

# Annapolis

## Fleet and Family Support Center

### NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

APRIL 2023



## 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:

### Purple Up! Day | Wednesday, April 19, 2023

Wear purple to show support and thank military children for their strength and sacrifices.

## 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.

- 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.
- If you are feeling overwhelmed, get help, call a friend, relative or the FFSC.
- Monitor your child's television and computer use.
- Report suspected abuse or neglect.
- When it comes to handling anger, stress or frustration, be a role model.

"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!**

### Pin the Wheel Parade

Wednesday, April 19, 2023

Join FFSC at the NSA Annapolis CDC. The Pinwheel Parade educates, raises awareness of effects of child abuse.

## SEXUAL ASSAULT AWARENESS & PREVENTION MONTH (SAAPM)

This April marks the 18th 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 2023 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



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The  
Fleet & Family Support  
Center



# April 2023

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	4 Planning for Your Retirement 4p	5 Smooth Moves PCS Seminar 8:30a	6	7
10	11	12 Anger Management Workshop 8:30a  Medical Record Claim Process Brief 12p  Mindfulness Walking Group 12p Sponsorship 1p	13 Disaster Preparedness 9a  Gen X vs Gen Z (Communication) 12p	14
Transition Assistance Program (TAP) Virtual - 8a				
17 Gambling Awareness 9a	18 1-2-3 MAGIC (Parenting) 9a	19 Anger Management Workshop 8:30a  Mindfulness Walking Group 12p  Sponsorship 1p	20 Command Indoctrination/ Newcomers' Orientation 8a  Navigating Federal Employment Workshop 9a	21
24	25 Career Assessment and Exploration Workshop 9a	26 Anger Management Workshop 8:30a  Mindfulness Walking Group 12p	27 Career Assessment and Exploration Workshop 9a	28
My Education - In-Person 8:30a				

# PROGRAMS FOR EDUCATION AND TRAINING

**PROGRAMS FOR EDUCATION AND TRAINING | SOME CLASSES WILL BE VIRTUAL**  
(After registration you will be sent a link to join the workshop)

## Career Development

### Effective Resume Writing Workshop

**Thursday, April 6, 9:00 a.m. – 11:30 a.m.**

This three-hour interactive training will review the basic types of résumés and discuss which types are appropriate for different job seekers and what information should be included on each. It will also discuss the essential elements of cover letters to use in conjunction with the résumé and how to market a résumé effectively in the current job market.

### Navigating Federal Employment Workshop

**Thursday, April 20, 9:00 a.m. – 11:30 a.m.**

This three-hour training will focus on the federal employment process. It observes the processes of creating a USAJobs profile, as well as searching and applying for jobs in federal government. It reviews unique hiring paths and special hiring authorities such as veterans and military spouse preferences, which offer a less-competitive hiring process for eligible veterans and military spouses. It discusses the essential elements of an effective federal résumé and provides an in-depth look at job vacancy announcements, assessments and job requirements.

### Career Assessment and Exploration Workshop

**Tuesday, April 25, 9:00 a.m. – 11:30 a.m.**

What do you want to be when you grow up? If you are wondering what career to pursue, or trying to be sure that your chosen field is right for you, this is your class! This workshop provides an opportunity to assess your skills, values and preferences. Participants will complete the Holland's Self Directed Search and use the results to research career opportunities.

## Transition Assistance

### Transition Assistance Program (TAP) - Virtual

**Monday – Friday, Apr 10 – 14, 8:00 a.m. – 4:00 p.m.**

The Transition Assistance Program (TAP) provides information, tools and training to help service members and their spouses get ready to successfully move from the military to civilian life. From start to finish, TAP guides users on veteran benefits, education options, federal assistance and veteran employment help. The first three days will offer the basic mandatory core curriculum. The following two days will feature the career path that offers the My Employment Track. Register now if you are within 1 year of separation or 2 years of retirement. Classes fill up quickly! **IMPORTANT!!!** You must contact your Command Career Counselor and complete a Self- Assessment where you will be assigned a tier prior to attending TAP.

### Medical Record Claim Process Brief

**Wednesday, April 12, 12:00 p.m. – 1:15 p.m.**

This 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

### My Education - In-Person

**Monday-Tuesday, April 24-25, 8:30 a.m. – 4:30 p.m.**

A two-day class to better prepare transitioning service members pursuing a college education. The Higher Education Track guides service members through the process of selecting a degree program,

comparing accredited colleges, examining a range of funding to include the GI Bill, as well as the Free application for Federal Student Aid (FAFSA) and completing a college application package. Successful completion of this course assists service members in meeting the Career Readiness Standards for Education. Spouses are welcome!

### Capstone Appointment-Virtual

For Capstone Appointments email: [brunilda.ramos3.civ@us.navy.mil](mailto:brunilda.ramos3.civ@us.navy.mil) or [heather.luke.ctr@navy.mil](mailto:heather.luke.ctr@navy.mil)

CAPSTONE is the final mandatory event for transitioning military members. Service members must demonstrate appropriate Career Readiness Standards (CRS) based on the goals they plan to pursue after service (employment, education or technical training). All transitioning service members must complete CAPSTONE NLT 90 days before separation. Required Documents 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 & apprenticeship – if applicable
- Prepared 12-month post-military budget
- DD2958 Career Readiness Standards/ITP Checklist

## Deployment/Relocation

### Smooth Moves PCS Seminar

**Wednesday, April 5, 8:30 a.m. - 11:30 a.m.**

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!

### Command Indoctrination/Newcomers' Orientation

**Thursday, April 20, 8:00 a.m. – 3:00 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. A highlight of the Orientation: a tour of the Naval Academy! Spouses are encouraged to attend.

### Sponsorship

**Wednesday, April 19, 1:00 p.m - 2:00 p.m**

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.

# PROGRAMS FOR EDUCATION AND TRAINING

## Financial Management

### Planning for Your Retirement

**Tuesday, April 4, 9:00 a.m. - 12:00 p.m.**

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

### Disaster Preparedness

**Thursday, April 13, 9:00 a.m. - 12:00 p.m.**

This workshop will help you and your family to prepare for emergencies and disasters.

### Gambling Awareness

**Monday, April 17, 9:00 a.m. - 12:00 p.m.**

Gambling Awareness will discuss gambling statistics, prevalence of gambling problems, military directives and the warning signs of compulsive/pathological gambling. You should be aware of your level of gambling risk and know what resources are available to assist you with a gambling problem.

## Life Skills Education

### Anger Management Workshop (3 Sessions) – In-Person

**Wednesday, April 12, 19, 26, 8:30 a.m. - 11:30 p.m.**

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.

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

**Thursday, April 13, 12:00 p.m. - 1:00 p.m.**

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.

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

**Tuesday, April 18, 9:00 a.m. - 11:30 a.m.**

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.

## Outreach Events

### Mindfulness Walking Group - FFSC

**Every Wednesday in April 12, 19, 26, 12:00 p.m - 12:45 p.m.**

Come meet us peaceful group mindfulness walk. The practice of mindful walking is the opportunity to give ourselves a bit of a break from the constant mental chatter. We actively try to arrive in the present moment with each step we take. Connecting with our breath, the sensations in our body, and the nature around us.



#### 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.