursday, May 4, 9:00 AM - Noon

This three-hour interactive training will review the basic types of résumés and discuss which types are appropriate for different job seekers and what information should be included in each. It will also discuss the essential elements of cover letters to use in conjunction with the résumé and how to market a résumé effectively in the current job market.

Job Search Strategies

Tuesday, May 9, 9:00 AM - 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 job search. Participants will learn the primary methods used by job seekers and customize a plan to fit their needs.

Navigating Federal Employment

Thursday, May 18, 9:00 AM - Noon

This three-hour training will focus on the federal employment process. It observes the processes of creating a USAJobs profile, as well as searching and applying for jobs in the federal government. It reviews unique hiring paths and special hiring authorities such as veterans and military spouse preferences, which offer a less-competitive hiring process for eligible veterans and military spouses. It discusses the essential elements of an effective federal résumé and provides an in-depth look at job vacancy announcements, assessments, and job requirements.

Transition Assistance

Transition Assistance Program (TAP) - Virtual

Monday – Friday, May 1 – 5, 8:00 AM – 4:00 PM

The Transition Assistance Program (TAP) provides information, tools, and training to help service members and their spouses get ready to successfully transition from 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 one year of separation or two 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 before attending TAP.

Transition CAPSTONE - (by appointment only) Call FFSC for an appointment.

CAPSTONE is the final mandatory event for transitioning military members. Service members must demonstrate appropriate Career Readiness Standards (CRS) based on the goals they plan to pursue after service (employment, education, or technical training). All transitioning service members must complete CAPSTONE NLT 90 days before separation. Required Documents 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

- 12-month prepared post-military budget
- DD2958 Career Readiness Standards/ITP Checklist

My Entrepreneurship - Boots to Business Workshop

Tuesday & Wednesday, May 9 – 10, 8:30 AM - Noon

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!

Linked In: 3 Degrees of Networking Webinar-Virtual

Thursday, May 18, 2023, 11:00 AM - 12:30 PM

This webinar will prepare you for the world of virtual networking using one of the most powerful professional social networking sites available today. Join us to learn how to get the most out of your Linked In 2nd and 3rd-degree connections. Open to all.

Linked In: About Me Webinar-Virtual

Thursday, May 25, 2023, 11:00 AM - 12:00 PM

LinkedIn is a phenomenal tool for job searching and networking with others, but if you're not marketing yourself correctly, it can be a waste of time. Join us as we discuss the About section of your profile and how to build this valuable space to jumpstart your career marketing campaign and find a job. Open to all.

Deployment/Relocation

Smooth Move – In-Person

Wednesday, May 3, 8:30 AM – 11:30 AM

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!

Sponsorship Training – In-Person

Wednesday, May 10, 1:00 – 2:00 PM

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

Thursday, May 18, 8:00 AM – 3:00 PM

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. Call the Fleet & Family Support Center to register for our monthly "Command Indoc/Newcomer's Orientation." 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 day designed to make your move to a new community a "smooth" one. Spouses are encouraged to attend.

PROGRAMS FOR EDUCATION AND TRAINING

Financial Management

Thrift Savings Plan

Tuesday, May 2, 9:00 AM - Noon

Upon completion of this workshop, you will understand how TSP can contribute to financial security during retirement. Civilian attire can be worn.

CFS Certification Training

Monday- Friday, May 22 – 26, 8:00 AM - 4:30 PM

As a Command Financial Specialist, you will provide financial education and training, counseling, and information referral at the command level. You will be the first stop for military members who have questions or issues about financial readiness.

Requirements to be met:

- o D5 or above with COC Approval.
- o Six years or more of service.
- o Twelve months or more remaining at current command.
- o Financially Stable.
- o Committed to providing sound financial counseling to service members and their families.
- o Be available to assist other CFSs or Commands, including other branches of the military.
- o Able to attend the full 5-day in-person course.

Life Skills Education

New Spouse Orientation – In-Person and Virtual

Wednesday, May 3, 11:00 AM – 1:00 PM

Are you newly married or getting married soon? We know this happy transition can be daunting to learn the Navy language, traditions, and customs. In this workshop, you will learn everything you will need to help you feel confident and prepared as a military spouse. You will also have an opportunity to meet other spouses and gather information on military resources available to you.

Love Languages for Couples – In Person

Wednesday, May 17, 4:00 – 6:00 PM

Do you and your spouse or significant other feel loved? Do you communicate your needs well? Have you ever thought – I know my spouse/significant other loves me, but I don't feel loved? This will explore different ways people show love to each other. It will talk about the different emotional needs people have. It will give you a chance to explore what your love language is and what your emotional needs are. It will then explore how to positively communicate these needs. Please complete the survey at: <http://www.5lovelanguages.com/assessments/love/> and bring the results to the workshop.

Other Programs

Ombudsman Assembly - Virtual

Wednesday, May 10, 4:30 PM

The Bi-monthly assembly meeting is an opportunity for the 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.

Outreach Events

Spouse Appreciation Day Celebration at FFSC Annapolis

Friday, May 12, 11:30 AM - 1:30 PM

Join the Fleet & Family Support Center Staff for our annual spouse appreciation celebration event. We are celebrating and honoring you, and our military spouses, with live music, giveaways, complimentary lunch, and much more! Please call (410) 293-2641 to sign up and join us.



**May is
Gold Star
Awareness Month**

**Paying tribute to the fallen, honoring their loved ones
and sharing their stories**

www.NavyGoldStar.com
www.facebook.com/NavyGoldStar - 1-888-509-8759



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.