

PROGRAMS FOR EDUCATION AND TRAINING

Life Skills Programs

ANGER MANAGEMENT WORKSHOP (3 Sessions) -In Person

Tuesday, Apr 9, 16 & 30, 12:15 - 2:15 p.m.

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 relationships, and 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 workshop will be held weekly. All three sessions must be attended for completion. No Uniforms, Civilian attire only.

Transition/Career Assistance Programs

SES Federal Resume Writing - Virtual

Tuesday, April 1, 11:00 a.m. - 12:30 p.m.

Executive Core Qualifications (ECQs) are reserved for Senior Executive Service (SES) positions in the Federal Government. How well these are written determines your selection for an interview. Join us virtually, 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.

Medical Record Claim Review (By Appointment Only)

Wednesdays, April 2, 9, 16, 23 & 30 - 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 Transition Benefits -Virtual

Thursday, April 3, 8:00 a.m. - 1:00 p.m.

As you prepare to retire from the service, now is the time to check up on your benefits, entitlements, and post-military available services. Join us and learn more about your retirement benefits including TRICARE, Dental, Personal Property/Household Goods, the Survivor Benefit Program, the VA Medical Claim Process, VET Center, and more. Spouses are welcome!

Transition Assistance Program - In Person

Monday - Friday, April 7 - 11, 8:00 a.m. - 4:00 p.m.

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 before your separation date. During this session, you will be assigned a tier level, which is a prerequisite to attending TAP.

TAP Talk Tuesday- Virtual

Tuesday, April 15, 2:00 p.m. to 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 office every 3rd Tuesday of each month between 2 pm and 3 and let's chat about all things transition.

Salary Negotiating - Virtual

Thursday, April 17, 11:00 a.m. - 12:00 p.m.

Talking about money makes everyone nervous! You are not alone. Knowing your worth and using the right keywords in your discussion will certainly set you up for success. Join us to learn how to calculate your value, how to research the labor market, and prepare yourself to negotiate with confidence. Sign up today!

My Entrepreneurship (Boots 2 Business) -In Person

Monday-Tuesday, April 21-22, 8:00 a.m. - 4:00 p.m.

This two-day Self-Employment training is offered in collaboration with 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 so much more!

Linked In- The 3 Degrees of Networking - Virtual

Thursday, April 24, 11:00 p.m. to 12:00 p.m.

Are you transitioning shortly? Stressing out about networking, particularly, "social networking". No worries! The FFSC has your back! Grab your lunch, and your laptop or smart device, and join us for a quick 90-minute VIRTUAL Lunch & Learn about Linked In's Networking platform! This webinar will prepare you for the world of social networking using one of the most powerful professional networking sites available today.

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.

DOD Skillbridge- Virtual

Tuesday, April 29, 11:30 p.m. to 12:30 p.m.

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 about Skillbridge, who's authorized, the application process, and more!

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.

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

APRIL 2025

Month of the Military Child

Since 1986, the Secretary of Defense has designated each April as "The Month of the Military Child."

U.S. military bases worldwide will sponsor and coordinate special events planned for our over one million young military children. The goal is to celebrate them and the special part they play as members of our military community and in the lives of their own military families.

Military children fall into a special category of American children and have a significant role in our country's future. Their value exceeds the pride they inspire in each parent. Each child is an ambassador of our military community, and non-military children know our strengths through them. Military children can experience unique, sometimes foreign, cultures, lands, and ways of life. As they move from place to place, they are constantly facing new adventures and challenges, meeting and making new friends and learning adaptation skills that will enrich them for the rest of their lives. Their experiences, talents, and skills enrich our great country. Many of them will grow up and join the military themselves, a large percentage of our Midshipmen come from military families.

Throughout the month, parents are encouraged to reward their children for being so strong during these especially turbulent times. Please join the Fleet & Family Support Center in commemorating the month by participating in these activities/events: Join the FFSC and others at the Navy Exchange on Friday, April 11 from 11:00 AM - 1:00 PM. We will have giveaways, balloons, etc.

Child Abuse Prevention Month

April is National Child Abuse Prevention Month. The FFSC offers parenting skill classes, workshops on discipline, and a myriad of other courses designed to assist parents in the rigors of child-rearing and development.

Child Abuse Prevention Month is a time to focus on the protection and care of our most vulnerable and trusted family members. Here are some tips:

- Be a nurturing parent. Children need to know that they are special and loved.
- Help yourself. When the problems of everyday life pile up to the point where you feel overwhelmed and out of control, take a time out. Don't take it out on your child.
- If you are feeling overwhelmed, get help, or call a friend, relative, or the FFSC.
- Monitor your child's television and computer use.
- Report suspected abuse or neglect.
- When it comes to handling anger, stress, or frustration, be a role model.

"Child Abuse Prevention Month" is an appropriate opportunity to remind ourselves of our collective responsibility to prevent the abuse and neglect that robs so many of our society's children of their childhood, their sense of security and well-being, and their future."

TOGETHER we can make a difference!

CONTACT FFSC ANNAPOLIS

- ☎ (410) 293-2641
- 📠 (410) 293-5237
- ✉ FFSC_Annapolis@us.navy.mil

FEATURES

- Awareness Months
- April 2025 Calendar
- Programs for Education and Training



Sexual Assault Awareness and Prevention Month (SAAPM)

This April marks Sexual Assault Awareness and Prevention Month (SAAPM), which spotlights the work of the Sexual Assault Prevention and Response (SAPR) Program. The Department of Defense (DoD) is continuing the prevention drumbeat with the 2025 SAAPM campaign theme "Step Forward. Prevent. Report. Advocate" The new theme is a call to action for individuals at all levels of the Department to use their strength to advance positive change in preventing sexual violence. We ask that you join us in taking a "Step Forward" and highlight the power of acts that can bolster prevention, increase reporting, and promote advocacy for a safer DoD Community. SAAPM is an opportunity to highlight our year-round commitment to the SAPR Program and offers a collaboration of innovative ways to establish prevention practices. While SAAPM has become a great way of sending the awareness and prevention message as one voice across the fleet, it is critical to continue these efforts beyond April.



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.



The
Fleet & Family Support
Center

April 2025

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)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 SES Federal Resume Writing Teal Tuesday	2 Smooth Move PCS Seminar Anger Management	3 Moving with EFMP My Transition Benefits	4
7	8 EFMP Meet and Greet Teal Tuesday	9 Medical Record Claim Review Anger Management	10 Relocation/PCS Outreach Boot Camp for Babies	11 Car Buying Month of the Military Child Outreach at the NEX
Transition Assistance Program				
14 Developing Your Spending Plan	15 Interviewing Skill TAP Talk Tuesday Teal Tuesday	16 Medical Record Claim Review Anger Management	17 Command Indoctrination Salary Negotiating	18
21	22 The ABCs of EFMP Teal Tuesday	23 Medical Record Claim Review Denim Day	24 Navy Spouse in Transition Linked In- The 3 Degrees of Networking	25
My Entrepreneurship (Boots 2 Business)				
28	29 DoD Skillbridge Teal Tuesday Raising Financially Fit Kids	30 Medical Record Claim Review		

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

SAPR Events

Teal Tuesday

Every Tuesday in April

Sexual Assault Awareness Month, wear any teal item, in solidarity with survivors of sexual assault.

Mercy Medical Center Clothing Drive for SAAPM

April 1st - April 25th

Often, survivors of sexual violence hand over their clothing when they are going through the Evidence Collection Kit process at our local partner Emergency Rooms. Mercy Medical Center provides clothing items so that survivors can feel comfortable as they leave the hospital. All donated items need to be new and have minimal or no graphics.

Chalk the Walk at FFSC/NSAA

Tuesday, April 11, 8:00 a.m. - 10:00 a.m.

Join us in taking a stand against Sexual Assault! Using washable sidewalk chalk, write messages of support, awareness, and prevention in front of NHCA. Participants to create their messages of support and awareness against Sexual Assault.

Denim Day

Wednesday, April 23

April 23, 2024, marks the 25th celebration of Denim Day in the US. Denim Day is the annual sexual assault awareness event that works to start conversations about the destructive attitudes surrounding sexual assault, such as victim blaming.

Deployment/Relocation Programs

Smooth Moves PCS Seminar - In Person

Wednesday, April 2, 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, April 17, 8 a.m. - 3 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.

Career Development

Interviewing Skill

Tuesday, April 15, 11:00 a.m. - 12:00 p.m.

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.

Navy Spouse in Transition

Thursday, April 24, 2:00 p.m. - 3:00 p.m.

This workshop helps prepare spouses as they transition from Navy life to civilian life. This training introduces spouses to the Sailors' TAP, discusses key spouse benefits and entitlements, such as healthcare and education, and explores how to recognize and manage the stressors that life and career changes can bring. It also highlights financial considerations such as moving expenses and changes in costs of living, provides an overview of career transition tools such as networking and résumé writing, and helps Spouses develop a plan for their final move.

Exceptional Family Member Program

Moving With EFMP

Thursday, April 3, 1:00 p.m. - 2:00 p.m.

Join us for this workshop, designed to provide valuable insights and resources for families navigating relocation within the Exceptional Family Member Program (EFMP). This session will cover essential steps to ensure a smooth transition, including understanding the EFMP process, securing family support services, and accessing resources at your new location.

EFMP Meet and Greet - Virtual

Tuesday, April 8, 11:00 a.m. - 12:00 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.

The ABCs of EFMP - Virtual

Tuesday, April 22, 10:30 a.m.-11:30 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.

Financial Management Programs

Car Buying

Friday, April 11, 9:00 a.m. to 10:30 a.m.

Car Buying is one of the most emotional and stressful purchases that we make on an irregular basis. In today's marketplace, the methods of purchase as well as the types of vehicles available are numerous. Vehicles may be purchased online, in person, new, or used at any time day or night. Call the FFSC at 410-293-2641 to register.

Developing Your Spending Plan - In Person

Monday, April 14, 9:00 a.m. - 10:30 a.m.

Developing Your Spending Plan will guide you in creating a personalized spending plan to better manage your finances. You will learn to track expenses, set financial goals, and make informed decisions about saving and spending. You will gain the knowledge and tools to create a realistic, sustainable budget that aligns with your personal financial goals.

Raising Financially Fit Kids In-Person

Tuesday, April 29, 9:00 - 10:30 am

Raising Financially Fit Kids will equip parents with the tools and strategies to teach their children essential money management skills. Through practical tips and interactive discussions, parents will learn how to introduce age-appropriate financial concepts, encourage saving and budgeting, and foster healthy money habits.