

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

OCTOBER 2024

OCTOBER IS Domestic Violence Awareness Month

They've been isolated and living in fear for months, or even years. We don't always see the signs. Nationwide, 1 in 4 women and 1 in 10 men have experienced and reported Intimate Partner Violence related impact during their lifetime.

Each October, advocates across the nation raise awareness for this important cause by recognizing Domestic Violence Awareness Month. They wear purple, tie ribbons, share facts and resources, and give a voice to those who may otherwise remain unheard.

In a year where an uptick in domestic violence can be seen worldwide, we must not allow physical distancing to keep us from raising support and awareness for individuals and families at great risk of harm.

The Fleet and Family Support Center provides a unified, customer-focused, consistent, and efficient program of services to support sustained Navy readiness. The Family Advocacy Program (FAP) provides clinical assessment, treatment and services for service members and their families involved in allegations of domestic abuse and child abuse.

The goal of the Family Advocacy Program is to prevent domestic violence by encouraging people to examine their own behavior and take steps to learn and practice healthier behaviors.

If you think you may be a victim of domestic abuse, or if you know someone who is, and would like help, call the Annapolis Fleet and Family Support Center (410) 293-2641 and ask to speak with a Family Advocacy Counselor. If you are an employee of the Department of the Navy and you witness child or spouse abuse, Navy policy requires you to report it to the Navy Family Advocacy Program. Reports can be anonymous.

You can also seek confidential information on domestic violence support services by contacting the Family Advocacy Victim Advocate at (410) 293-2641, Anne Arundel County Domestic Violence Hotline at (410) 222-6800, or the National Domestic Violence Hotline at (800) 799-7233.

October is Domestic Violence Awareness Month.
Help yourself, help others if you can. Love shouldn't hurt.



UNITED AGAINST DOMESTIC ABUSE

YOUR relationship should be free from fear, control or harm.

National Suicide Prevention Lifeline:
800-273-TALK (8255) Select #1 or Text or Call 988

National Domestic Violence Hotline: 800-799-7233

DoD Safe Hotline: 877-995-5247

For immediate help, call the National Domestic Violence Hotline at 800-799-7233, or your nearest Family Advocacy Program office.

CONTACT FFSC ANNAPOLIS

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The
Fleet & Family Support
Center

October 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	2 Medical Record Claim Review (Appt. Only) Pre-Separation Brief 0900-1100 Anger Management Workshop (Virtual Option) 0830-1130	3 Resumes for Seasoned Professionals 1100-NOON	4
7	8	9 Medical Record Claim Review (Appt. Only) Sponsorship Training 1300-1400 Anger Management Workshop (Virtual Option) 0830-1130 Kids PCS Too 1700-1900	10 Come and Talk to Me Communication Skills NOON-1300	11 Banking & Financial Services 0900-1030
Transition Assistance Program (In-Person): 0800 - 1600				
14	15 TAP Talk Tuesday (Virtual) 1400-1500	16 Medical Record Claim Review (Appt. Only) Anger Management Workshop (Virtual Option) 0830-1130	17 Command Indoc./ Newcomers' Orientation 0800-1600 DOD Skillbridge (Virtual) 1100-1230	18
21	22	23 Medical Record Claim Review (Appt. Only)	24	25
Executive Transition Assistance Program (In-Person): 0800 - 1600				
28	29 Survivor Benefit Plan 0900-1100	30 Medical Record Claim Review (Appt. Only) Basics of EFMP 1000-1100	31 Federal Resume Writing for Senior Executive Service 0900-1100	

PROGRAMS FOR EDUCATION AND TRAINING

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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

Monday-Friday, Oct. 7-11 / 0800 – 1600 (In-Person)

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

Wednesdays, Oct. 2, 9, 16, 23, 30 / Various Times Available (Appt. Only)

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

Wednesday, Oct. 2 / 0900 – 1100 (In-Person)

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 Pre-Separation Brief must occur 365 days prior to official separation from military service.

DOD Skillbridge

Thursday, Oct. 17 / 1100 – 1230 (Virtual)

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!

TAP Talk Tuesday

Tuesday, Oct. 15 / 1400 – 1500 (Virtual)

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)

Monday-Friday, Oct. 21-25 / 0800 – 1600 (In-Person)

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

Deployment/Relocation

Sponsorship Training

Wednesday, Oct. 9 / 1300 – 1400 (In-Person)

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.

Kids PCS Too

Wednesday, Oct. 9 / 1700 – 1900 (In-Person)

Military families often have to move, and learning how to make this transition can sometimes be difficult. The experience for kids moving, in particular, may lead to feelings of sadness and anger. There might also be anxiety around how to make friends in a new school.

Join us for this fun and interactive workshop for kids 5-10 y/o to learn coping skills needed to navigate their big move.

*There will also be a concurrent Question and Answer session for parents to meet with the NSA Annapolis School Liaison and EFMP Coordinator.

A Pizza Dinner will be served

*Parent(s) must accompany the child(ren)

Command Indoctrination/Newcomers' Orientation

Thursday, Oct. 17 / 0800 – 1600 (In-Person)

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

Banking & Financial Services

Friday, Oct. 12 / 0900 – 1030 (In-Person)

Join us for a specialized workshop tailored for military professionals seeking to enhance their expertise in banking and financial services. This program is designed to bridge the gap between military and civilian financial systems, offering valuable insights and practical tools to leverage in both military and post-service careers.

Survivor Benefit Plan

Tuesday, Oct. 29 / 0900 – 1100 (In-Person)

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.

Exceptional Family Member Program (EFMP)

Basics of EFMP

Wednesday, Oct. 30 / 1000 – 1100 (Virtual)

Are you wondering what the Exceptional Family Member Program (EFMP) is all about? Have questions? Then this workshop is for you! NSA Bethesda'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.

Life Skills Education

Anger Management Workshop

Wednesday, Oct. 2, 9, 16 / 0830 – 1130 (In-Person/Virtual)

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.

Resumes for Seasoned Professionals

Thursday, Oct. 3 / 1100 – NOON (Virtual)

Join us to learn what the market looks like today, why so many seasoned professionals are being turned away from great employment opportunities, and what you can do about it.

Come and Talk to Me Communication

Friday, Oct. 10 / NOON – 1300 (In-Person/Virtual)

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.

Federal Resume Writing for Senior Executive Service (SES)

Thursday, Oct. 31 / 0900 – 1100 (Virtual)

Executive Core Qualification (ECQs) are reserved for SES positions in the Federal Government. How well these are written determines your selection for an interview. Join us to learn key ways to write your ECQs that will boost your chances of being referred to the hiring manager and possibly get you an interview.



ADDITIONAL INFORMATION

Workshops and seminars are open to Active Duty, retired military personnel, and their family members. To register or for more information, call (410) 293-2641.

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 up) and transitioning service members need to conduct successful job searches and relocations resources -- computers with internet access, a laser printer, fax machine, copier access, reference books, informational self-help pamphlets, and resource hand-outs.

Located inside FFSC -- 168 Bennion Road, Annapolis, MD.