

PROGRAMS FOR EDUCATION AND TRAINING

Sexual Assault Prevention Response Program

SAPR Victim Advocate Training

Monday – Friday, Feb. 24 - 28, 8:00 a.m. – 4:30 p.m.

This 40-hour victim advocate basic training prepares participants with the skills and knowledge to become Unit Victim Advocates. The training covers a broad spectrum of services available to sexual assault victims to include roles and responsibilities of SAPR personnel, Confidentiality Policy, Victimization, Reporting Options, Medical, Investigative, Legal Processes, and Self-Care.

Participants will also gain a better understanding of command and system responses, how to address safety needs, provide services, referrals, and advocacy throughout the process from initial reporting to final adjudication or disposition. Upon successful completion of the training, participants are eligible to apply to the Department of Defense Sexual Assault Certification Program (D-SAAP) as a requirement to be certified as a "SAPR Victim Advocate". To register for this class contact Nakia McConneaughey, SAPC Coordinator @ 410-293-2641

Transition/Career Assistance Programs

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. Email your capstone request, tier level, and date you completed tap to: Brunilda.ramos3.civ@us.navy.mil. You will receive instructions to complete your capstone.

Pre-Separation Brief -Virtual

Monday, Feb. 3, 1:00p.m. – 3:00p.m.

The second step after completing a mandatory 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 information on education, employment and career goals training, financial management, health and well-being, relocation and housing, and more. The Pre-Separation Brief must be completed 365 days prior to official separation from military service.

Medical Record Claim Review (By Appointment Only)

Wednesdays, Feb. 5, 12, 19, 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.

My Entrepreneurship (Boots 2 Business) -In Person

Thursday-Friday, Feb. 6-7, 8:30 a.m. – 4:00 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 Assistance Program - In Person

Monday – Friday, Feb. 10-14, 8:00a.m. – 4:00p.m.

The Transition Assistance Program (TAP) is a congressionally mandated program for all members who have served for 180 days or more and plan to separate or retire. From start to finish, TAP provides members and their spouses 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 Initial Counseling 365 days prior to your separation date. During this session, you will be assigned a tier level which is a prerequisite to attending the Pre-Separation brief and TAP course. Spouses are highly encouraged to attend!

TAP Talk Tuesday- (Virtual)

Tuesday, Feb. 18, 2:00 p.m. - 3:00 p.m.

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 platform every 3rd Tuesday of each month between 2pm and 3pm and let's chat about all things transition. Spouses are welcome!

My Vocational - (Virtual)

Monday & Tuesday, Feb. 24-25. 8:30 a.m. – 4:00 p.m.

This is an interactive training for transitioning military members and spouses. This workshop offers a unique opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. Service members and spouses who attend the two-day Department of Labor My Vocational Workshop will complete a personalized career development assessment of occupational interest and ability. This industry-standard assessment will present workshop participants with a variety of tailored job recommendations aligned with interests and aptitudes, some of which are classified as "high demand" or "high growth" occupations. Participants will learn to utilize self-sustaining tools to narrow their career focus by establishing achievable career goals and development strategies. Workshop facilitators will guide participants through a variety of career considerations including labor market projections, education, apprenticeships, certifications, and licensure requirements.

Veteran Federal Preference - (Virtual)

Thursday, Feb. 27, 11:00 a.m. – 12:30 p.m.

Are you a transitioning service member or military spouse who wishes to work in the federal government? There are many hiring authorities you can use to help you get hired, sometimes without competition! Come learn about federal hiring authorities and veteran and military spouse preferences and how to use them to get a federal job.



168 BENNION ROAD, ANNAPOLIS, MD 21402

FEBRUARY 2025



What Is Teen Dating Violence Awareness and Prevention Month?

February is National Teen Dating Violence Awareness and Prevention Month (TDVAM). This is an issue that impacts everyone – not just teens – but their parents, teachers, friends and communities as well. Together, we can raise the nation's awareness about teen dating violence and promote safe, healthy relationships.

What Is the Impact of Teen Dating Violence?

Studies show that approximately 10% of adolescents report being the victim of physical violence at the hands of an intimate partner during the previous year. Girls are particularly vulnerable to experiencing violence in their relationships and are more likely to suffer long-term behavioral and health consequences, including suicide attempts, eating disorders, and drug use.



Personal Financial Management Month

Millions of people each year fall victim to identity theft or military scams of some kind. If you fall prey, it can cost you money, time and lots of stress. It happens when you let your guard down. Safeguard your Social Security number, military ID and other sensitive data.

Nine ways to prevent identity theft

The rigors of military life can amplify the problems caused by identity theft. It can take months, even years, to recover. Take these steps to guard against identity theft:

Adolescents in abusive relationships often carry these unhealthy patterns of violence into future relationships. Indeed, children who are victimized or witness violence frequently bring this experience with them to the playground, the classroom, later into teen relationships and, ultimately, they can end up the victims and perpetrators of adult intimate partner violence.

How Do I Get Help?

If you know of a teen or parent that could benefit from speaking to a caring, well-trained counselor/therapist, please connect them with our staff at Fleet and Family Support Center at (410) 293-2641. Clinical counseling services are free of charge to active duty personnel and family members. You do not need a referral from your command, from Tri-Care or your primary care physician.

You can also seek confidential information and support services by contacting the National Dating Abuse Helpline, a project of the National Domestic Violence Hotline, at 1-866-331-9474 (TTY: 1-866-331-8453), by texting "loveis" to 7 7054, or through live chat at loveisrespect.org.

1. Check your credit. Federal law entitles you to a free credit report each year. Check it for suspicious activity. If you're a deploying service member and don't plan to seek new credit while deployed, place an active-duty alert on your credit report to reduce the risk of getting swindled.

2. Install anti-virus and anti-spyware software on all your devices. Update these protections regularly.

3. Shop online carefully. Provide your credit card information only on sites that use secure technology. Look for a lock icon on the status bar of your internet browser when shopping on a site.

4. Don't give out personal information online or over the phone unless you initiated the contact.

Continued on Page 3



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.

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—WiFi, computers, printer, copier, and helpful reference materials.

The FFSC is located at 168 Bennion Road, Annapolis, MD.

CONTACT FFSC ANNAPOLIS

(410) 293-2641
(410) 293-5237
m_FFSC_Annapolis@navy.mil

FEATURES

- Teen Dating Violence Awareness
- Personal Financial Management Month
- February 2025 Calendar



February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Pre-Separation Brief 3	Saving & Investing 1-2-3 Magic (Parenting) 4	Smooth Move Seminar Medical Record Claim Review 5	The ABC's of EFMP 6	7
			My Entrepreneurship	
10	11	EFMP Outreach Medical Record Claim Review 12	Thrift Savings Plan 13	14
Transition Assistance Program (TAP)				
17	Credit Management TAP Talk Tuesday 18	Medical Record Claim Review 19	Command Indoctrination EFMP Meet & Greet 20	21
24	25	Medical Record Claim Review 26	Love Languages for Couples Veteran Federal Preference 27	28
My Vocational				

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

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)

Personal Financial Management Month continued...

Personal Financial Management Month

Millions of people each year fall victim to identity theft or military scams of some kind. If you fall prey, it can cost you money, time and lots of stress. It happens when you let your guard down. Safeguard your Social Security number, military ID and other sensitive data.

Nine ways to prevent identity theft

The rigors of military life can amplify the problems caused by identity theft. It can take months, even years, to recover. Take these steps to guard against identity theft:

- 1. Check your credit.** Federal law entitles you to a free credit report each year. Check it for suspicious activity. If you're a deploying service member and don't plan to seek new credit while deployed, place an active-duty alert on your credit report to reduce the risk of getting swindled.
- 2. Install anti-virus and anti-spyware software on all your devices.** Update these protections regularly.
- 3. Shop online carefully.** Provide your credit card information only on sites that use secure technology. Look for a lock icon on the status bar of your internet browser when shopping on a site.

Deployment/Relocation Programs

Smooth Move Seminar

Wednesday, Feb. 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 -In Person

Thursday, Feb. 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.

Exceptional Family Member Program

The ABC's of EFMP - Hybrid

Thursday, Feb. 6, 9:00 a.m.-10:00 a.m.

Wondering what the Exceptional Family Member Program (EFMP) is all about? Have questions? Then this workshop is for you! NSA Annapolis's EFMP Case Liaison will provide you with the basics of EFMP, answer your questions and leave you with a better understanding of the program. Come join us for this informative workshop.

EFMP Outreach - Clinic

Wednesday, Feb 12, 11:00 am - Noon

Please visit the EFMP information table located in the lobby. The Navy's Exceptional Family Member Program (EFMP) supports Navy families with special needs. Enrollment in the EFMP is mandatory for sponsors with qualifying family members. By enrolling, service members are ensured assignments to locations where the medical (physical, developmental, and/or mental health) and/or educational needs of their family members can be properly addressed.

EFMP Meet and Greet - Virtual

Thursday, Feb 20, 1:00 p.m. - 2:00 p.m.

Join us for an informative Exceptional Family Member Program (EFMP) meet-and-greet designed to bring our diverse community together. This event aims to foster connections, share valuable resources, and provide support for families with exceptional members. Come meet your EFMP Case Liaison and your MTF Coordinator who will be available for your questions regarding the program and the enrollment process.

Financial Management Programs

Savings and Investing

Tuesday, Feb. 4, 9:00 a.m. - 11:00 a.m.

This course is designed to develop the knowledge and skills that will enable participants to achieve their saving and investing goals. Investing advice will NOT be given in this workshop.

Thrift Savings Plan

Thursday, Feb. 13, 9:00 a.m. - 10:30 a.m.

What is the Thrift Savings Plan? The TSP is a retirement savings and investment plan sponsored by the federal government. The purpose of this class is to provide you with detailed information about the Thrift Savings Plan (TSP) and to help you to understand how the TSP can assist in providing financial security during your retirement.

Credit Management

Tuesday, Feb. 18, 9:00 a.m. - 10:30 p.m.

You will learn to establish and maintain good credit, and determine a safe debt load.

Life Skills Programs

1-2-3 MAGIC (Parenting) Workshop

Tuesday, Feb 4, 11:00 a.m. - 12:30 p.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!

Love Languages for Couples Workshop

Thursday, Feb 27, 5:00 p.m. - 7:00 p.m.

Do you & 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 will explore different ways people show love to each other. It will talk about 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