

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

AUGUST 2024

FREE

FUN DAY

SAT, AUG 17
168 Bennion Road, NSAA
1000-1400

FOOD, MUSIC, AND FUN!
GAMES AND DOOR PRIZES
INFO/RESOURCE BOOTHS

Single members, couples, and families — come and enjoy a day full of fun in the sun! Fun Day promises to deliver military and civilian resources, delicious food, refreshing drinks, exciting games, and entertainment. Over the years, Fun Day has become an anticipated event in the Annapolis Navy community.

Fun Day provides an opportunity for newcomers to make new friends and for old friends to reconnect again. It's a wonderful opportunity to see all the many services available in our beautiful community.

Do you need information on health care? Are you interested in services available at the Fleet and Family Support Center or would you like to know what MWR has to offer? All of this and much more will be available.

The best part is Fun Day is FREE! Food and drinks will be available for purchase from local commands and enjoy music from the United States Naval Academy Band!

2024 Fun Day participants: All Annapolis Area Commands, Fire Prevention House, Navy Exchange, DECA, Navy League, CPOA, 1st Class Association, Navy Lodge, and more.



No Navy Endorsement implied.

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FEATURES

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The
Fleet & Family Support
Center

VISIT US ONLINE AT WWW.NAVYMWRANNAPOLIS.COM

August 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
		*Retired Activities Office Every Wednesday 0900-1100 *Transition Capstone (By Appt. Only)	1 Renting 0900-1030 DoD Skillbridge 1100-1200	2 Navy Night at Bowie Baysox 1800
5 Pre-Separation Brief 0900-1100	6 Your Insurance Needs 0900-1030 Life after Divorce (In Person or Virtual) 1200-1300	7 Medial Record Claim Review (By Appt. Only) Smooth Moves Seminar 0830-1130	8	9
My Entrepreneurship (In-Person): 0800 - 1600				
12	13	14 Medial Record Claim Review (By Appt. Only) Anger Mgmt. Workshop 0830-1130	15	16 (SAT) 17 FFSC/MWR Area Command Fun Day 1000-1400
Transition Assistance Program (In-Person): 0800 - 1600				
19	20 TAP Talk Tuesday 1400-1500	21 Medial Record Claim Review (By Appt. Only) Smooth Moves Retirees 1300-1430	22 Command Indoc./ Newcomers' Orientation 0800-1500	23
			My Education Track (In-Person): 0800 - 1600	
26	27	28 Medial Record Claim Review (By Appt. Only) Interviewing Skills 0900-1100	29 Developing Your Spending Plan 0900-1030 Interviewing Skills 0900-1100	30

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.**

Transition Assistance Program (In Person)

Monday-Friday, August 12-17 | 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.**

Medical Record Claim Review (By Appointment Only)

Wednesdays, August 7, 14, 21, 28 | 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.

DoD Skillbridge (Virtual)

Thursday, August 1 | 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!

Pre-Separation Brief (Virtual)

Monday, July 1 | 0900 – 1100

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.

TAP Talk Tuesday (Virtual)

Tuesday, August 20 | 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 Entrepreneurship (Boots 2 Business) (In Person)

Monday-Tuesday, August 5-6 | 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!

My Education Track (In Person)

Thursday-Friday, August 22-23 | 0800 – 1600

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!

Interviewing Skills (In Person)

Thursday-Friday, August 29 | 0900 – 1100

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.

Deployment/Relocation

Smooth Moves Seminar (In Person)

Wednesday, August 7 | 0830 – 1130

Are you getting ready for a PCS move? This single session workshop is for everyone, experienced mover or not, who is on Permanent Change of Station (PCS) orders. It offers tips to help make your move as "painless" as possible! Topics will include the new www.move.mil / DPS registration/move process, Personally Procured Moves (formally known as Do-It-Yourself moves), house hunting, tips from your School Liaison Officer (SLO), travel and financial planning, entitlements, family preparation, and ways to cope with relocation. Receive information on your upcoming duty station and community, and much more.

Command Indoctrination/Newcomers' Orientation (In Person)

Thursday, August 22 | 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 day designed to make your move to a new community a "smooth" one. *Spouses are encouraged to attend.*

Smooth Moves Retirees (In Person)

Wednesday, August 21 | 1300 – 1430

Are you preparing for the final PCS move due to retirement or separating from the military? This workshop will give you tips, resources and things to add to your checklist for your final move. You will receive information on how to set up your [move.mil](http://www.move.mil), Personal Property Entitlements, Travel and Military Pay, Housing and more.

PROGRAMS FOR EDUCATION AND TRAINING

Financial Management

Developing Your Spending Plan (In Person)

Thursday, August 29 | 0900 – 1030

To help make sure your move doesn't drain your wallet, we will explore the expenses involved with a move, how to develop a financial plan for a move, what the Navy will pay for, and cost cutting tips for relocations. Whether you have never moved or made ten moves, this is the workshop to take before you move across town or across the country!

Your Insurance Needs (In Person)

Tuesday, August 6 | 0900 – 1030

This course will explain the importance of insurance for the events you hope will never happen. Part of building wealth is having a meaningful way to protect it, and you can give yourself tremendous peace of mind by preparing for unanticipated events and hazards.

Renting (In Person)

Thursday, August 1 | 0900 – 1030

Moving is an exciting part of military life. Each duty assignment promises new experiences, adventures and friends. The first order of business is usually to find a place to call home. Renting a house or an apartment can be a good solution for military families and single service members, as it can offer the flexibility that home ownership does not always provide.

Life Skills Education

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

Wednesday, August 14, 21, 28 | 0830 – 1130

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.

Life after Divorce: Landing on your Feet (In Person/Virtual)

Tuesday, August 6 | 1200 – 1300

It's over. You've signed the divorce papers, and the relationship you entered with so much hope is officially dissolved. Everyone's divorce story is different. Maybe you had been married for decades, maybe just a year or so. Maybe you have children, maybe you don't. Maybe the divorce was your idea and maybe it was your partner's, or maybe you both agreed that separation was best. Maybe you're relieved, maybe you're heartbroken -- or a bit of both. But however you got here, the question now is where do you go from here? And how do you figure out who you are and what you want as a newly single person? What is your new life going to look like, and how do you start moving in that direction?

Outreach Programs

35th Annual FFSC/MWR Area Command Fun Day (In Person)

Saturday, August 17 | 1000 – 1400

Come out and enjoy a day full of fun in the sun! Fun Day promises to deliver military and civilian resources, delicious food, refreshing drinks, exciting games and entertainment for both kids and adults. Over the years, Fun Day has become an event that is much anticipated by the Annapolis Navy community. Single members, couples and families all come to enjoy the day. The Best Part Is, Fun Day is ABSOLUTELY FREE! Please join us!

Navy Night at Bowie Baysox (In Person)

Friday, August 2 | Gates open at 1800

Join us for this amazing annual Navy Night event featuring the entire USNA Class of 2026 in attendance! A patriotic celebration not to be missed! A Navy and USA themed Fireworks show will light up the sky after the game!

Other Programs

Retired Activities Office (In Person)

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.



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.



FFC RESOURCE ROOM...IS OPEN

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.