

MILITARY

AND FAMILY SUPPORT CENTER

M-F 7:30-4:00

JUNE 2019

PREPAREDNESS

With the start of hurricane season on June 1st, take the time to prepare your family in case of a disaster. Although it is the start of hurricane season, know what disasters and hazards could affect your area, how to get emergency alerts, and where you would go if you and your family need to evacuate. Being informed is the first step.

MAKE A PLAN

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

STEP 1: Put together a plan by discussing these 4 questions with your family, friends, or household to start your emergency plan.

How will I receive emergency alerts and warnings?

What is my shelter plan?

What is my evacuation route?

What is my family/household communication plan?

STEP 2: Consider specific needs in your household.

As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets, or specific needs like the operation of durable medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some these factors when developing your plan:

Different ages of members within your household

Responsibilities for assisting others

Locations frequented

Dietary needs

Medical needs including prescriptions and equipment

Disabilities or access and functional needs including devices and equipment

Languages spoken

Cultural and religious considerations

Pets or service animals

Households with school-aged children

STEP 3: Fill out a Family Emergency Plan

Download and fill out a family emergency plan or use them as a guide to create your own. www.ready.gov

STEP 4: Practice your plan with your family/household

MILITARY PERSONNEL

The installation plan for emergency management is the Comprehensive Emergency Management Plan (CEMP) 10-2. Military members should ensure their family members are aware of the CEMP 10-2 and supporting checklists.

Every time you relocate, learn the types of emergencies likely to affect the area and update your emergency kit and plan with new materials if necessary.

If you live off base, threat levels or other circumstances may keep you from getting back on base for day-to-day activities following an emergency. Know alternative places to shop or obtain things you normally get on base.

During or after an emergency, you need to report to your command. Learn and follow the established procedures.

IF YOU'RE STATIONED ABROAD

The emergency number is probably not 9-1-1 and may differ on and off the installation. You and your family should know the operable numbers.

Your emergency kit should include some additional items, such as passports, birth abroad certificates for children born overseas, cash in the local currency, a card with local translations of basic terms and an electrical current converter.

For an emergency that occurs "outside the fence," response (evacuations, shelter instructions, etc.) will be led by the local government. Cooperate with the host-nation responders and follow their instructions.

OPERATION PREPARE

June 24 • 11:00-12:00

Be Informed *Make a Plan *Take Action
Bring your lunch and join us for this class
on disaster preparedness

READY NAVY

Ready Navy is a Navy-wide emergency preparedness program initiated by Commander, Navy Installations Command (CNIC).

PREPARE

Be informed—The Navy cannot reach you if it cannot find you. Self-register in the Wide Area Alert Notification (WAAN) system. All Navy, including active duty and reserve, civil service, and contractor personnel with an NMCI or One Net user account are REQUIRED to register their office email address and phone number, at minimum, in the WAAN. Registering personal emergency contact information is also strongly encouraged.

MUSTER

During or following a disaster, the Navy must be informed of your status and needs. The Navy requires you to muster or report your whereabouts with your command to ensure all members of the Navy Family* are accounted for.

To muster, follow your command's established procedures to report your status. If command or alternate command cannot be reached, Log in to the Navy Family Accountability and Assessment System (NFAAS)

Family members will need their sponsor's date of birth and social security number to log in.

If a computer is not accessible, call the Navy Personnel Command Emergency Coordination Center (NPC ECC): 1-877-414-5358 or 1-866-297-1971 (TDD).

* All active duty Navy personnel, Navy reservists and their families (as listed in the DEERS database) and Navy Civilian employees, both Civil Service and nonappropriated funds employees (NAF/NEX) and their families, have a responsibility to properly account for their status following an incident.

RECOVER

If you or your family has been affected by a declared emergency and you need assistance, log in to NFAAS and report your needs. Follow these steps to ensure you receive proper recovery assistance from the Navy:

Account, Update, and Verify: After mustering, verify that your contact information in NFAAS is correct and current.

Fill out a Needs Assessment Survey*: Indicate what type of assistance you are seeking (e.g., housing, finance, legal).

Manage Recovery Process: A Fleet and Family Support Center representative will contact you to help determine the appropriate response or assistance needed for your recovery efforts.

READY NAVY LINKS:

<https://www.ready.navy.mil>

<https://navyfamily.navy.mil/>

READY AIR FORCE LINKS:

<https://www.beready.af.mil>

<https://afpaas.af.mil>



STAY

CONNECTED

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JB ANACOSTIA-BOLLING

MFSC JUNE CLASS SCHEDULE

	DATE	TIME	LOCATION
<u>DEPLOYMENT SUPPORT/SIGN-UP</u>			
Pre-Deployment Brief (by Appointment)			
Reintegration (by Appointment)			
Hearts Apart Support Group	June 11	Noon-1:30pm	Bldg. 13
<u>EXCEPTIONAL FAMILY MEMBER PROGRAM/SIGN-UP</u>			
Exceptional Family Member Collaborator (by Appointment)			
<u>EMPLOYMENT ASSISTANCE INFORMATION/SIGN-UP</u>			
Federal Hiring Process	June 10	10am-3pm	Bldg. 13
Building Your Resume	June 11	9-10am	Bldg. 13
Understanding the SES Process & ECQ Writing	June 20	10am-Noon	Bldg. 13
Acing the Interview	June 26	10am-Noon	Bldg. 13
<u>GOLD STAR PROGRAM INFORMATION/SIGN-UP</u>			
Gold Star Coordinator (by Appointment)			
<u>LIFE SKILLS INFORMATION/SIGN-UP</u>			
Conflict Resolution	June 4	10-11am	Bldg. 13
Anger Management (1 of 3)	June 6	1-3pm	Bldg. 13
Stress Management	June 10	11:30am-12:30pm	Bldg. 13
Anger Management (2 of 3)	June 13	1-3pm	Bldg. 13
Suicide Prevention & Awareness	June 18	1-2:30pm	Bldg. 13
Anger Management (3 of 3)	June 20	1-3pm	Bldg. 13
Lunch & Learn: Operation Prepare	June 24	11am-Noon	Bldg. 13
Building Resiliency Skills for Your Military Family	June 25	11am-Noon	Bldg. 13
Parenting: Guiding Your Child through Adolescence	June 25	1-2pm	Bldg. 13
Effective Communication	June 27	10-11am	Bldg. 13
<u>PERSONAL FINANCIAL MANAGEMENT INFORMATION/SIGN-UP</u>			
Car Buying Strategies	June 6	1-2pm	Bldg. 13
Consumer Awareness	June 6	2-3pm	Bldg. 13
Credit Management	June 13	1-2pm	Bldg. 13
Developing Your Spending Plan	June 13	2-3pm	Bldg. 13
Planning for Your Retirement	June 27	1-2pm	Bldg. 13
Saving and Investing	June 27	2-3pm	Bldg. 13
<u>RELOCATION INFORMATION/SIGN-UP</u>			
Right Start	June 5	7:30am-2pm	Bldg. 13
Right Start	June 12	7:30am-2pm	Bldg. 13
Smooth Move & Overseas Planning	June 25	9-11am	Bldg. 13
Right Start	June 26	7:30am-2pm	Bldg. 13
<u>TRANSITION ASSISTANCE INFORMATION/SIGN-UP</u>			
CAPSTONE (by Appointment)			
Transition GPS	June 3-7	8am-4pm	Bldg. 13
Preseparation/Transition Counseling Brief	June 4	8:30am-Noon	Bldg. 13
VFW Medical Records Review (by Appointment)	June 7	8am-3pm	Bldg. 13
Disabled Transition Assistance Program (DTAP)	June 7	9-10:30am	Bldg. 13
Preseparation/Transition Counseling Brief	June 11	8:30am-Noon	Bldg. 13
Career Exploration & Planning TGPS Track 2-day	June 12-13	8am-4pm	Bldg. 13
VFW Medical Records Review (by Appointment)	June 14	8am-3pm	Bldg. 13
Transition GPS	June 17-21	8am-4pm	Bldg. 13
VA I & II Brief	June 17	8:30am-2:30pm	Bldg. 13
Preseparation/Transition Counseling Brief	June 18	8:30am-Noon	Bldg. 13
Marketing Yourself for a Second Career	June 19	9am-Noon	Bldg. 13
Retirement Benefits Brief	June 21	8-11:30am	Bldg. 13
VFW Medical Records Review (by Appointment)	June 21	8am-3pm	Bldg. 13
Executive Transition GPS	June 24-28	8am-4pm	Bldg. 13
Preseparation/Transition Counseling Brief	June 25	8:30am-Noon	Bldg. 13
VFW Medical Records Review (by Appointment)	June 28	8am-3pm	Bldg. 13
<u>VOLUNTEERING INFORMATION/SIGN-UP</u>			
Volunteer Opportunities/Training (by Appointment)			

Registration is mandatory for all classes

Please note that all classes are subject to change based on sign-ups and classroom availability. Please be sure to register for all classes of interest before attempting to attend. To register please call Military and Family Support Center at 202-767-0450

**Military & Family Support Center
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