

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

JANUARY 2021

New Year's Resolutions?

YOUR FFSC CAN HELP!

It never fails, almost as soon as the last holiday gift is opened we are already thinking about what we will do differently next year. New Year's resolutions are common. According to Wikipedia, a New Year's Resolution is a "commitment that an individual makes to a project or the reforming of a habit, often a lifestyle change that is generally interpreted as advantageous. The name comes from the fact that these commitments normally go into effect on New Year's Day and remain until fulfilled or abandoned." Most people make them, few people successfully implement them. You wouldn't expect to learn a new sport or hobby without some degree of learning and practice yet we often think we can change a lifestyle or break a habit just by acknowledging a desire to do so. New Year's Resolutions *can* be successful *with the right help*.

Let's look at a few common areas where most people focus their resolutions:

Finances: Suppose your resolution is to better manage your finances. The Personal Financial Manager at FFSC can meet with you to discuss options and resources and provide helpful tips to get you started.

Relationships: Maybe you want to begin the New Year by improving your relationships with others. The FFSC clinical counselor can work with you on improving communication at home and work, stress and anger management, setting boundaries, and many other life skills topics.

Employment or Transition: Imagine that you would like to find a job or just want a better job. Maybe you need to explore your options as you near retirement or separation from the military.

FFSC has a Transition Assistance Program as well as a Family Employment Readiness Program to guide and assist you in these processes.

Family Preparedness: Whether it is preparing for a disaster such as a hurricane or preparing for a life change like deployment, the FFSC Life Skills Educator and Individual Deployment Support Specialist can provide you with the tools and resources to assist you and your family.

Volunteering: The FFSC can assist with locating volunteer opportunities, whether within the FFSC, or other non-profit agency, where you can share your time and gain useful experience which can later be used for employment.

Self-improvement: Your goal may be to learn a new language, improve your computer skills, go back to school, etc. The FFSC can provide resources to help you reach your goal.

The Annapolis Fleet and Family Support Centers are here on phone, email, and webinar to support you "virtually" during the COVID crisis. Even though we are not opening our doors to walk in clients yet, we are one phone call or email away.

Make checking out the FFSC as one of your New Year's Resolutions!



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FEATURES

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January 2021

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
4	5	6	7 Interviewing Skills 9am	8 Make Your Spending Plan for The New Year 9am
11	12 1-2-3 Magic (Parenting) Workshop 9am	13 Ombudsman Assembly 4:30pm	14	15 Saving and Investing 9am Sponsorship Training 1pm
Transition Assistance Program (TAP) - 8am				
18	19 Resume Writing Workshop 9am	20 Stress Management 9am	21 Command Indoctrination/ Newcomers' Orientation 8am	22 Credit and Your Credit Score 9am
25	26 10 Steps to Federal Employment Workshop 9am	27	28	29 Thrift Savings Plan "What is it good for!" 9am



PROGRAMS FOR EDUCATION AND TRAINING

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Career Development

Interviewing Skills

Thursday, Jan 7, 9 a.m. – Noon

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. Call the FFSC at 410-293-2641 for program information and registration

Resume Writing Workshop

Tuesday, Jan 19, 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 the FFSC at 410-293-2641 to register.

10 Steps to Federal Employment Workshop

Tuesday, Jan 26, 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.

Transition Assistance

Transition Assistance Program (TAP)

Monday – Friday, Jan 11 – Jan 15, 8:00a.m. – 4:00p.m.

It 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 being turned away.**

Transition GPS Capstone

Call FFSC for an appointment.

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. Please call FFSC to register. Required Capstone Document For Capstone:

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

Deployment/Relocation

Command Indoctrination/Newcomer's Orientation

Thursday, Jan 21, 8:00a.m. – 3:00p.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 Training - Virtual

Friday, Jan. 15, 1:00 p.m.

Has your Command chosen You to sponsor inbound service members? Now, what do you do? FFSC provides training for individuals who have been chosen to serve as sponsors; training includes how to make contact, what information needs to be provided, and information on available resources and support services that will make your job and the incoming service member's move much more satisfying. (Sponsor Coordinators are welcome to attend!).



PROGRAMS FOR EDUCATION AND TRAINING

Financial Management

Make Your Spending Plan for The New Year

Friday, Jan 8, 9a.m. – 10:00a.m.

As we begin a new year there are going to be financial changes. What is happening with the SS/FICA Deferment Bank Holiday or 12.4% on the LES, Marriage, Promotion, New baby on the way, Continuation of Pandemic. All will impact your finances. Let's Prepare rather than "catch up". Please register by calling 410-293-2641.

Saving and Investing

Friday, Jan 15, 9:00a.m. – 10:00a.m.

Why should we? What is the difference between Saving and Investing? How do we begin? Let your money work at the same time that you do. Please register by calling 410-293-2641.

Credit and Your Credit Score

Friday, Jan. 22, 9:00a.m. – 10:00a.m.

Now that the Holidays are over what does the Credit Card balance look like? How to attack it so the money you make, you get to use. Do you know your credit score and what does it mean? Please register by calling 410-293-2641.

"Thrift Savings Plan" What is it Good for!!

Friday, Jan 29, 9:00a.m. – 10:00a.m.

Known as the TSP, how does it work? Traditional/Roth? What are funds? What are my choices and what questions should I be asking? Please register by calling 410-293-2641.



Life Skills Education

1-2-3 Magic (Parenting) Workshop - Virtual

Tuesday, Jan 12, 9:00a.m. – 11:00a.m.

This award-winning, bestselling 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.

Is it hard to get your kids to do what you want them to do? 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. Using video, group discussion and activities, we'll discover ways to train your children and make parenting an enjoyable experience. Don't miss out on this workshop! We will offer easy-to-learn parenting solutions that WORK – for age groups from toddlers through adolescents. Childcare is not available.

Stress Management

Wednesday, Jan. 20, 9:00a.m. – 11:00a.m.

Stress is a part of life. In this class you will understand how your beliefs and thought process have an impact on how you deal with stress. Participants will walk away with specific actions to manage stress that they can incorporate into their life immediately.

Ombudsman Program

Ombudsman Assembly

Wednesday, Jan 13, 4:30p.m. – 5:30p.m.



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.