

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

MAY 2018

Military Spouse

APPRECIATION DAY

It is a day that is set aside each year to recognize and honor the contributions and sacrifices of military spouses. In 1984, then President Ronald Reagan proclaimed the Friday before Mother's Day to be designated as Military Spouse Appreciation Day. Since then, each President and senior military leaders have echoed the sentiments expressed by President Reagan. In addition to the public support and recognition of these leaders, events are commonly sponsored at installations across the nation and around the world to recognize the importance of our unsung heroes.

Military spouses, past and present, are an extraordinary group of individuals. While their husbands or wives took an oath and signed on a dotted line when they joined the military, spouses were enlisted through the back door with the vows they took on their wedding day. In choosing their mates, they inadvertently chose their way of life. While others have the luxury of decorating their homes knowing they will be there for the duration, military spouses decorate their homes hoping they will be there for three years. While others slowly gather a network of hairdressers, churches, dentists and doctors; military spouses hit the ground running. They know they have a limited time to set down roots before it's time to pack up again.

For many people, the constant moving would discourage them from connecting with the local community; for the military spouse, the opposite is true. Adversity just makes them stronger. What some people view as obstacles, they take on as challenges to be overcome. With only eighteen months to three years at most duty stations, they view it as a limited time to make friends and leave a mark on the community. They jump in wholeheartedly into the PTA, church and community. They realize that they are the only constant for their children while mom or dad is deployed or remote, and they remain steadfast in their conviction that they are doing the right thing.

They come from diverse backgrounds, hailing from places such as: Texas, Florida, Germany or Japan, but the one thing they have in common is their unfailing support of their military husband or wife and the mission of the United States military. The husbands and wives of all our men and women in uniform worldwide deserve our thanks. We salute your strength, patriotism and support. You make the mission possible.

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MAY

2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Developing Your Spending Plan
3 - 4 p.m.
Transition GPS Capstone
By appointment only

2

Retired Activities Office
9 - 11 a.m.
Resume Writing
9 a.m.

3

Love Languages
5:30 p.m.

4

7

Transition GPS Capstone
By appointment only

8

Retired Activities Office
9 - 11 a.m.
Ombudsman Assembly
4:30 p.m.

9

10

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Spotlight on Spouses:
Spouse Appreciation Day
11:30 a.m. - 1:30 p.m.

Transition — Goals, Plans, Success (GPS) • 8 a.m. - 4 p.m.

14

Renting
3 - 4 p.m.

15

Healthy Relationships
5:30 p.m.
Transition GPS Capstone
By appointment only
Anger Management Workshop
(Session 1 of 3)
8:30 - 11 a.m.

16

Retired Activities Office
9 - 11 a.m.
10 Steps to Federal Employment
9 a.m. - Noon
Hearts Apart: Deployment
Discussion Group
6 - 7:15 p.m.
Home Team: Youth Deployment
Support Group
6:30 - 7:15 p.m.

17

18

Command Indoctrination/Newcomers' Orientation • 8 a.m. - 4 p.m.

21

Transition GPS Capstone
By appointment only
Anger Management Workshop
(Session 2 of 3)
8:30 - 11 a.m.

22

Retired Activities Office
9 - 11 a.m.
LinkedIn
9 a.m. - Noon
123 Magic
9 - 11 a.m.

23

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25

Certified Ombudsman Training • 8 a.m. - 3:30 p.m.

28

Money and the Move
3 - 4 p.m.
Transition GPS Capstone
By appointment only
Anger Management Workshop
(Session 3 of 3)
8:30 - 11 a.m.

29

30

31

Retired Activities Office
9 - 11 a.m.

Boots to Business Workshop • 8:30 a.m. - 4:30 p.m.



EDUCATION AND TRAINING PROGRAMS



Career Development

Resume Writing Workshop

Wednesday, May 2, 9 a.m. - Noon

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! Call 410-293-2641 to register.

10 Steps to Federal Employment Workshop

Wednesday, May 16, 9 a.m. - Noon

The Federal Government has excellent career opportunities in a variety of occupations. However, the Federal Employment Hiring process is complex and challenging! This process can be a confusing experience. This workshop will provide an overview of the hiring process. You will learn how to navigate the USAJOBS system, analyze a vacancy announcement, type of hiring programs and preferences, write a federal resume and more. Please join us and learn strategies and tips for a successful federal job search. **Register today by calling 410-293-2641.** Please NO EMAIL REGISTRATIONS.

LinkedIn

Wednesday, May 23, 9 a.m. - Noon

Looking for a way to connect professionally with others you've worked with, without the Facebook headache? Come to the LinkedIn Workshop to maximize your profile, job potential, and learn what you should include in your profile and what you shouldn't. For Military Spouses, this is a great tool after PCSing, you can connect easily with former coworkers and potentially hear about job at your next duty station. For Service Members transitioning or retiring, this could help you find the right connection for your next line of work. Call the FFSC today to register at 410-293-2641.

Transition Assistance

Transition GPS – Technical Track Training

Monday-Friday, May 7-11, 8 a.m. - 4 p.m.

Transition, Goals, Plans, Success (GPS) is a five-day career and job search workshop for separating service members seeking civilian employment. Topics include: Tools for Transition, Military Occupational Cross Walk, Skills Assessment, Resume Writing, Job Search Methods, Interview Techniques, as well as a review of Veteran benefits and entitlement and much more. **Register now if you are within 1 year of separation or 2 years of retirement.** Classes fill up months ahead.

IMPORTANT!

You must see your Command Career Counselor and obtain (1) a signed DD Form 2648 –Pre-separation Counseling Checklist and (2) a copy of your Individual Transition Plan (ITP) prior to coming to TAP. **FAILURE TO DO SO MAY RESULT IN YOU NOT BEING ABLE TO ATTEND.**

Boots to Business Workshop

Wednesday-Thursday, May 30 and 31, 8:30 a.m. - 4:30 p.m.

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!

Transition GPS Capstone

Tuesdays, May 1, 8, 15, 22 and 29

(By appointment only)

Capstone is a mandatory component of Transition GPS that must be completed no later than 90 days prior to separation date. Capstone is scheduled by appointment only.

Documents Required for Capstone:

- Completed standardized ITP to include appropriate Career Track sections
- Benefits Registration
- Completed Gap Analysis
- Completed Resume/Employment application
- TGPS Workshop Certificate
- Documented requirements for licensure, certification and apprenticeship, if applicable
- Prepared 12 month post-military budget
- DD2958 Career Readiness Standards/ITP Checklist
- DoD ID card/CAC Card

Deployment/Relocation

Hearts Apart: Deployment Discussion Group

Wednesday, May 16, 6 - 7:15 p.m.

Is your loved one deployed? A Deployment Discussion Group is held on the 3rd Wednesday of each month at the Fleet & Family Support Center. Child care is FREE and onsite upon advance request. Registration is required. Please call 410-293-2641 for more information.

Home Team: Youth Deployment Support Group

Wednesday, May 16, 6:30 - 7:15 p.m.

For kids ages 5-18 who are experiencing a family deployment, come join the "HOME TEAM" to get involved, stay connected, have social support and to learn about the power of POSITIVE!! Partnering with our School Liaison Officer (SLO) - Call 410-293-2641 for more information and to register.

Command Indoctrination/Newcomers' Orientation

Thursday-Friday, May 17 and 18, 8 a.m. - 4 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 three 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

Developing Your Spending Plan

Tuesday, May 1, 3 - 4 p.m.

Do you want to get a better idea of where your money is being spent each month? What your overall net worth is? What about your debt-to-income ratio? This workshop provides information on developing successful money management skills and how to better track your personal financial information each month. Topics include



understanding establishing spending plans, spending strategies and more.

Renting

Monday, May 14, 3 - 4 p.m.

This workshop will provide information so you can be confident in your rental decisions. We will cover how to research rental options, determine affordability, evaluate the pros and cons of roommates, and protect yourself and your property.

Money and the Move

Tuesday, May 29, 3 - 4 p.m.

To help make your move as smooth as possible we will cover five key areas of concern: (1) The importance of financial planning; (2) Entitlements; (3) Understanding expenses involved with a move; (4) Developing a financial plan; and (5) Cost cutting financial tips for relocation.

Life Skills

Love Languages for Couples

Thursday, May 3, 5:30 p.m.

Do you and your spouse or significant other feel loved? Do you communicate your needs well? Have you ever thought, "I know my spouse/significant other loves me, but I don't feel loved?" This workshop will explore different ways people show love to each other. It will address the different emotional needs people have. It will give you a chance to explore what your love language is and what your emotional needs are. It will then explore how to communicate these needs in a positive way. Please complete the survey at: <http://www.5lovelanguages.com/assessments/love/> and bring the results to the workshop

Anger Management Workshop (3 Sessions)

Tuesdays, May 15, 22, 29, 8:30 - 11 a.m.

Do you find your anger racing from zero to 60 at work or at home? The Anger Management workshop is designed to help participants become more aware of anger in themselves and others; to understand how anger or the repression of anger affects us; to develop positive ways of expressing anger, techniques for dampening anger and dealing with anger in others.

Healthy Relationships

Tuesday, May 15, 5:30 p.m.

This workshop will provide tools to enhance healthy relationships and educate military personnel and their families how to successfully nurture intimate relationships. Topics include emotional record keeping, expectations, communication and developing healthy habits. At the end of the workshop attendees will be able to:

- Describe emotional record keeping
- Identify your top five emotional needs
- Identify two strategies for meeting relational needs and/or expectations

- Identify one couple challenge you would like to accomplish

123 Magic

Wednesday, May 23, 9 - 11 a.m.

This award-winning, best-selling program addresses the difficult task of child discipline with humor, keen insight and proven experience. It provides easy-to-follow steps for disciplining children without yelling, arguing or spanking. You'll learn how to control obnoxious behavior, the Six Kinds of Testing and Manipulation and also how to handle issues around chores, homework, messy rooms, lying and more.

Outreach Programs

"Spotlight On Spouses" Spouse Appreciation Day

Friday, May 11, 11:30 a.m. - 1:30 p.m.

Join the Fleet and Family Support Center Staff for our annual "Spotlight on Spouses" event. We are celebrating and honoring you, our military spouses, with a special Free lunch, certificates of appreciation, and with helpful information from the FFSC.

Ombudsman Programs

Ombudsman Assembly

Wednesday, May 9, 4:30 p.m.

The Ombudsman Assembly Meeting will be held at the Fleet and Family Support Center, NSA Annapolis, 168 Bennion Road. 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.

Certified Ombudsman Training

Wednesday-Friday, May 23-25, 8 a.m. - 3:30 p.m.

FFSC Staff must have training/facilitating experience and have successfully completed OBT/eOBT. After completing OBT/eOBT staff members are encouraged to continue to learn more about the Ombudsman Program in order to gain the in-depth knowledge required of COT trainers, prior to applying to become COT certified. You must have approval to attend COT training.

Other Programs

Retired Activities Office

Wednesdays, May 2, 9, 16, 23 and 30, 9 - 11 a.m.

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.



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. All classes are held at the Fleet and Family Support Center unless otherwise noted.

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.