



Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

NOVEMBER 2024

Thank you to our military families! Military Family Appreciation Week

The month of November is Military Family Appreciation Month. We think it appropriate to recognize the courage, dedication, commitment, and support of those family members who didn't raise their right hand to take an oath, but who nevertheless serve this nation through their own sacrifices.

Behind the scenes, sometimes by their sides, sometimes waiting at home alone -- are more Heroes, the American Military Family members. They are the wives, husbands, and children of our brave and patriotic service people. These families sacrifice careers, comforts and personal desires for their loved ones, and ultimately for our Nation. They endure relocations, separations, and isolation from their own families and friends. They often live in other countries far away from our own.

Many find the pay insufficient to sustain a family and must work outside the home to make ends meet. Many have careers that begin again and again after each move. Many postpone their education while raising children or when relocating overseas. Yet, they rear resilient children. They enrich the neighborhoods in which they live. They quietly and selflessly support their loved ones in uniform. Without personal compensation, they serve our great Nation. They are our unsung Heroes who wave good-bye at the tarmac, on the pier, or at the front door with newborn in arms.

Military Families we salute you!

We would like to honor our families at our 22nd Annual Celebration by offering a FREE PIZZA dinner. Please call the FFSC Front desk @ 410-293-2641 to register **by November 25, 2024 so we'll have plenty of pizza for everyone! We can't wait to Celebrate!!**

Celebrating Veterans Day 2024

Veterans Day is a time for us to pay our respects to those who have served. For one day, we stand united in respect for you, our veterans. This holiday started as a day to reflect upon the heroism of those who died in our country's service and was originally called Armistice Day. In 1975 President Gerald Ford signed a law returning Veterans Day to Nov. 11 starting in 1978.

We celebrate and honor America's veterans for their patriotism, love of country and willingness to serve and sacrifice for the common good.

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 The
Fleet & Family Support
Center

November 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
4	5 Thrift Savings Plan 0900-1030	6 Medical Record Claim Review (Appt. Only) Love and Logic Parenting (In Person) 1400-1600 Sponsorship Training (In Person) 1300-1400	7 Boot Camp for Babies 1100-1500	8
Transition Assistance Program (In-Person): 0800 - 1600				
11	12 TAP Talk Tuesday 1400-1500 Surviving the Holidays Financially 0900-1030 Home for the Holidays (In Person/Virtual) 1200-1300	13 Medical Record Claim Review (Appt. Only) New Spouse Orientation 1100-1300 Pre-Separation Brief 1300-1500 Ombudsman Assembly Meeting (Virtual) 1630-1700	14 Understanding the IEP (Virtual) 1300-1400	15
			My Entrepreneurship (Boots 2 Business) (In-Person): 0830 - 1600	
18	19	20 Medical Record Claim Review (Appt. Only) The Transition from High School to College Students with Disabilities 1300-1400 Love and Logic Parenting (In Person) 1400-1600	21 Command Indoctrination/ Newcomers' Orientation 0800-1500 Demystifying the Federal Application Process (Webinar) 1100-1230	22
25 Military Family Appreciation Night 1700-1900	26	27 Medical Record Claim Review (Appt. Only)	28	29

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, Nov. 4-8 / 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, Nov. 6, 13, 20, 27 / 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, Nov. 13 / 1300 – 1500 (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.

TAP Talk Tuesday

Tuesday, Nov. 12 / 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.

My Entrepreneurship (Boots 2 Business)

Thursday-Friday, Nov. 14-15 / 0830 – 1600 (In-Person)

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!

Demystifying the Federal Application Process

Thursday, Nov. 21 / 1100 – 1230 (Webinar)

The Federal Government has excellent career opportunities in a variety of occupations. However, the Federal employment hiring process can be complex and challenging!

Join us for 90 minutes to learn what happens during the hiring process, who's involved in the hiring, and the type of hiring programs and preferences available to help you get hired!

Deployment/Relocation

Sponsorship Training

Wednesday, Nov. 6 / 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.

Command Indoctrination/Newcomers' Orientation

Thursday, Nov. 21 / 0800 – 1500 (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.*

Financial Management

Thrift Savings Plan

Tuesday, Nov. 5 / 0900 – 1030 (In-Person)

Upon completion of this workshop, you will understand how TSP can contribute to financial security during retirement. Civilian attire can be worn.

Surviving the Holidays Financially

Tuesday, Nov. 12 / 0900 – 1030 (In-Person)

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.

PROGRAMS FOR EDUCATION AND TRAINING

Exceptional Family Member Program (EFMP)

Understanding the IEP

Thursday, Nov. 14 / 1300 – 1400 (Virtual)

Navigating the Individualized Education Plan (IEP) process is not easy. What is your role in the process? What questions do you wish you what have known to ask before you went into the process? This workshop will walk you through the entire IEP process: the referral, evaluation process and the IEP development.

The Transition from High School to College for Students with Disabilities

Wednesday, Nov. 20 / 1300 – 1400 (Virtual)

Congratulations to your new graduate and/or soon to be college student!! The college planning process can seem daunting. Working with key people such as the school Guidance Counselor, Liaison and Teachers is a great place to start. The TRICARE benefits can also change for your college student. If they are attending college away from the current place they call home or in a different area, the benefits may be different and actions may need to be taken. This seminar will share steps to take and resources to help make this a manageable transition.

Life Skills Education

Boot Camp for Babies

Thursday, Nov. 7 / 1100 – 1500 (In-Person)

The Boot Camp for Babies workshop provides expectant parents and those with infants with an understanding of an infant's world, and some basic skills necessary for parenting. This class will address the challenges of parenting such as balancing work and family, safety issues, and required health care paperwork. Participants will also learn how to prepare financially for the newest member of the family.

Attending this workshop qualifies you, regardless of rank, for a baby gift from FFSC and a gift card from Navy Marine Corps Relief Society. The gift and gift card is issued to any eligible attendee who has recently had a baby or whose child will be born within six months. Don't miss out on this exciting class that will prepare you for parenthood!

New Spouse Orientation

Wednesday, Nov. 13 / 1100 – 1300 (In-Person/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.

Home for the Holidays- Conflict Resolution

Tuesday, Nov. 12 / NOON – 1300 (In-Person/Virtual)

As we know Holidays can breed a lot of stress. Contending with crowded stores, long lines, traffic jams, juggling priorities and worrying about spending too much money can often causes our worst personality traits to emerge. And, particularly, when extended family members gather for the holidays, conflict is inevitable. This workshop will teach you effective conflict resolution skills to help while you're home for the holidays.

Love and Logic Parenting

Wednesday, Nov. 6, 13, 20 / 1400 – 1600 (In-Person)

Join us for our Love & Logic workshop, where you'll discover practical strategies to foster cooperation and responsibility in your children! This engaging session will equip you with tools to create a positive learning environment, set healthy boundaries, and enhance communication. Whether you're a parent, teacher, or caregiver, you'll leave with valuable insights to nurture confidence and resilience in the kids you love. Don't miss this opportunity to empower yourself and your family!

Other Programs

Ombudsman Assembly Meeting

Wednesday, Nov. 13 / 1630 – 1700 (Virtual)

The Ombudsman Assembly Meeting will be held virtually. 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.

Military Family Appreciation Night

Monday, Nov. 25 / 1700 – 1900 (In-Person)

November is "Military Family Appreciation Month". During this month we take time to acknowledge and pay special tribute to all military families for the contributions they make to their own communities and, ultimately, to the security of our entire nation. We would like to honor our families at our Annual Celebration by offering a FREE PIZZA dinner.

Please call the FFSC Front desk @ 410-293-2641 to register by November 18, 2024 so we'll have plenty of pizza for everyone! We can't wait to Celebrate!!



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.