

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

JUNE 2024

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

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FEATURES

- PAGE 1:** Smooth Sailing: Navigating PCS...
- PAGE 2:** June 2024 Calendar
- PAGE 3:** Programs for Education and Training



The
Fleet & Family Support
Center

June 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
3 My Entrepreneurship (B2B) 0800-1600	4 My Entrepreneurship (B2B) 0800-1600 Home Buying 0900-1030	5 Medical Record Claim Review (By Appt. Only) Pre-Separation Brief 1300-1500 Smooth Move Seminar 0830-1130 Kids PCS Too - 1700-1900 Anger Mgmt. Workshop 0830-1130	6 Demystifying the Federal Appl. Process (Webinar) 1800-1930 Ways To Save for Vacay 0900-1000	7
10	11	12 Medical Record Claim Review (By Appt. Only) Anger Mgmt. Workshop 0830-1130	13 PCS Outreach 1100-1300	14 Blended Retirement System 0900-1030
Transition Assistance Program (In-Person): 0800 - 1600				
17	18 TAP Talk Tuesday (Virtual) 1400-1500 Intro to Mindfulness (Virtual) - 1200-1300	19	20 DoD Skillbridge (Virtual) 1100-1230 Command Indoc./ Newcomers' Orientation 0800-1500	21
24	25	26 Medical Record Claim Review (By Appt. Only) Anger Mgmt. Workshop 0830-1130	27	28
Executive Transition Assistance Program (In-Person): 0800 - 1600				

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.

Transition Assistance

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.**

My Entrepreneurship (Boots 2 Business) - In Person

Monday-Tuesday, June 3-4 | 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. You will learn if starting a business is right for you, if your business idea is feasible and much more!

Medical Record Claim Review (By Appointment Only)

Wednesdays, June 5, 12, 26 | 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.

Pre-Separation Brief

Wednesday, June 5 | 1300 – 1500

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.

Demystifying the Federal Application Process (Webinar)

Thursday, June 6 | 1800 – 1930

The Federal Government has excellent career opportunities in a variety of occupations. However, the Federal employment hiring process can be complex and challenging!

Join us for 90 minutes to learn what happens during the hiring process, who's involved in the hiring, and the type of hiring programs and preferences available to help you get hired!

Transition Assistance Program – In Person

Monday-Friday, June 10-14 | 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.**

TAP Talk Tuesday – Virtual

Tuesday, June 18 | 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.

DOD Skillbridge- Virtual

Thursday, June 20 | 1100 – 1230

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!

Executive Transition Assistance Program (ETAP)

Monday-Friday, June 24-28 | 0800 – 1600

Transition GPS course designated for E-9s and O-5 and above.

This is a five-day workshop designed to prepare retiring service members for transition to civilian life. The program provides a comprehensive mix of education and skill building to meet Career Readiness Standards.

Topics include, but are not limited to:

- Skills assessment
- Resume writing
- Interview techniques
- Job search methods/ Salary negotiations
- Review of veteran entitlements
- Financial planning

Deployment/Relocation

Smooth Moves – In-Person

Wednesday, June 5 | 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!

Kids PCS Too – In-Person

Wednesday, June 5 | 1700 – 1900

Kids 5-10 y/o

Military families often have to move, and learning how to make this transition can sometimes be difficult. The experience for kids moving, in particular, may lead to feelings of sadness and anger. There might also be anxiety around how to make friends in a new school.

Join us for this fun and interactive workshop for kids 5-10 y/o to learn coping skills needed to navigate their big move.

There will also be a concurrent Question and Answer session for parents to meet with the NSA Annapolis School Liaison and EFMP Coordinator.

* A Pizza Dinner will be served*

PROGRAMS FOR EDUCATION AND TRAINING

Life Skills Education

Command Indoctrination/Newcomers' Orientation – In-Person Thursday, June 20 | 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 this opportunity a information-packed day designed to make your move to a new "smooth" one. *Spouses are encouraged to attend.*

Financial Management

Home Buying Tuesday, June 4 | 0900 – 1030

A home is one of the most complicated and expensive purchases you will ever make. This workshop will provide you with information to help you determine whether the time is right to purchase a home and better equip you to negotiate financial pitfalls you may encounter.

Ways to Save for Vacay Thursday, June 6 | 0900 – 1000

Whether you are single, have a spouse/partner or are a family of five, vacations can be an enjoyable break from your normal routine. You can experience new places, do new things, or simply take some time to relax. Vacations can also be costly, and if credit is used to fund your vacation, you could spend months or even years paying off your trip. Come and learn some ways to prepare financially for vacations in an effort to avoid overspending and excessive debt accumulation.

Blended Retirement System Friday, June 14 | 0900 – 1030

The National Defense Authorization Act for Fiscal Year 2016 created the Blended Retirement System, or BRS, that went into effect on Jan. 1, 2018. Active-duty and members of the National Guard or reserves are eligible for a defined benefit after reaching 20 qualifying years of service under the BRS. A defined benefit pension plan provides a pension payment on retirement that is determined by a formula based on the member's earnings history and length of service. This workshop will give the information you need to help you prepare for your future.

Anger Management Workshop (3 Sessions) –In Person Wednesday, June 5,12,26 | 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.

Introduction to Mindfulness- Virtual Tuesday, June 18 | 1200 – 1300

Curious about mindfulness? Interested in learning how to meditate? Want to learn effective strategies for reducing stress?

This workshop is a 60-minute introduction to a powerful practice that can help you cultivate a clear mind and a new way of relating to stress. Once practiced primarily in the context of traditional Buddhist meditation, mindfulness is currently broadly used in Western medicine and psychology to reduce stress and anxiety, lift mood, and promote overall health and well-being.

Introduction to Mindfulness is an opportunity for beginners to experience a taste of the peace and calm that meditation can create. You'll have the chance to practice guided meditation, get answers to your questions, and to know more about the benefits of mindfulness meditation.

Outreach Events

Are you preparing for a PCS Move this summer? PCS OUTREACH AT THE NEX Thursday, June 13 | 1100 – 1300

Your Annapolis Fleet and Family Support Center Relocation Program and Personal Property staff, also the School Liaison will be at the Annapolis NEX. There will be resource information and an opportunity to ask questions about the upcoming move for you and/or family members.

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.



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.