

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

APRIL 2024

Celebrating Month of the Military Child

Since 1986, the Secretary of Defense has designated each April as "The Month of the Military Child." U.S. military bases all over the world will sponsor and coordinate special events planned for our over one million young military children.

The goal is to celebrate them and the special part they play as members of our military community and in the lives of their own military families.

Military children fall into a special category of American children and have a significant role in our country's future. Their value exceeds the pride they inspire in each parent. Each child is an ambassador of our military community, and non-military children know our strengths through them. Military children have the opportunity to experience unique, sometimes foreign, cultures, lands and ways of life. As they move from place to place, they are constantly facing new adventures and challenges, meeting and making new friends, and learning adaptation skills that will enrich them for the rest of their lives. Their experiences, talents and skills enrich our great country. Many of them will grow up and join the military themselves, a large percent of our Midshipmen come from military families.

Throughout the month, parents are encouraged to reward their children for being so strong during these especially turbulent times. Please join the Fleet & Family Support Center in commemorating the month by participating in these activities/events:

- Join the FFSC and others at the Navy Exchange on Friday, April 12, 2024 from 11:00 – 1:00 PM. We will have give-a-ways, balloons, etc.
- Purple Up! Day -Friday, April 19, 2024. Wear purple to show support and thank military children for their strength and sacrifices.

April is Child Abuse Prevention Month

April is national Child Abuse Prevention Month. The FFSC offers parenting skill classes, workshops on discipline and a myriad of other courses designed to assist parents in the rigors of child rearing and developing. Child Abuse Prevention Month is a time to focus on the protection and care of our most vulnerable and trusted family members. Here are some tips.

- If you are feeling overwhelmed, get help, call a friend, relative or the FFSC.
- Be a nurturing parent. Children need to know that they are special and loved.
- Help yourself. When the problems of everyday life pile up to the point where you feel overwhelmed and out of control, take time out. Don't take it out on your child.
- Report suspected abuse or neglect.
- Monitor your child's television and computer use.
- When it comes to handling anger, stress or frustration, be a role model.

April is Sexual Assault Awareness & Prevention Month (SAAPM)!

"Child Abuse Prevention Month" is an appropriate opportunity to remind ourselves of our collective responsibility to prevent the abuse and neglect that robs so many of our society's children of their childhood, their sense of security and well-being, and their future." TOGETHER we can make a difference! This April marks the 19th annual Sexual Assault Awareness and Prevention Month (SAAPM), which spotlights the work of the Sexual Assault Prevention and Response (SAPR) Program. The Department of Defense (DoD) is continuing the prevention drumbeat with the 2024 SAAPM campaign theme "Step Forward. Prevent. Report. Advocate" The new theme is a call to action for individuals at all levels of the Department to use their personal strength to advance positive change in preventing sexual violence.

We ask that you join us in taking a "Step Forward" and highlight the power of acts that can bolster prevention, increase reporting, and promote advocacy for a safer DoD Community. SAAPM is an opportunity to highlight our year-round commitment to the SAPR Program and offers a collaboration of innovative ways to establish prevention practices. While SAAPM has become a great way of sending the awareness and prevention message as one voice across the fleet, it is critical to continue these efforts beyond April.

CONTACT FFSC ANNAPOLIS

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

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The
Fleet & Family Support
Center

April 2024

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 Mercy Medical Center Clothing Drive for SAAPM (April 1-26)	2 Teal Tuesday: Wear any teal item in solidarity with survivors of sexual assault	3 NSAA SAPR Proclamation Signing Medical Record Claim Review (Appt. Only) Smooth Moves PCS Seminar 0830 - 1130 Anger Mgmt. Workshop 0830 - 1130	4 Resume Writing 0900 - 1030	5
8	9 Teal Tuesday	10 Medical Record Claim Review (Appt. Only) Sponsorship 1300 - 1400 Anger Mgmt. Workshop 0830 - 1130	11	12 Celebrating Month of Military Child 1100 - 1300
Transition Assistance Program (In-Person) - 0800				
15	16 Teal Tuesday TAP Talk Tuesday 1400 - 1500 Planning for your Retirement 0800 - 1600 1-2-3 Magic (Parenting) 0900 - 1130	17 Medical Record Claim Review (Appt. Only) VFW Medical Claim Process 1200 - 1300 Anger Mgmt. Workshop 0830 - 1130 The ABC's of EFMP 1000-1100	18 My Transition Benefits 0800 - 1300 Command Indoctrination/ Newcomers' Orientation 0800 - 1500	19
22	23 Teal Tuesday	24 Medical Record Claim Review (Appt. Only) Gen X vs Gen Z (Comm.) 1200 - 1300	25 DOD Skillbridge (Virtual) & Linked In (In Person) 1100 - 1200	26 Denim Day
My Entrepreneurship (Boots 2 Business) (In-Person) - 0800				
Executive Transition Assistance Program (ETAP) (In-Person) - 0800				
29	30 Teal Tuesday	Retired Activities Office Wednesdays 0900 - 1100		

PROGRAMS FOR EDUCATION AND TRAINING

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.

Employment Assistance

Resume Writing – In Person

Thursday, April 4 | 0900 – 1030

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!

Transition Assistance

Transition Assistance Program – In Person

Monday – Friday, April 8-12 | 0800 – 1600

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! Classes fill up quickly! IMPORTANT!!! You must contact your Command Career Counselor and complete a Self-Assessment 365 days prior to your separation date. During this session, you will be assigned a tier level, which is a prerequisite to attending TAP.

PRE-SEPARATION

The second step after completing an Initial Self-Assessment counseling with a Command Career Counselor or Unit Transition Coordinator, transitioning Service members separating or retiring from military service to civilian life must complete the congressionally mandated Pre-Separation Brief. During this brief, members will receive explanations of the Individual Transition Plan (ITP), education, training, employment and career goals, financial management, health and well-being, and relocation and housing. This PreSeparation Brief must occur 365 days prior to official separation from military service. Have questions or would like to register for this stand-alone class as well as the TAP course that follows it? Contact the Annapolis TAP Team at (410) 293-2641.

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. Call FFSC for an appointment with a TAP Team member.

Medical Record Claim Review (By Appointment Only)

Wednesdays, April 3,10,17,24 | Various times available

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

VFW Medical Claim Process Brief-In Person

Wednesday, April 17 | 1200 – 1300

Many Active Duty members and veterans are often unaware of, unsure, or somewhat perplexed, about the process of filing for a VA Medical Claim. This briefing will answer all of your questions/concerns. Join us for this amazing and informative Lunch & Learn presentation! It will demystify the process of filing for this very important benefit! Don't miss this! Participants are welcome to bring their lunch.

The workshop will provide an overview of the VA Medical Claim Process to include:

- Documentation required to file a claim
- VA Rating System
- Time line of the process
- Resources and more .

TAP Talk Tuesday- Virtual

Tuesday, April 16 | 1400 – 1500

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 each month between 2pm and 3 and let's chat about all things transition.

My Transition Benefits -In Person

Thursday, April 18 | 0800 – 1300

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, Dental, Personal Property/Household Goods, Survivor Benefit Program/ VA Medical Claim, VET Center and more. The first part of workshop will focus on benefits for both separates and retirees, while the second part will target retirement benefits. Spouses are welcome!

My Entrepreneurship (Boots 2 Business) -In Person

Monday-Tuesday, April 22-23 | 0800 – 1600

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

DOD Skillbridge- Virtual

Tuesday, April 25 | 1100 – 1200

SKILLBRIDGE = An opportunity for eligible service members, with proper Commander approval, to participate in an authorized Training Program before separation/retirement. Join us for a Virtual 90 Minute brief & Q&A session*Learn about Skillbridge, who's authorized, the application process, and more!

Linked In- In Person

Tuesday, April 25 | 1100 – 1200

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 90 minute VIRTUAL Lunch & Learn about Linked In's About section—the third most looked at section on Linked In!

This webinar will prepare you for the world of social networking using one of the most powerful professional networking sites available today. You'll learn how to get the most out of your Linked In profile and how to optimize your about section so you're seen by recruiters! Registration information is listed below.

PROGRAMS FOR EDUCATION AND TRAINING

Deployment/Relocation

Smooth Moves PCS Seminar - In Person

Wednesday, April 3 | 0830 – 1130

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- In Person

Wednesday, Apr 10 | 1300 – 1400

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 -In Person

Thursday, Apr 18 | 0800 – 1500

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.

Financial Management

Planning for Your Retirement- In person

Tuesday, April 16 | 0800 – 1600

This workshop will help you to better estimate your retirement needs.

Life Skills Education

ANGER MANAGEMENT WORKSHOP (3 Sessions) -In Person

Wednesday, April 3, 10, 17 | 0830 – 1130

Do you find your anger racing from 0 to 60? Do you often regret something you've said or done as a result of being angry?

If the answer is yes, this workshop may be for you!

Anger is a completely normal, usually healthy, human emotion. But when it gets out of control, it can lead to problems at work, in your personal relationships, and in the overall quality of your life. This workshop is designed to help you understand and identify triggers for your anger.

You will also learn techniques that can be used to manage and transform anger into a power that works for you, not against you!

This is a workshop will be held weekly. All three sessions must be attended for completion. No Uniforms, Civilian attire only.

1-2-3 MAGIC (Parenting) -Virtual and In Person

Tuesday, Apr 16 | 0900 – 1130

Are you tired of yelling? Is it hard to get your kids to do what you want them to do? Are you running out consequences to give? 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. You will discover new ways to teach/train your children and make parenting an enjoyable experience.

Gen X vs Gen Z (Communication)-Virtual or In Person

Wednesday, Apr 24 | 1200 – 1300

During this workshop, you will learn tips for communicating with a teen and strategies to reduce problems. The workshop also will cover how to discuss tough topics and get through disagreements, as well as how listening to a teenager can be a parent's greatest asset.

Exceptional Family Member Program (EFMP)

The ABC's of EFMP- Virtual

Wednesday, Apr 17 | 1000 – 1100

Wondering what the Exceptional Family Member Program (EFMP) is all about? Have questions? Then this workshop is for you! NSA Annapolis's EFMP Case Liaisons will provide you with the basics of EFMP, answer your questions and leave you with a better understanding of the program.

Outreach Events

Celebrating Month of Military Child

Friday, April 12 | 1100 – 1300

Join the FFSC and others at the Navy Exchange on. We will have give-aways, balloons and so much more!

Retired Activities Office (In Person at FFSC)

Wednesdays | 0900 – 1100

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.

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.



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.