

# Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

JULY 2024

## Embracing Summer: Tips for Family Well-being

As summer unfolds and temperatures rise, it's an ideal time for families to bond, explore, and create lasting memories together. Whether you're stationed near the coast, amidst rolling hills, or within bustling cities, here are some tips to help you make the most of this vibrant season while nurturing family well-being.

- 1. Outdoor Adventures:** Take advantage of the longer days and warmer weather by engaging in outdoor activities. Plan a family hike, picnic in the park, or a day at the beach. These outings not only promote physical health but also provide opportunities for relaxation and bonding.
- 2. Create a Summer Bucket List:** Sit down as a family and brainstorm activities you'd like to accomplish during the summer months. From visiting local landmarks to trying new recipes, having a shared list of goals fosters excitement and ensures everyone gets to participate in activities they enjoy.
- 3. Stay Hydrated and Sun-safe:** With increased outdoor time, it's crucial to stay hydrated and protect against the sun's rays. Encourage your family members to drink plenty of water throughout the day and apply sunscreen before heading outdoors. Don't forget hats, sunglasses, and lightweight clothing for added protection.
- 4. Schedule Downtime:** Amidst the excitement of summer, it's essential to carve out moments of relaxation and downtime. Whether it's reading a book in the shade, enjoying a family movie night, or simply lounging together, prioritize moments of rest to recharge and rejuvenate.
- 5. Explore Your Local Community:** Summer is an excellent time to explore your local community and discover hidden gems. Attend outdoor concerts, farmers' markets, or community festivals. Engaging with your surroundings fosters a sense of belonging and strengthens community ties.
- 6. Practice Gratitude:** Take time each day to reflect on the things you're grateful for as a family. Whether it's a beautiful sunset, a shared meal, or moments of laughter, cultivating gratitude promotes positivity and strengthens familial bonds.
- 7. Connect Virtually:** For families separated by distance, technology offers a way to stay connected. Schedule regular video calls with loved ones, share photos and updates, and engage in virtual activities together. While physical distance may be challenging, maintaining meaningful connections is key to family well-being.

As we embrace the joys of summer, let's prioritize family togetherness, health, and happiness. By incorporating these simple tips into your summer routine, you can create cherished memories and strengthen the bonds that unite us as families.

Wishing you a summer filled with love, laughter, and endless adventures!

## Plan on ending your summer at the 35th Annual FFSC/MWR Area Commands Fun Day on Saturday, August 17th from 10:00 to 2:00.

Join us for Fun Day, where the excitement never ends! Explore a wide array of educational materials, interactive display booths, and captivating entertainment. Discover valuable services offered by our esteemed participating organizations while parents gather essential information.

While parents engage with vendors, children can immerse themselves in a world of fun with diverse games and age-appropriate activities at various booths. Meanwhile, active-duty members can enjoy thrilling experiences like jousting, shooting hoops, and accessing helpful resources tailored to their needs.

This is just a glimpse of what Fun Day has to offer—there's something for everyone! And the best part? All games and events are completely FREE! Over the years, Fun Day has become a highly anticipated event for Annapolis' active-duty personnel, both single and married, and their families. Don't miss out on the excitement—join us for a day filled with laughter, learning, and unforgettable memories. And remember, admission to Fun Day is entirely FREE!

### CONTACT FFSC ANNAPOLIS

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The  
Fleet & Family Support  
Center



# July 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 |
|--|---|--|--|--------|
| 1<br>Pre-Separation Brief<br>(Virtual) 0900-1100                 | 2<br>Smooth Move (In-Person)<br>0830-1130   | 3<br>Medical Record Claim Review<br>(Appt. Only)<br><br>Conflict Resolution<br>(In Person/Virtual)<br>1200-1300                                    | 4  | 5      |
| 8  | 9<br>Parenting Apart: Tips on<br>Effective Co-Parenting<br>(In-Person/Virtual)<br>1200-1300         | 10<br>Medical Record Claim Review<br>(Appt. Only)<br><br>Sponsorship Training<br>(In-Person) 1300-1400<br><br>Ombudsman Assembly<br>(Virtual) 1630 | 11   | 12     |
| Transition Assistance Program (In-Person): 0800 - 1600           |   |  |  |        |
| 15   | 16<br>TAP Talk Tuesday (Virtual)<br>1400-1500<br><br>Consumer Awareness<br>(In-Person)<br>0900-1030 | 17<br>Medical Record Claim Review<br>(Appt. Only)<br><br>The ABC's of EFMP (Virtual)<br>1000-1100  | 18<br>Command Indoctrination/<br>Newcomers' Orientation<br>(In-Person) 0800-1500<br><br>Come and Talk to Me Comm.<br>(In-Person/Virtual) 1200-1300 | 19     |
| My Vocational (Virtual): 0800 - 1600                             |   |  |  |        |
| 22   | 23<br>Good Grief (In Person/<br>Virtual) 1200-1300  | 24<br>Medical Record Claim Review<br>(Appt. Only)  | 25   | 26     |
| Executive Transition Assistance Program (In-Person): 0800 - 1600 |   |  |  |        |
| 29   | 30<br>Paying for College<br>0900-1030   | 31   |  |        |



# 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, July 8-12 | 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, July 3,10,17, 24 | 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.

### 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, July 16 | 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.

### Executive Transition Assistance Program (ETAP) (In Person)

**Monday-Friday, July 22-26 | 0800 – 1600**

Transition GPS course designated for E-9s and O-5 and above.

This is a five-day workshop designed to prepare retiring service members for transition to civilian life. The program provides a comprehensive mix of education and skill building to meet Career Readiness Standards.

Topics include, but are not limited to:

- Skills assessment
- Resume writing
- Interview techniques
- Job search methods/ Salary negotiations
- Review of veteran entitlements
- Financial planning

### My Vocational (Virtual)

**Wednesday-Thursday, July 17-18 | 0800 – 1600**

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

## Deployment/Relocation

### Smooth Moves (In Person)

**Tuesday, July 2 | 0830 – 1130**

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!

### Sponsorship Training (In Person)

**Wednesday, July 10 | 1300 – 1400**

Sponsorship is 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.

### Command Indoctrination/Newcomers' Orientation (In Person)

**Thursday, July 18 | 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.*



# PROGRAMS FOR EDUCATION AND TRAINING

## Financial Management

### Paying for College

**Tuesday, July 30 | 0900 – 1030**

This workshop will help you grasp the basics of this entitlement, and how to be better prepared when you become eligible. We will cover basics of the Service member's military retirement system and the importance of preparing for retirement. This is an opportunity to understand what Continuation Pay is, how to apply for it, and how best to use it.

### Consumer Awareness (In Person)

**Tuesday, July 16 | 0900 – 1030**

This workshop will focus on deterring, detecting and defending against consumer fraud in the marketplace. Although appropriate for all audiences, the course is geared toward young service members.

## Life Skills Education

### Conflict Resolution (In Person/Virtual)

**Wednesday, July 3 | 1200 – 1300**

Conflict is inevitable and simply a normal part of life. Everyone will encounter conflict at varying degrees throughout their life. When conflict is not addressed or when conflict is internalized, it can resurface in the forms of anger, bitterness, resentment, aggression, detachment, etc. Attending this workshop will provide tools on how to strengthen relationships, recognize five conflict styles, how to prevent conflict from escalating, and more.

### Parenting Apart: Tips on Effective Co-Parenting (In Person/Virtual)

**Tuesday, July 9 | 1200 – 1300**

In these uncertain and stressful times, relationship issues and co-parenting can feel difficult – to say the least! How do you get to a place of effective communication, flexibility and coordination?

In this workshop you will learn about the impact of divorce, separation, and conflict on their children and to offer concrete actions that parents can take to help their children while co-parenting.

### Come and Talk to Me Communication (In Person/Virtual)

**Thursday, July 18 | 1200 – 1300**

Communication is powerful and directly affects our quality of life and relationships. Our ability to express what we think and feel without clouding our ability to listen and respect how others think and feel is the greatest factor of success in our work and home life. Yet, communication is an everyday activity that is easily taken for granted. This workshop helps people use the power of communication to strengthen relationships at work and at home by practicing skills that build effective two-way communication.

### Good Grief - Learning to Deal with Loss (In Person/Virtual)

**Tuesday, July 23 | 1200 – 1300**

Grief is the normal and natural reaction to any significant loss, whether that is a bereavement loss or a non-death loss. Grief can be caused by divorce, pregnancy loss, losing a loved one to dementia, incarceration and more. Join us for this workshop where you will come to understand grief and how to cope with it.

## Exceptional Family Member Program (EFMP)

### The ABC's of EFMP (In Person)

**Wednesday, July 17 | 1000 – 1100**

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

### Ombudsman Assembly (Virtual)

**Wednesday, July 10 | 1630**

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.



### 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.