PROGRAMS FOR EDUCATION AND TRAINING

Transition Capstone (By Email)
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. Email your Capstone request, tier level, and date you completed tap to: Brunilda.ramos3.civ@us.navy.mil. and eric.j.garcia38.civ@us.navy.mil. You will receive instructions to complete your Capstone.

Pre-Separation Brief
Monday, Nov. 2, 1–3 p.m. - In Person
Monday Nov. 30 1 -3 p.m. - Virtual
The second step after completing an Initial Counseling with a Command Career Counselor or Unit Transition Coordinator, transitioning Service members separating or retiring from military must complete the congressionally mandated Pre-Separation Brief. During this brief, members will receive information and resources that will prepare them for the transition journey that lies ahead. This Pre-Separation Brief must occur 365 days prior to release from active duty.

Building a Career Marketing Campaign - Virtual
Tuesday, Nov. 3, 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!

Medical Record Claim Review (By Appointment Only)
Wednesdays, Nov. 4, 18 & 25 – 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.

Skillbridge Brief - Virtual
Tuesday, Nov. 5, 11 a.m. - 12:30 p.m.
The DOD SkillBridge program offers transitioning service members a unique training opportunity to connect with civilian industries while still on Active Duty. However, there are many misconceptions about eligibility, regulatory guidance, compensation and steps for the application process. Join us for a 90-minute brief about Skillbridge, who's eligible, how to apply, and more!

LinkedIn - Skills & Endorsements - Virtual
Tuesday, Nov. 10, 11 a.m. - 12 p.m.
Do you stress out about how to translate your military skills to civilian terms? Are you not sure how to get others to endorse you? You're not alone! Join us for this quick 60-minute VIRTUAL Lunch & Learn about **Linked In's Skills & Endorsements sections.** This webinar will breakdown how Linked In has changed the way your skills are displayed, how to manipulate the information seen by others, how AI reads your information, and more!

Military Transitions Benefits - Virtual
Thursday, Nov. 12, 8 a.m. - 1 p.m.
As you prepare to retire 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 retirement benefits including TRICARE, Dental, Personal Property/Household Goods, Survivor Benefit Program, VA Medical Claim Process, VET Center and more. Spouses are welcome!

Transition Assistance Program
Monday–Friday, Nov. 16-20, 8 a.m. – 4 p.m.
The Transition Assistance Program (TAP) is a Congressionally mandated program for all members who've 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 will offer the 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 the next year! Classes fill up quickly! IMPORTANT!! You must contact your Command Career Counselor and complete an 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 TAP.**

LinkedIn - The 3 Degrees of Networking - Virtual
Tuesday, Nov. 24, 11 a.m. - 12 p.m.
Are you transitioning in the near future? Stressing out about networking, particularly, "social networking". No worries! The FFSC has your back! Grab your lunch, and your laptop or smart device, and join us for a quick 60-minute VIRTUAL Lunch & Learn about LinkedIn's Networking platform! This webinar will prepare you for the world of social networking using one of the most powerful professional networking sites available today.

TAP Talk Tuesdays on Teams- Virtual
Tuesday, Nov. 24, 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. Command Master Chiefs, and their spouses, are also encouraged 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.

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.



168 BENNION ROAD, ANNAPOLIS, MD 21402 November 2026

NOVEMBER IS MILITARY FAMILY APPRECIATION MONTH

Military Families we salute you!

The month of November is Military Family Appreciation Month. We think it appropriate to recognize the courage, dedication, commitment, and support of those family members who didn't raise their right hand to take an oath, but who nevertheless serve this nation through their own sacrifices.

Behind the scenes, sometimes by their sides, sometimes waiting at home alone -- are more Heroes, the American Military Family members. They are the wives, husbands, and children of our brave and patriotic service people. These families sacrifice careers, comforts and personal desires for their loved ones, and ultimately for our Nation. They endure relocations, separations, and isolation from their own families and friends. They often live in other countries far away from our own.

Many find the pay insufficient to sustain a family and must work outside the home to make ends meet. Many have careers that begin again and again after each move. Many postpone their education while raising children or when relocating overseas. Yet, they rear resilient children. They enrich the neighborhoods in which they live. They quietly and selflessly support their loved ones in uniform. Without personal compensation, they serve our great Nation. They are our unsung Heroes who wave goodbye at the tarmac, on the pier, or at the front door with newborn in arms.

Celebrating Veterans Day 2026

Veterans Day is a time for us to pay our respects to those who have served. For one day, we stand united in respect for you, our veterans. This holiday started as a day to reflect upon the heroism of those who died in our country's service and was originally called Armistice Day. In 1975 President Gerald Ford signed a law returning Veterans Day to Nov. 11 starting in 1978.

We celebrate and honor America's veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good.

We would like to honor our families at our 22nd Annual Celebration by offering a FREE PIZZA dinner. Please call the FFSC Front Desk at 410-293-2641 to register by November 17, 2026 so we will have plenty of pizza for everyone! We can't wait to celebrate!!

CONTACT FFSC ANNAPOLIS

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

FEATURING

- Military Family Appreciation Month
- Veteran's Day
- November 2026 Calendar

WWW.NAVYMWRANNAPOLIS.COM

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pre-Separation Brief 1 - 3 p.m.	**3** Banking & Financial Services 9 - 10 a.m. Building a Career Marketing Campaign - Virtual 11 a.m. - 12:30 p.m. Moving with EFMP 1 - 2 p.m.	**4** Medical Record Claim Review By appointment only Sponsorship 1 - 2 p.m. Ombudsman Assembly 4:30 - 5:30 p.m.	**5** Boot Camp for Babies 11 a.m. - 3 p.m. Skillbridge Brief - Virtual 11 a.m. - 12:30 p.m.	**6**
9 Interviewing Skills 9 - 10 a.m.	**10** LinkedIn-Skills & Endorsements-Virtual 11 - 12 p.m.	**11** Holiday - Closed	**12** Military Transitions Benefits-Virtual 8 a.m. - 1 p.m. Command Indoctrination/Newcomers' Orientation 8 a.m.–3 p.m. Communication Skills 10 - 11 a.m.	**13**
16	**17**	**18**	**19**	**20**
Transition Assistance Program, 8 a.m. - 4 p.m.				
	Car Buying 9 - 10 a.m. Mindfulness 11 a.m. - 12 p.m.	Medical Record Claim Review By appointment only	EFMP Info & Connect 1- 2 p.m.	Gambling Awareness 9 - 10 a.m.
23 Job Search Strategies 9 - 10 a.m. Military Family Appreciation Night 5 - 6:30 p.m.	**24** LinkedIn-The 3 Degrees of Networking-Virtual 11 a.m. - 12 p.m. TAP Talk Tuesday-Virtual 2- 3 p.m.	**25** Medical Record Claim Review By appointment only	**26** Thanksgiving	**27**
30 Pre-Separation Brief-Virtual 1- 3 p.m.				

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

PROGRAMS FOR EDUCATION AND TRAINING

Exceptional Family Member Program

Moving with EFMP-In Person/Virtual
Tuesday, Nov 3, 1–2 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.

EFMP Info & Connect
Thursday, Nov. 19, 1 - 2 p.m.
Join us for an informative Exceptional Family Member Program (EFMP) meet-and-greet designed to bring our diverse community together. This event aims to foster connections, share valuable resources, and provide support for families with exceptional members. Come meet your EFMP Case Liaisons and your MTF Coordinator who will be available for your questions regarding the program and the enrollment process.

Employment Assistance Program

Interviewing Skills
Monday, Nov. 9, 9 - 10 a.m.
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.

Job Search Strategies
Monday, Nov. 23, 9 - 10 a.m.
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 individual job search. Participants will learn the primary methods used by job seekers and customize a plan to fit their needs.

Financial Management Programs

Banking and Financial Services
Tuesday, Nov. 3, 9 - 10 a.m.
How we save, invest and move money both for savings and spending is changing, evolving and becoming more virtual. How do we use it for our convenience and ease while still saving and tracking.

Car Buying
Tuesday, Nov. 17, 9 - 10 a.m.
Are you considering buying a vehicle? Purchasing a vehicle is a large investment that can have a significant impact on an individual's short-term and long-term financial circumstances. Because purchasing a car can be a complex process, it is important to understand the steps in making a wise purchase. Civilian attire can be worn.

Gambling Awareness
Friday, Nov. 20, 9 - 10 a.m.
This workshop will discuss gambling statistics, the prevalence of gambling problems, military directives, and the warning signs of compulsive/pathological gambling. You will perform a self-assessment to determine you may have a gambling problem and identify the warning signs of problem gambling.

Life Skills Programs

Boot Camp for Babies
Thursday, Nov. 5, 11 a.m. - 3 p.m.
The Boot Camp for Babies workshop provides expectant parents and those with infants with an understanding of an infant's world, and some basic skills necessary for parenting. This class will address the challenges of parenting such as balancing work and family, safety issues, and required health care paperwork. Participants will also learn how to prepare financially for the newest member of the family. Don't miss out on this exciting class that will prepare you for parenthood!

Communication Skills Workshop
Thursday, Nov. 12, 10 - 11 a.m.
Communication is powerful and directly affects our quality of life and relationships. Our ability to express what we think and feel without clouding our ability to listen and respect how others think and feel is the greatest factor of success in our work and home life. Yet, communication is an everyday activity that is easily taken for granted. This workshop helps people use the power of communication to strengthen relationships at work and at home by practicing skills that build effective two-way communication.

Mindfulness
Tuesday, Nov. 17, 11 a.m. - 12 p.m.
Mindfulness is the practice of intentionally paying attention to your experiences in the present moment. In a world where it's easy to move through our days on "autopilot", mindfulness offers a way to slow down, reconnect, and become more aware of what is happening within and around us. In this workshop, we'll explore simple, practical ways to strengthen mindfulness in everyday life. Join us to pause, reconnect, and strengthen your mind through the practice of mindfulness.

Other Programs

Ombudsman Assembly
Wednesday, Nov. 4, 4:30 - 5:30 p.m. - Virtual
The Ombudsman Assembly Meeting will be held virtually. 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.

Military Family Appreciation Night
Monday, Nov. 23, 5:00 - 6:30 p.m.
November is **"Military Family Appreciation Month"**. During this month we take time to acknowledge and pay special tribute to all military families for the contributions they make to their own communities and, ultimately, to the security of our entire nation. We would like to honor our families at our Annual Celebration by offering a **FREE PIZZA** dinner.

Relocation/Deployment Programs

Sponsorship Training
Wednesday, Nov. 4, 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.

Command Indoctrination/Newcomers' Orientation
Thursday, Nov. 12, 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. Spouses are encouraged to attend.