Family CONNECTION

Your Link to the Navy Community since 2007

Subscribe Now!

October 2026
Volume 20 | Issue 10

The Fleet & Family Support Center

Click here to submit a question!

Questions?

CNIC Signs Preparedness Proclamation

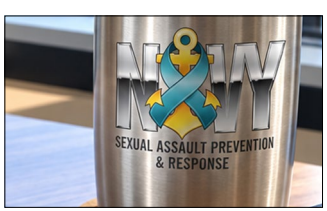
Commander, Navy Installations Command (CNIC) Vice Adm. Gray signed the National Preparedness Month proclamation on Sept. 10 at CNIC headquarters, reinforcing the...

Navigating the Changes: An EFMP Family's Guide

The Exceptional Family Member Program (EFMP) has undergone historic standardization across the Department of War (DoW). These updates provide more consistent rules...

FAP: Supporting Stronger, Healthier Military Families

For more than 40 years, the Department of War's Family Advocacy Program (FAP) has worked to prevent and respond to child abuse and neglect and domestic abuse within military...



Reconnecting to SAPR Support

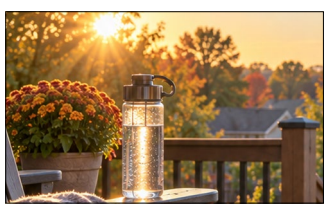
October marks the beginning of a new fiscal year, a natural time to reset priorities, refocus on readiness and renew our commitment to supporting Sailors, dependents and civilians across the enterprise.

Family-Inclusive Suicide Prevention

Suicide Prevention Awareness Month may be over, but the Navy's commitment to fostering connection, reducing stigma and ensuring Sailors and their families have access to support continues year-round.

Awareness, Warning Signs and Support for Financial Abuse

October is National Domestic Violence Awareness Month, a time to raise awareness about domestic violence and the many ways it can affect individuals and families. While physical...



Wellness Watch

When it comes to wellness, big changes are not always the most sustainable. Sometimes, the smallest choices can be the easiest to repeat and build into your daily routine. Over time, those small actions...

What's Happening? Good News from Local Fleet and Family Support Centers

Forty-five children from military families participated in an Exceptional Family Member Program (EFMP) Adaptive Sports Sampler at Joint Base...

Your Virtual FFSC

Your Virtual FFSC Webinars

See the full list of webinars available on MyNavyFamily.com this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition...

Family Connection is a publication of the Fleet and Family Support Program. The Navy's Fleet and Family Support Program promotes the self-reliance and resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle. The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

CNIC Signs Preparedness Proclamation

Commander, Navy Installations Command (CNIC) Vice Adm. Gray signed the National Preparedness Month proclamation on September 10 at CNIC headquarters, reinforcing the Navy's commitment to helping Sailors, families and communities prepare for emergencies.

September was National Preparedness Month, and this year's theme, "Prepare Today. Protect Tomorrow," highlights an important message: preparedness is a continual mission for Sailors, their families and the Navy.

Preparedness is more than an emergency management responsibility. A Sailor with a plan has essential supplies, knows where to get trusted information and understands what to do when conditions change. Prepared Sailors and families can focus on what matters most when an emergency affects the installation or surrounding community.

One Simple Step: Update NFAAS

Have you updated your family's information in the Navy Family Accountability and Assessment System (NFAAS) recently? NFAAS helps the Navy account for personnel and their families following a disaster, and assess what support they may need. Keeping your contact and family information current helps the Navy quickly determine who is safe and where additional support may be needed.

Take a few minutes to review your information in NFAAS today, especially after a move or any change to your contact information or family situation. If your Sailor is deployed or unable to complete the family muster, your local Fleet and Family Support Center can help you complete the muster and connect with available resources.

Preparedness Starts With You

Small actions taken today can make a meaningful difference tomorrow. Creating a plan, gathering essential supplies, keeping your NFAAS information current and knowing where to find trusted information can reduce uncertainty, strengthen resilience and help the Navy community remain ready when it matters most.

Back To Top

Navigating the Changes: An EFMP Family's Guide

The Exceptional Family Member Program (EFMP) has undergone historic standardization across the Department of War (DoW). These updates provide more consistent rules across all service branches, proactive outreach from case liaisons and standardized respite care, including new coverage for eligible adult dependents.

For families enrolled in the EFMP, these changes can provide greater consistency and support as you navigate medical, educational and relocation needs. Understanding what has changed and what you can do now can help your family prepare for future transitions and maintain the support your family member needs.

Understand the Changes

The DoW standardization efforts focus on three major areas of support:

Upgrade Area	What This Means for Your Family
Consistent rules	Enrollment, disenrollment and assignment coordination are now standardized across service branches. If PCS orders are declined due to EFMP limitations, the military personnel office must provide a detailed written justification. Service members have a strict 14-day window to request a second review.
Proactive support	Navy EFMP Family Support providers will attempt quarterly personal contact with every family on their caseload. During a PCS, a warm hand off is coordinated directly with the gaining installation's team. Case liaisons proactively reach out to offer resource navigation, community consultations and special education support.
Standardized respite care	Respite care benefits, including eligibility and hours, are now standardized across services to safeguard funding for high-need families. The respite care benefit also now covers eligible adult exceptional family members (EFMs), providing additional support as your family grows.

PCSing with an EFM

Everyone in and around the military knows that another move is always just around the corner. Many families have developed a smooth routine for preparing for a permanent change of station (PCS). However, normal does not always mean easy.

For families enrolled in the EFMP, a PCS can bring additional concerns about whether a new assignment can accommodate specific medical, educational or developmental needs. Detailers work closely with Naval Personnel Command PERS-456 to ensure the gaining location can support a family's needs, including access to appropriate providers and services.

[continued below]

Back To Top

Once a location is selected and approved, families should begin coordinating early to maintain continuity of care. Schedule appointments as soon as possible, make sure medications can be refilled without interruption, and be prepared for potential wait times when establishing care with a new provider.

EFMP Exceptional Family Member Program

Housing decisions may also require additional planning. Families may need to weigh competing priorities, such as proximity to the installation, access to specialized medical providers and school options.

Take Action

To help your family receive seamless support, take these steps:

Update NFAAS

Log into the Navy Family Accountability and Assessment System (NFAAS) and verify that your work email, phone number and address are current. Update your information immediately and after every PCS or contact change.

Renew Enrollment

Update your EFMP paperwork to reflect current medical or educational needs. Review and renew your enrollment every three years or sooner if a diagnosis or condition changes.

Engage Your Liaison

Connect with your assigned case liaison to share updates, ask questions or let them know when things are going well. Staying connected with your liaison can help you identify resources and address concerns early.

Keep Your Records Accessible

Maintain copies of important medical and educational records. Keep them with you during a PCS rather than packing them with household goods.

Plan Ahead

Begin researching your gaining location as early as possible. Look into medical providers, schools, housing and community resources that can support your family's needs.

You Do Not Have to Navigate It Alone

Military family life is inherently challenging, and navigating a PCS with special needs family members can bring additional responsibilities. You do not have to manage every part of the process alone.

EFMP case liaisons can help families navigate resources, prepare for transitions and connect with support at their current or gaining installation. If you have questions about your family's needs, reach out early rather than waiting until a transition becomes overwhelming.

To find your local EFMP case liaison, visit the CNIC EFMP Case Liaison Directory.

For information about the Adult Respite Care Reimbursement Program, contact the PERS-456 EFMP Branch at usn.mid-south.chnavpersmiltn.mbx.efmp-admin@us.navy.mil.

The more prepared you are, the easier it can be to navigate changes, maintain continuity of care and help your family feel supported through each transition.

Back To Top

FAP: Supporting Stronger, Healthier Military Families

For more than 40 years, the Department of War's Family Advocacy Program (FAP) has worked to prevent and respond to child abuse and neglect and domestic abuse within military families and intimate partner relationships. FAP also provides resources that help families strengthen protective factors, reduce risks and build healthy relationships.

On August 26, Military Community and Family Policy's Military Community Advocacy Directorate (MCAD) hosted its 2026 Child Abuse and Neglect and Domestic Abuse Prevention Recognition Event. The event honored exceptional Family Advocacy Program providers from each military service for their yearlong efforts to prevent child abuse and neglect and domestic abuse in military communities.

This year's honorees are:

- Kristiana E. Poole, FAP victim advocate and educator, Department of the Navy
- Katherine Baker Curtis, FAP specialist, Department of the Army
- Sophia Kerry, family advocacy nurse, New Parent Support Program, Department of the Air Force
- Joy Baumgartner, New Parent Support Program manager, U.S. Marine Corps
- Jennifer N. Scott, Family Programs manager, Defense Logistics Agency

Their recognition highlights the ongoing work FAP professionals do to develop localized prevention efforts and connect military families with trusted, coordinated and compassionate support.

Dr. Lolita Allen, director of MCAD, highlighted the broader purpose of FAP: "The Family Advocacy Program takes a comprehensive approach to strengthen protective factors, reduce risks, and enable the department to safeguard service members and their families in support of a ready force."

For military families, that comprehensive approach includes prevention resources, education, advocacy and support designed to help families address challenges before they become a crisis.

Resources for Military Families

FAP provides resources for families at different stages of military life and offers support before a crisis occurs.

The **New Parent Support Program** helps couples and military families navigate becoming parents, balance competing demands and adjust to life with a new baby. Home visitation professionals work with families to build skills, strengthen relationships and help families thrive.

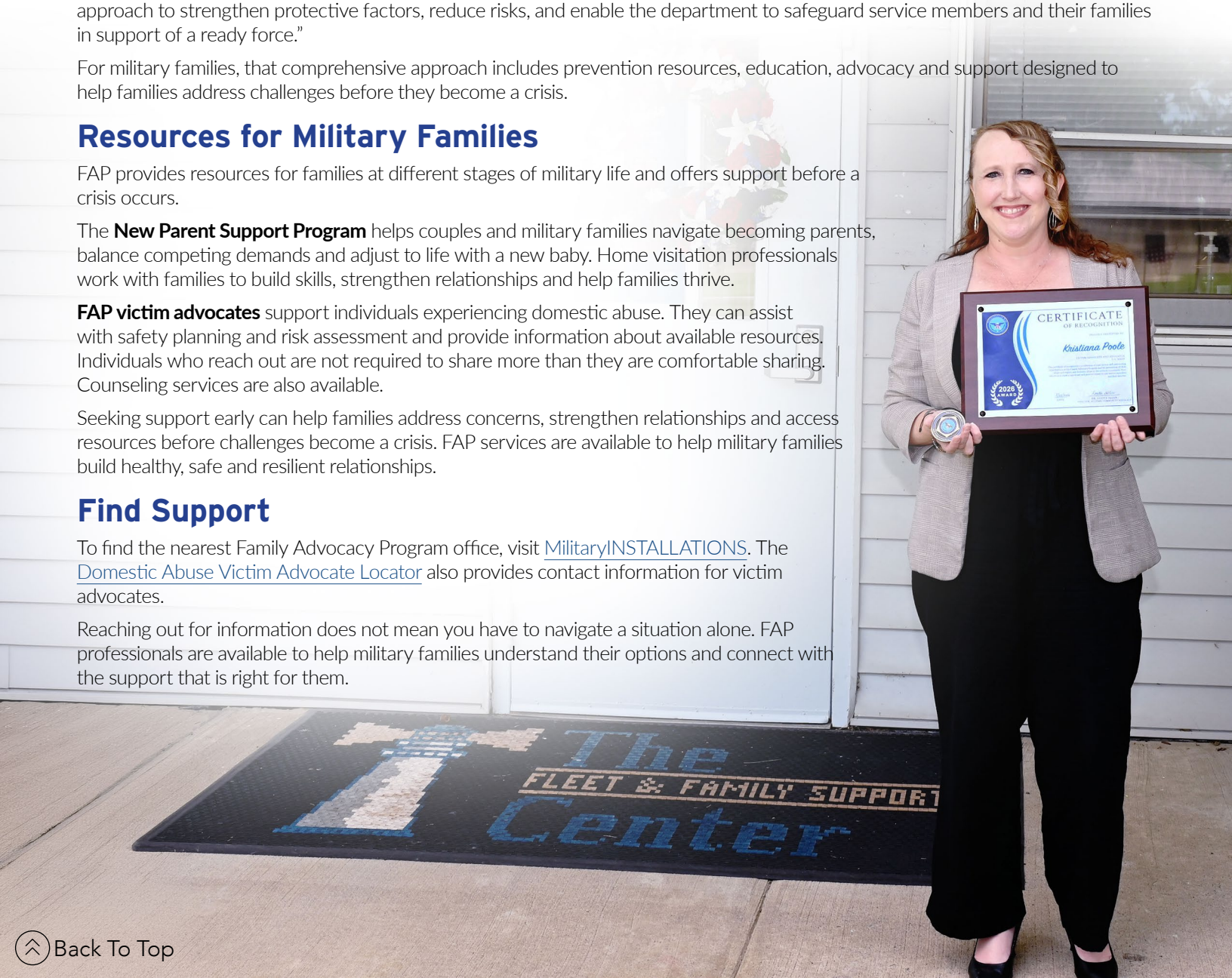
FAP victim advocates support individuals experiencing domestic abuse. They can assist with safety planning and risk assessment and provide information about available resources. Individuals who reach out are not required to share more than they are comfortable sharing. Counseling services are also available.

Seeking support early can help families address concerns, strengthen relationships and access resources before challenges become a crisis. FAP services are available to help military families build healthy, safe and resilient relationships.

Find Support

To find the nearest Family Advocacy Program office, visit MilitaryINSTALLATIONS. The Domestic Abuse Victim Advocate Locator also provides contact information for victim advocates.

Reaching out for information does not mean you have to navigate a situation alone. FAP professionals are available to help military families understand their options and connect with the support that is right for them.



Back To Top

Reconnecting to SAPR Support

New Fiscal Year, Renewed Readiness

October marks the beginning of a new fiscal year, a natural time to reset priorities, refocus on readiness and renew our commitment to supporting Sailors, dependents and civilians across the enterprise. As commands establish goals and teams settle into the months ahead, it is also an opportunity to reconnect with the resources and relationships that strengthen prevention and response across the force.

The start of the fiscal year is a good time for service members, leaders, families and civilians to refresh their awareness of Sexual Assault Prevention and Response (SAPR) resources and know where to turn for support. No matter the season, support remains available across the fleet and shore enterprise.

Whether adjusting to a new command, balancing operational demands or supporting readiness at home and at work, access to SAPR resources matters. Commander, Navy Installations Command's (CNIC) Fleet and Family Support Program (FFSP) teams, Sexual Assault Response Coordinators (SARC) and SAPR Victim Advocates (VA) remain available to provide support, information and connection to services.

A new fiscal year begins, but the year-round commitment to dignity, respect and care does not change.

Support Is Available 24/7

The DoD Safe Helpline can connect you with your local SAPR program and provides immediate, 24/7 confidential support worldwide. Services are available to the military community by telephone at 877-995-5247, online at safehelpline.org, or through the Safe Helpline App.

Knowing where to turn before you need support can make it easier to reach out when you or someone you know needs help. Take a moment this month to save the Safe Helpline phone number and become familiar with the SAPR resources available in your community.

A new fiscal year begins, but the year-round commitment to dignity, respect and care does not change.

Back To Top

Family-Inclusive Suicide Prevention

Strengthening Readiness Through Connection

Suicide Prevention Awareness Month may be over, but the Navy's commitment to fostering connection, reducing stigma and ensuring Sailors and their families have access to support continues year-round.

Suicide prevention in the Navy is a community-wide effort. While commands, programs and leaders play essential roles, families remain one of the strongest protective factors for Sailors navigating the pressures of military life. When families are informed, connected and empowered, they help reinforce the readiness, resilience and safety of the entire force.

The Navy's prevention and postvention framework recognizes that Sailors do not serve alone. Every deployment cycle, permanent change of station (PCS) move, training period and personal challenge can affect the family unit. By intentionally including families in prevention efforts, we strengthen the support network that surrounds each Sailor and reinforce the message that seeking help is a sign of strength, not weakness.

Understanding the Family's Role in Prevention

Families often notice early changes in mood, behavior or stress before a Sailor's peers or leadership do. These observations can be important. When families understand the warning signs of distress and know how to connect their Sailor to support, they become an important part of the Navy's prevention efforts.

Families can help reinforce protective factors such as:

- Strong social connection.
- Healthy communication at home.
- Supportive routines and structure.
- Encouragement to seek help early.
- Awareness of available resources.

Even small moments, such as checking in after a long duty day, talking during a commute or sharing a meal, can create space for meaningful conversations.

Practical Ways Families Can Support Suicide Prevention

Families do not need clinical training to make a difference. Small, consistent actions can help create a safe and supportive environment.

- Check in regularly and ask how your Sailor is doing beyond work or daily tasks.
- Listen without judgment and create space for honest conversations.
- Normalize asking for help and remind your Sailor that reaching out is a sign of strength.
- Know the resources available and where to turn if concerns arise.
- Stay connected during transitions such as PCS moves, deployments and major life changes.

Families who stay informed and engaged can help identify concerns early, strengthen connections and encourage loved ones to seek support.

[continued below]

Back To Top

Resources for Sailors and Families

The Navy offers resources designed to help Sailors and their families recognize risk, build resilience and access support.

- Fleet and Family Support Centers (FFSCs) offer confidential counseling for individuals, couples and families, as well as crisis intervention, education and referrals to military and community resources.
- Sailor Assistance and Intercept for Life (SAIL) provides support to active-duty Sailors who have experienced suicide-related behavior. The program provides rapid assistance, ongoing risk assessment, care coordination and support during reintegration.
- Military OneSource provides information and resources related to suicide prevention, including guidance for family members who may be concerned about a service member.
- **Navy Chaplain Corps** provides spiritual support, confidential guidance and resources for Sailors and families.
- Navy Family Ombudsmen serve as a communication bridge between families and commands, helping families stay informed and connected.

Suicide prevention is a shared responsibility. When Sailors, families, commands and support programs stay connected, they help create a culture where people feel valued, supported and comfortable reaching out for help.

If You or Someone You Know Needs Help Now

If you or someone you know is experiencing a crisis or having thoughts of suicide, help is available 24/7. Call 988, then press 1 to reach the Veterans/Military Crisis Line. You can also text 838255 or use online chat. Support is available to service members, families and veterans.

For nonemergency support, contact your local FFSC to learn more about available counseling and family resources. The FFSC Directory can help you find your local center.

Back To Top

Awareness, Warning Signs and Support for Financial Abuse

October is National Domestic Violence Awareness Month, a time to raise awareness about domestic violence and the many ways it can affect individuals and families. While physical abuse may be more recognizable, abuse can also take a financial form, and the signs may not always be easy to see.

Financial abuse occurs when one person uses money or access to financial resources to gain power and control over another person. It can begin subtly and become more restrictive over time, limiting a person's ability to earn money, access accounts, make financial decisions or maintain financial independence.

Understanding what financial abuse can look like is an important part of recognizing when financial behavior within a relationship has crossed the line from managing money together to controlling another person.

What Can Financial Abuse Look Like?

Every relationship handles money differently. One person may pay the bills or take the lead in managing household finances. That alone does not mean financial abuse is occurring. A warning sign is when financial control is used to restrict the other person's access, independence or ability to make decisions.

Financial abuse may include:

- **Controlling access to money.** One person may take complete control of bank accounts, withhold money for basic needs, provide only a limited allowance or prevent the other person from knowing what is happening with household finances.
- **Interfering with employment.** A person may be prevented from working, pressured to quit a job, kept from looking for employment or have their employment deliberately disrupted. Without an independent source of income, financial dependence can increase.
- **Damaging credit or creating debt.** An abusive partner may open accounts or use credit in the other person's name, fail to pay bills, misuse jointly held accounts or intentionally create financial obligations that can damage credit for years.
- **Coercing financial decisions.** Someone may be pressured or threatened into applying for credit, taking out loans, signing financial documents or making purchases or other transactions they would not otherwise choose to make.

The financial consequences can continue long after the immediate situation has changed. Damaged credit, unpaid debt, limited savings and lack of access to financial information can make it more difficult to secure housing, obtain credit, purchase a vehicle or regain financial independence.

Finding Support and Financial Stability

Financial abuse can leave someone feeling uncertain about where to begin, especially when the effects extend beyond money. Financial concerns may also be connected to a much larger issue within the relationship. No one should have to navigate those challenges alone.

Fleet and Family Support Centers (FFSCs) are available to support Sailors and families experiencing difficult circumstances. Through the FFSC, individuals can connect with nonclinical counseling, family advocacy, information and referrals and other support based on their needs.

Personal financial readiness specialists (PFRS) can provide financial counseling and support to help Sailors and family members understand their financial situation and begin moving toward greater financial stability. Support is available through installation PFRS, as well as virtually through personal financial educators (PFEs), providing Sailors and families another way to connect with financial readiness support.

Financial abuse can affect more than a person's finances. It can affect their independence, sense of security and ability to make choices about their own future. It is important to recognize the signs, but knowing that support is available is equally important. Whether someone needs help addressing what is happening in the relationship, understanding the financial impact or both, they can turn to the FFSC for support and guidance.

Back To Top

Wellness Watch

Small Habits, Meaningful Impact

When it comes to wellness, big changes are not always the most sustainable. Sometimes, the smallest choices can be the easiest to repeat and build into your daily routine. Over time, those small actions can add up to meaningful improvements in how you feel and function.

Think about one area of your wellness you would like to improve. Instead of trying to change everything at once, choose one small action you can realistically do each day.

Try:

- **Move more.** Take a short walk, stretch between tasks or take the stairs when you can.
- **Pause and reset.** Take a few slow breaths before starting your next task or moving from one activity to another.
- **Protect your energy.** Drink water, take a brief break or make time for a more consistent sleep routine.
- **Support your mindset.** Notice one thing that went well today, or replace an unhelpful thought with a more balanced one.
- **Stay connected.** Send a quick message, make a phone call or share a meal with someone who matters to you.

As fall gets underway and the holiday season approaches, routines can start to shift. Travel, gatherings, busy schedules and added responsibilities can make healthy habits harder to maintain. Rather than abandoning your routine when things get busy, look for small ways to adapt. A short walk between holiday activities, a few minutes to reset or making time for a regular meal can help you stay connected to the habits that support your well-being.

The goal is not perfection. Start small, repeat what works and adjust when life changes. A habit that fits into your real life is more useful than a perfect routine you cannot maintain.

This idea is also reflected in the Navy's Warrior Toughness approach, which emphasizes everyday practices that support healthy behaviors and peak performance. You do not have to overhaul your routine to make a difference. Sometimes, one small choice is a good place to start.

Back To Top

GOOD NEWS!

JBSA EFMP Adaptive Sports Sampler Brings Military Families Together

Forty-five children from military families participated in an Exceptional Family Member Program (EFMP) Adaptive Sports Sampler at Joint Base San Antonio, Texas, designed to promote athletic inclusion and movement for military youth of varying abilities.

Joint Base San Antonio partnered with the Fort Sam Houston EFMP Family Support office, Kinetic Kids, and the Military School Districts' Cooperative. Participants enjoyed interactive athletic stations focused on skill-building, teamwork and confidence in an adaptive setting.

The joint initiative emphasized accessibility and community support across military branches, helping ensure every child has the opportunity to participate in sports and experience the benefits of being active.

Naval Base Coronado Supporting Special Needs Families as They Prepare for the School Year

The Fleet and Family Support Center (FFSC) at Naval Base Coronado, California, hosted its inaugural Exceptional Family Member Program (EFMP) Back-to-School Resource Fair at Murphy Canyon Chapel on Aug. 11.

The event brought together more than 115 service members, spouses, children and local resource providers to help families prepare for the upcoming school year. The fair connected families with 27 military and civilian support organizations, including Gigi's Playhouse and the San Diego Public Authority, while providing resources for families with special needs.

During the fair, children received free school supplies and backpacks donated by Operation Homefront, helping ease the financial burden of back-to-school preparations. Families also connected with school liaisons, military and family life counselors, and special needs advocacy groups to learn about educational and recreational opportunities. Staff members from neighboring sites provided hands-on assistance, helping families navigate the EFMP enrollment and case liaison processes.

The collaborative event helped families build connections and access resources so they could feel prepared and supported as they entered the new school year.

Back To Top

Bringing Resilience to the Deckplate Aboard USS Ashland

The Fleet and Family Support Center (FFSC) at Naval Base San Diego (NBSD) partnered with the USS Ashland (LSD 48) command chaplain to host a Resiliency Fair on Aug. 13.

NBSD's work and family life coordinator brought together 11 community resource providers to bring services directly to the crew, support deckplate wellness and address primary prevention trends. Nearly 80% of the crew engaged with the resource booths, with all levels of command leadership present.

A key highlight of the fair was Bella, a certified emotional support animal provided by Shelter to Soldier. Her presence offered Sailors an opportunity to connect, relax and experience another way to support well-being while learning about available resources.

Inspired by the positive impact of the visit, the ship's command master chief collaborated with Shelter to Soldier to explore bringing a permanent, assigned emotional support animal onboard for future deployments. Shelter to Soldier provides trained animals, including food and veterinary care, at no cost to the command.

The partnership shows how bringing accessible resources directly to the deckplate can strengthen Sailor resilience, support well-being and boost overall unit morale.

Mrs. Shea Graney Recognized at 2026 Hampton Roads Ombudsman Recognition Dinner

The Navy Mid-Atlantic Hampton Roads 2026 Ombudsman Recognition Dinner was hosted by the Navy League at the Virginia Beach Convention Center on 10 September. This event recognized 71 Command Ombudsmen from 85 Navy commands, sponsoring companies and other organizations represented in the room, with a total of over 380 attendees. Mrs. Shea Graney was recognized at this event as one of the 2026 Mrs. Sybil Stockdale Ombudsman of the Year Award winners. Mrs. Graney supports SEAL Team Four as their Ombudsman.

Back To Top

Special Thanks to this Month's Contributors:

- Dr. Cornealius Stamps, CNIC Fleet and Family Support Program
- Fran Jackson, CNIC Fleet and Family Support Program
- Katie Damron, FFSC Naval Base Coronado
- Martha Pokornik, FFSC Joint Base San Antonio
- Michael Graham, FFSC Naval Air Station Corpus Christi
- Shannon Klein, FFSP Commander, Navy Region Southeast
- Tim McGough, CNIC Fleet and Family Support Program

Back To Top

CNIC ★ FLEET ★ FIGHTER ★ FAMILY

Training in Your Time Zone

Wherever you are in the world, access valuable programs and services to support your personal and professional growth. We're bringing the resources to your screen —anytime, anywhere. FFSP is just a click away.

EASTERN AND CENTRAL TIMES

OCTOBER 2026

DEPLOYMENT

		Eastern	Central
Deploy Solo and Deploy Strong	10/15	9:00 PM	8:00 PM
Deployment Extended: What's Next?	10/19	8:00 PM	7:00 PM
	10/21	9:00 AM	8:00 AM
	10/22	1:00 PM	12:00 PM
Deployment-Ready Finances: Securing Your Future	10/12	8:00 PM	7:00 PM
	10/14	9:00 AM	8:00 AM
	10/15	1:00 PM	12:00 PM
Equipping Your Kids During Deployment	10/26	8:00 PM	7:00 PM
	10/28	9:00 AM	8:00 AM
	10/29	1:00 PM	12:00 PM
Holding Down the Fort	10/6	12:00 PM	11:00 AM
Miles Apart, Close at Heart	10/8	10:00 AM	9:00 AM
NRNW IA Deployment 101	10/21	4:00 PM	3:00 PM
Operation Homefront Ready	10/20	12:00 PM	11:00 AM
Plan. Prepare. Deploy.	10/5	8:00 PM	7:00 PM
	10/7	9:00 AM	8:00 AM
	10/8	1:00 PM	12:00 PM

Go to MyNavyFamily.com to register.

EMPLOYMENT

		Eastern	Central
Building the Modern Resume	10/5	1:00 PM	12:00 PM
	10/6	2:00 PM	1:00 PM
	10/13	4:00 PM	3:00 PM
Job Search Hacks	10/9	2:00 PM	1:00 PM
	10/21	1:00 PM	12:00 PM
	10/23	9:00 AM	8:00 AM
	10/29	9:00 PM	8:00 PM
Leveraging Websites for Career Transition Research	10/16	1:00 PM	12:00 PM
	10/30	1:00 PM	12:00 PM
Mastering Virtual Interviews	10/7	2:00 PM	1:00 PM
Power Up Your Resume for Remote Jobs	10/7	1:00 PM	12:00 PM
The Road to Remote Job Success	10/21	1:00 PM	12:00 PM
Remote Ready: A Spouse's Roadmap to a Virtual Career!	10/9	4:00 PM	3:00 PM
Resume Lab: From Draft to Finished Product	10/9	10:30 AM	9:30 AM
Resumes: The Science, the Grammar, the Content	10/2	10:30 AM	9:30 AM
Transferable Skills: Your Key to Career Mobility	10/16	11:00 AM	10:00 AM
Volunteer to Career	10/26	9:00 AM	8:00 AM
Volunteerism: Investing in Your Professional Power	10/15	2:00 PM	1:00 PM

EXCEPTIONAL FAMILY MEMBER

		Eastern	Central
CLIFF Notes to Visual Impairments Under IDEA	10/22	2:00 PM	1:00 PM

EMERGENCY PREPAREDNESS

		Eastern	Central
Resolve to Be Ready: Evacuation Planning	10/2	9:00 AM	8:00 AM

NAVY LIFE

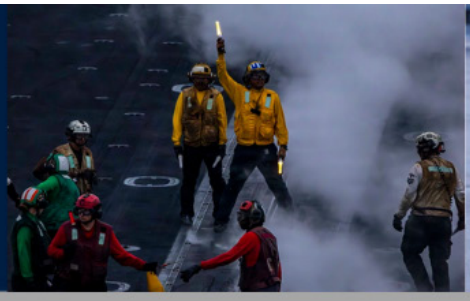
		Eastern	Central
Motivating by Appreciation	10/26	12:00 PM	11:00 AM

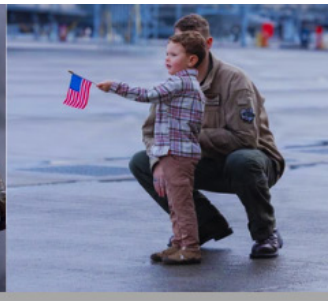
Find a Fleet and Family Support Center near you at

https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory

READY FOR WHAT DEPLOYMENT BRINGS

Supporting service members and families before, during, and after deployment. Join us for virtual workshops this October designed to help you prepare, stay connected, and thrive through every stage of deployment.





WHAT YOU'LL LEARN

- Prepare for deployment with confidence
- Build financial readiness for deployment
- Navigate changes and unexpected challenges for yourself and family

MONDAYS | 8PM EDT

JAPAN TUESDAY 9AM

- Plan. Prepare. Deploy. (10/5)
- Deployment-Ready Finances: Securing Your Future (10/12)
- Deployment Extended: What's Next? (10/19)
- Equipping Your Kids During Deployment (10/26)

TUESDAYS | 7AM EDT

ITALY 1 PM | JAPAN 8PM

- Plan. Prepare. Deploy. (10/6)
- Deployment-Ready Finances: Securing Your Future (10/13)
- Deployment Extended: What's Next? (10/20)
- Equipping Your Kids During Deployment (10/27)

WEDNESDAYS | 9AM EDT

ITALY 3:00 PM

- Plan. Prepare. Deploy. (10/7)
- Deployment-Ready Finances: Securing Your Future (10/14)
- Deployment Extended: What's Next? (10/21)
- Equipping Your Kids During Deployment (10/28)

THURSDAYS | 1PM EDT

ITALY 7:00 PM

- Plan. Prepare. Deploy. (10/8)
- Deployment-Ready Finances: Securing Your Future (10/15)
- Deployment Extended: What's Next? (10/22)
- Equipping Your Kids During Deployment (10/29)

Back To Top

PARENTING

		Eastern	Central
Equipping Your Kids During Deployment	10/26	8:00 PM	7:00 PM
	10/28	9:00 AM	8:00 AM
	10/29	1:00 PM	12:00 PM
Exploring Through the Senses	10/14	2:30 PM	1:30 PM
Hard Headlines, Steady Parenting	10/26	3:00 PM	2:00 PM
Nine Steps To Positive Parenting	10/20	1:00 PM	12:00 PM
Parenting and Sexual Development (SHAPE Module 1)	10/29	7:00 PM	6:00 PM
Proactive Parenting Strategies for Healthy Sexual Development	10/22	6:00 PM	5:00 PM
Tear Free Dinner	10/21	2:00 PM	1:00 PM
Understanding ACES	10/6	12:00 PM	11:00 AM
What About the Kids?	10/15	1:00 PM	12:00 PM

PERSONAL FINANCE

		Eastern	Central
Back Home and Bank Ready	10/7	9:00 AM	8:00 AM
Car Buying Strategies	10/5	3:00 PM	2:00 PM
Deployment-Ready Finances: Securing Your Future	10/12	8:00 PM	7:00 PM
	10/14	9:00 AM	8:00 AM
	10/15	1:00 PM	12:00 PM
Home Buying	10/16	8:00 AM	7:00 AM
Home Selling	10/13	1:00 PM	12:00 PM
Let's Get Financially Fit	10/7	4:30 PM	3:30 PM
Making the Most of Your Overseas Pay	10/19	8:00 AM	7:00 AM
Military Retirement Planning: Know the Facts	10/23	6:00 PM	5:00 PM
	10/28	9:00 PM	8:00 PM
Stretching Budgets and Maximizing Nutrition	10/23	9:00 AM	8:00 AM
Take a Bite Out of College Costs	10/28	9:00 AM	8:00 AM
The Good Life: Saving & Investing for Your Future Self	10/22	1:00 PM	12:00 PM
Thrift Savings Plan: Choosing the Right Path	10/1	9:00 PM	8:00 PM
	10/8	8:00 AM	7:00 AM
	10/19	2:00 PM	1:00 PM
Tools to Grow Your Money	10/29	8:00 AM	7:00 AM
TSP Basics for Navy Life	10/1	3:00 PM	2:00 PM

Need to talk? For virtual clinical counseling services Call 1-855-205-6749 to book an appointment.

RELOCATION

		Eastern	Central
PCS Like a Pro: Strategies for a Seamless Transition	10/14	12:00 PM	11:00 AM
Smooth Transitions: Managing the Logistics and Emotional Cycle of a PCS	10/27	11:00 AM	10:00 AM
Stepping up Support: Sponsorship Training	10/1	1:00 PM	12:00 PM
	10/22	3:00 PM	2:00 PM
	10/27	2:00 PM	1:00 PM
The PCS Process	10/14	12:00 PM	11:00 AM

TRANSITION

		Eastern	Central
Leveraging Websites for Career Transition Research	10/16	1:00 PM	12:00 PM
	10/30	1:00 PM	12:00 PM
Life After Tricare	10/26	12:00 PM	11:00 AM
Retirement Ready Navy Spouse	10/9	11:00 AM	10:00 AM
	10/30	11:00 AM	10:00 AM
Skillbridge Simplified	10/2	8:00 AM	7:00 AM
	10/4	9:00 PM	8:00 PM
	10/20	4:00 PM	3:00 PM
Transferable Skills: Your Key to Career Mobility	10/16	11:00 AM	10:00 AM
VTAP DOL Employment Fundamental for Transition	10/7	8:00 AM	7:00 AM
	10/28	11:00 AM	10:00 AM
VTAP Financial Planning for Transition	10/5	1:00 PM	12:00 PM
	10/27	4:00 PM	3:00 PM
VTAP Managing Your Transition	10/5	10:15 AM	9:15 AM
	10/19	9:15 AM	8:15 AM
	10/27	1:15 PM	12:15 PM
VTAP MOC Crosswalk	10/5	11:00 AM	10:00 AM
	10/19	10:00 AM	9:00 AM
	10/27	2:00 PM	1:00 PM
VTAP Pre-Separation Brief	10/5	8:00 AM	7:00 AM
	10/27	11:00 AM	10:00 AM
VTAP SBA Entrepreneurship Day 1	10/22	11:00 AM	10:00 AM
Day 2	10/23	11:00 AM	10:00 AM

WARRIOR AND FAMILY RESILIENCE

		Eastern	Central
Achieving Financial Empowerment While Experiencing IPV	10/23	2:30 PM	1:30 PM
Better Reactions, Better Outcomes	10/19	1:00 PM	12:00 PM
Bounce Back Better	10/13	2:00 PM	1:00 PM
Do You Want Healthy Relationships?	10/21	11:00 AM	10:00 AM
Finding the Good in Conflict	10/6	4:00 PM	3:00 PM
	10/15	3:00 PM	2:00 PM
	10/22	7:00 PM	6:00 PM
Healthy Relationships	10/27	10:00 AM	9:00 AM
Intimate Partner Violence: Identification and Reporting	10/7	12:00 PM	11:00 AM
Learn to Use Your Coping Skills	10/7	11:00 AM	10:00 AM
Mind Body Mental Fitness (MBMF)			
Mod 1: Stress Resilience	10/12	8:00 PM	7:00 PM
Mod 2: Mindfulness & Meditation	10/13	8:00 PM	7:00 PM
Module 3: Living Core Values	10/14	8:00 PM	7:00 PM
Mod 4: Flexibility	10/19	8:00 PM	7:00 PM
Mod 5: Problem Solving	10/20	8:00 PM	7:00 PM
Mod 6: Connection	10/21	8:00 PM	7:00 PM
Mindful Practices During Stressful Times	10/2	5:00 PM	4:00 PM
	10/29	3:00 PM	2:00 PM
Run for Resilience	10/28	1:00 PM	12:00 PM
Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	10/26	9:00 AM	8:00 AM
Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	10/15	2:00 PM	1:00 PM
Stress Management	10/27	10:00 AM	9:00 AM
The Power of Connection: Building Support Systems	10/7	9:00 PM	8:00 PM
	10/27	2:00 PM	1:00 PM
Understanding Anger	10/13	10:00 AM	9:00 AM

Scan to schedule a one on one appointment to discuss personal financial management, employment, deployment, relocation, parenting, and more.