

PROGRAMS FOR EDUCATION AND TRAINING

Transition Assistance Programs

Transition Capstone (By Appointment Only)

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.

Pre-Separation Brief

Monday, June 1, 1-3 p.m.

The second step, after completing a mandatory Initial Counseling with a Command Career Counselor or Unit Transition Coordinator, transitioning members separating or retiring from military service to civilian life must complete the congressionally mandated Pre-Separation Brief. During this brief, members will receive information on the transition process and what to expect, including employment and career goals, planning for education, financial management, health and well-being, relocation, and more. The Pre-Separation Brief must be completed 365 days prior to official separation from military service.

Medical Record Claim Review

(By Appointment Only) June 3, 10, 17, 24 - various times available

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

LinkedIn: Building a Career Marketing Campaign - Virtual Thursday, June 4, 11 a.m.-12:30 p.m.

With over 990 Million users in 200 countries, LinkedIn is now the #1 social media platform for networking and job searching today! Are you on LinkedIn? Does your resume and profile scream "Hire Me!?" Join us on our virtual platform to learn how to BUILD A CAREER MARKETING CAMPAIGN that will get you noticed and hired!

Transition Assistance Program

Monday - Friday, June 8-12, 8 a.m.-4 p.m.

The Transition Assistance Program (TAP) is a congressionally mandated program for all members who have 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 offer the DoD 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 within 2 years! Classes fill up quickly! IMPORTANT! You must contact your Command Career Counselor and complete Initial Counseling 365 days prior to your separation date. During this session, you will be assigned a tier level, which is a prerequisite to attending the mandatory Pre-Separation brief and TAP course.** Spouses are highly encouraged to attend but must also register.

Transition Assistance Programs

TAP Talk Tuesdays on Teams- Virtual Tuesday, June 16, 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 of each month between 2 and 3 pm, and let's chat about all things transition.

Federal Veteran's Preference - Virtual

Thursday, June 18, 11 a.m.-12:30 p.m.

Are you a transitioning service member or military spouse who wishes to work in the federal government? There are many hiring authorities you can use to help you get hired, sometimes without competition! Come learn about federal hiring authorities and veteran and military spouse preferences, and how to use them to get a federal job.

My Entrepreneurship (Boots 2 Business)

Monday-Tuesday, June 22-23, 8:30 a.m.-4:30 p.m.

This two-day Self-Employment training 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. You will learn if starting a business is right for you, if your business idea is feasible, and so much more!

LinkedIn: Optimize Your Profile - Virtual

Thursday, June 25, 11 a.m.-12 p.m.

This webinar will provide the latest upgrades of LinkedIn, how to use it, and recommendations and tips to improve your profile for Networking and Job opportunities.

Military Transition Benefits for Retirees Webinar

Tuesday, June 30, 8 a.m.-1 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, US Family Health Plan, Survivor Benefit Program, VA Medical Claim Process, and more. Spouses are welcome and highly encouraged to attend!

FFSC Resource Room

The Resource Room has everything that military family members (16 years-old and up) 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, resource hand-outs and more.

The Fleet & Family Support Center Job Search Resource Room is located at the Fleet and Family Support Center, 168 Bennion Road, Annapolis MD.

PLEASE COME & TAKE ADVANTAGE of the Fleet & Family Support Center Resource Room! We're looking forward to seeing you soon.



168 BENNION ROAD, ANNAPOLIS, MD 21402

JUNE 2026

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:

- **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.
- **Utilize Resources:**** The Navy offers a wealth of 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.
- **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.
- **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.
- **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.
- **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.
- **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 ahead, 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.

CONTACT FFSC ANNAPOLIS

- (410) 293-2641
- (410) 293-5237
- m_FFSC_Annapolis@navy.mil

FEATURING

- Navigating PCS Transition with Ease
- June 2026 Calendar
- Programs for Education and Training



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.

June 2026

PROGRAMS FOR EDUCATION AND TRAINING

Monday	Tuesday	Wednesday	Thursday	Friday
1 Career Explorations 11 a.m. - 12 p.m. Pre - Separation Brief 1-3 p.m.	2 CFS 1-Day Refresher Training 8:00 a.m.-4 p.m.	3 Smooth Move 8:30-11:30 a.m. Kids PCS Too 5-7 p.m. Moving with EFMP - virtual 2-3 p.m. Medical Record Claim Review By appointment only	4 Credit Management 9-10:30 a.m. LinkedIn: Building a Career Marketing Campaign - virtual 11 a.m. - 12: 30 p.m. Boot Camp for Babies 11 a.m -3:30 p.m.	5
8	9 Developing Your Spending Plan 9 - 10:30 a.m.	10 Medical Record Claim Review By appointment only	11	12
Transition Assistance Program, 8 a.m.				
15	16 Anger Management Workshop 9-11:30 a.m. TAP Talk Tuesdays on Teams-Virtual 2-3 p.m. Unlock EFMP 10:30 - 11:30 a.m.	17 Medical Record Claim Review By appointment only New Spouse Orientation 11:00 a.m. - 1p.m.	18 Command Indoctrination/Newcomers' Orientation 8 a.m.-3 p.m. Federal Veteran's Preference - virtual 11 a.m. -12:30 p.m. Resume Writing 2-3 p.m.	20
22	23 Anger Management Workshop 9-11:30 a.m.	24 Medical Record Claim Review By appointment only FFSC Outreach at the NEX 11:00 a.m. - 1 p.m.	25 Financial Emergency Preparedness 9 - 10:30 a.m. LinkedIn - Optimise Your Profile - Virtual 11 a.m.-12 p.m.	26
My Entrepreneurship (Boots to Business 8:30 a.m. - 4:30 p.m.)				
29	30 Military Transition Benefits for Retirees Webinar 8:00 a.m. - 1:00 p.m. Anger Management Workshop 9-11:30 a.m.			

Relocation/Deployment Programs

Smooth Move

Wednesday, June 3, 8:30-11:30 a.m.

Getting ready for a PCS move? This workshop covers everything you need to prepare—whether it's your first move or your fifth. Learn how to protect your belongings, understand weight allowances, work with movers, explore DIY/PPM options, budget for your move, and get tips for travel, housing, and your next duty station.

Kids PCS Too

Wednesday, June 3, 5-7 p.m. - Kids 5-10 y/o

Military moves can be tough—especially for kids. This fun, interactive workshop helps children learn coping skills for handling big feelings, making new friends, and adjusting to a new school. A concurrent Q&A session for parents will be hosted by the NSA Annapolis School Liaison and EFMP Coordinator. Pizza dinner provided.

Command Indoctrination/Newcomers' Orientation

Thursday, June 18, 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 - Virtual

Wednesday, June 3, 2-3 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.

Unlocking EFMP

Tuesday, June 16, 10:30-11:30 a.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

Monday, June 1, 11 a.m.-12 p.m.

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.

Resume Writing

Thursday, June 18, 2 p.m.-3 p.m.

Need help writing your resume—or improving the one you have? Learn how to target your resume, choose the right format, and craft a strong cover letter. Don't pay someone else to write it when you can learn the skills yourself.

All classes are held at the FFSC unless otherwise noted.

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.

Financial Management Programs

CFS 1-DAY REFRESHER TRAINING

Tuesday, June 2, 8 a.m.-4 p.m.

Current CFS's can sign up for this 1-day workshop to renew their CFS Certification without taking the 5-day course. Prior to attending the CFSR course, CFS must provide the following to the FFSC site PFM. Must provide CFS Quarterly Activity Reports to show completion of required items to attend.

- Certificate of completion of all 12 Touchpoint modules from the MyNavy Financial Literacy App or Navy e-Learning within the previous 12 months.
- Completed a personal Financial Planning Worksheet (FPW) including Net Worth, Income, Expenses, Indebtedness, and Action Plan.
- Under no circumstance will a CFS be credited CFSR completion if the member's personal FPW has multiple errors and/or inability to understand the overall FPW functionality; the member should be referred to the 5 - day CFS Basic Course. Civilian attire can be worn.

Credit Management

Thursday, June 4, 9-10:30 a.m.

Credit Management is a way to establish and maintain good credit while avoiding excessive debt. Learn how to maintain a positive credit history, improve credit scores, and achieve financial stability.

Developing Your Spending Plan

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

Learn how to track expenses, set clear financial goals, and build a realistic budget that supports your priorities. Walk away with simple tools to take control of your money.

Financial Emergency Preparedness

Thursday, June 25, 9-10:30 a.m.

Get essential tools to protect your finances when life takes a turn. Learn how to identify key info, access resources, and build a personalized emergency plan—so you can safeguard your financial well-being with confidence.

Life Skills Programs

Boot Camp For Babies

Thursday, June 4, 11 a.m.-3:30 p.m.

This workshop gives expectant parents essential newborn care basics, safety guidance, and financial prep tips. You'll also qualify—regardless of rank—for a Layette (Baby's First Sea Bag) from Navy-Marine Corps Relief Society, which includes a gift card and handmade item for those expecting within six months or with a recent birth. You're welcome to bring your lunch or snack.

Anger Management Workshop

Tuesdays, June 16, 23, 30, 9-11:30 a.m. (Must Attend all 3 Sessions)

Does your anger jump from zero to 60 at home or at work? Learn to recognize anger, understand its impact, and use practical techniques to express it in healthier ways—plus strategies for calming intense moments and responding to others' anger.

New Spouse Orientation

Wednesday, June 17, 11:00 a.m. - 1 p.m.

Newly married or getting married soon? This workshop helps you learn Navy language, traditions, and customs so you feel confident stepping into your role as a military spouse. You'll also meet other spouses and get connected to the resources available to support you.

Outreach Events

FFSC OUTREACH AT THE NEX,

Wednesday, June 24, 11 a.m. - 1 p.m.

Your Annapolis Fleet and Family Support Center Relocation Program, School Liaison, EFMP, Employment Assistance Program, Personal Financial Manager, Personal Property Office, Housing, Family Advocacy Program and SAPR, will be at the Annapolis NEX storefront. There will be resource information and an opportunity to ask questions for you and/or family members.

Stop by! We'll have lots of information!

To Register for classes, call the FFSC at 410-293-2641 or email m_ffsc_Annapolis@navy.mil. Workshops will be in person unless otherwise noted. (If virtual, you will be sent a link to join the workshop after registering.)

**Workshops and seminars are open to active duty and retired military personnel, their family members and, if space is available, Department of Defense employees, their spouses and contract employees*