



Military and Family Support Center Naval Support Activity Bethesda

April 2026



The Fleet & Family Support Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH</p>	<p>MAR 31 Million Dollar Sailor 8am-4pm (VIRTUAL)</p>	<p>1 Million Dollar Sailor 8am-4pm (VIRTUAL) SAAPM Proclamation 10-1030am Child Abuse Prevention Month Resource Table 11am-1pm</p>	<p>2</p>	<p>3 Return & Reunion Brief 9am-12pm</p>
<p>6 Pre-Separation Counseling 9-11am Effective Communication 10am-12pm</p>	<p>7 Teal Tuesdays</p>	<p>8 SAAPM Outreach Table 11am-1pm (Warrior Food Court)</p>	<p>9 CDC Creative Painting 9-10am Command EFMP Point of Contact (POC) Training 10-11am (VIRTUAL) Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL) Practical Financial Planning 1-2pm Break the Cycle 3-4pm</p>	<p>10</p>
<p>13 E-TAP 8am-4pm SAAPM Outreach Table 11am-1pm (Bldg 39, Panera) Stress Management 2-3pm</p>	<p>14 Teal Tuesdays E-TAP 8am-4pm Break the Cycle 1145am-1245pm DoD SkillBridge 12-1pm</p>	<p>15 Purple Up Day! for Military Kids E-TAP 8am-4pm Job Search & Interviewing Skills 9-10am</p>	<p>16 ABC's of EFMP 11am-12pm</p>	<p>17 Deployment Support Group 9-10am (VIRTUAL) MOMC Carnival 3-5pm</p>
<p>20</p>	<p>21 Teal Tuesdays Sponsorship Training 9-11am</p>	<p>22</p>	<p>23 Pre-Deployment Brief 9am-12pm Break the Cycle 3-4pm</p>	<p>24</p>
<p>27 TAP 8am-4pm</p>	<p>28 Teal Tuesdays TAP 8am-4pm DoD SkillBridge 12-1pm SAAPM Outreach Table 4-6pm (Bldg 64)</p>	<p>29 Denim Day DFAC Teal Meal TAP 8am-4pm Resume Writing 9-10am SAIL Brief 1130am-1230pm FAP Overview Brief 1-2pm</p>	<p>30 My Education 8am-4pm EFMP Grounds for Discussion 11am-12pm</p>	<p>RESPECT. PROTECT. EMPOWER.</p> <p>APRIL IS SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH</p>

For more information or to register, please contact us at **(301) 319-4087**
 or NSABMilitaryFamilySupportCenter@us.navy.mil.

Open Monday to Friday, 7:30 am - 4:00 pm

All active-duty military, wounded warriors, NMAs, dependents, retirees, reservists,
 and DoD civilians are eligible to participate in programs.

some exceptions may apply



ABC's of EFMP

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.

Break the Cycle

A Ride Against Sexual Assault. Please join the NSA Bethesda SAPR team and MWR Fitness Center in bringing awareness to Sexual Assault Awareness and Prevention Month. During the Month of April, we are asking that as many individuals as possible support victims of sexual assault by participating in a free spin class at the fitness center. On 2, 11, 16, 25, and 30 April the SAPR program will take over the spin class and bring awareness and show support to victims of sexual violence. Every 68 seconds in the USA a person is a victim of sexual violence. During the 60 minutes of this class how many miles can you go to show your support? Show up, listen, and give it your all its also what victims are asking for. The ones who go the extra mile will get an extra prize... will it be you?

Child Abuse Prevention Month Resource Table

An outreach table with local, state, and national child abuse prevention resources to help others report suspected child abuse, help families access and connect to services in the community to support and stabilize crisis, promote positive physical, mental, and behavioral health for children which plays a vital role to prevent and/or stop child abuse. Located in Bldg. 19 "Wall of Windows" Hallway.

Command EFMP Point of Contact (POC) Training

This workshop helps command POCs run their program efficiently and ensure that the enrolled EFMP families are equipped with the correct information regarding paperwork, contacts, OPNAVINST 1754.2F requirements, and current resources available to EFMP.

Denim Day

Since 1999 we have been recognizing Denim Day as a day to protest sexual violence, support victims, and stand against victim blaming and rape myths. Please join us in the 25th year of observing Denim Day by wearing some denim items. Please ensure your participation is approved by command and does not interfere with your mission for the day.

Deployment Support Group (VIRTUAL)

Designed to provide support to military personnel and their families during deployments to offer a range of services, including emotional support, information, and resources.

DFAC Teal Meal

Café 8901 will be serving a special meal in recognition of SAAPM.

DoD SkillBridge

Discover opportunities to participate in training and development with industry and employers who are seeking the high-quality skills that you bring to the table.

Effective Communication

Helps participants use the power of communication to strengthen relationships at work and at home by practicing skills that build effective two-way communication.

EFMP Grounds for Discussion

Find community and support with other EFMP families of those with chronic illness or disability. Coffee, tea and light snack provided. **Last Thursday of every other month.

FAP Overview Brief

The Family Advocacy Program (FAP) provides clinical assessment, treatment and services for service members, their intimate partners, and family members 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. The FAP provides a variety of interventions and treatment services to meet the needs of individuals and families. It provides counseling, clinical case management, treatment groups, and refers families to military and civilian resources as appropriate.

Job Search Strategies and Interviewing Skills

Interviewing is a key step in getting a job. Learn how to conduct yourself, communicate, dress, and other valuable information.

Mind-Body Mental Fitness (MBMF)

Married to the Military (VIRTUAL)

A support group for military spouses. Join the Military Family Support Center on Thursdays at noon for an hour of connection, support, networking, and resource sharing for spouses of active-duty military members. The group will gather virtually on TEAMS.

Million Dollar Sailor (MDS) (VIRTUAL)

Two-day virtual personal finance course covering pay and planning (military pay basics, building a workable plan), smart money habits (consumer awareness, banking, and credit), protect and prepare (insurance, car-buying, home-buying), and build and wrap (wealth-building, retirement-planning, resources).

MOMC Carnival

Families are invited to attend this event to celebrate children. There will be games, activities, and treats.

My Education

My Education guides and assists service members pursuing college education with preparation for the college application process. This course will guide you through the variety of decisions involved in choosing a program, preparing for the college admissions application process, and securing funding. The expected outcome is that participants will create a customized plan for successful transition to a higher education institution.

Practical Financial Planning

Learn how to plan for all of your personal finance needs.

Pre-Deployment Brief

Designed to assist the IA service member in preparing for their deployment. Presenters will focus on emotional, legal and financial preparation as well as provide resources. Service members and their adult family members are welcome to attend.

Pre-Separation Counseling

Pre-Separation Counseling provides a lot of information on the many benefits, services, resources, and programs available during and after transition. This guide provides you with the basic information including hyperlinks, to start you on your journey and research programs that may be beneficial to you as you transition. Knowing about these benefits and programs is the first step in helping you make informed decisions when you transition, retire, or are released from active duty.

Purple Up! Day for Military Kids

People are encouraged to wear purple as a way to recognize the sacrifices and resilience of military children and their families during the Month of the Military Child, which is celebrated throughout April.

Resume Writing

Improve the overall appearance and effectiveness of your resume! This class will give participants valuable feedback and strategies they can implement.

Return and Reunion Brief

Designed to address typical issues of post-deployment such as finances, the emotional cycle of deployment, as well as reuniting and renewing relationships. Service members and their adult family members are welcome to attend.

SAAPM Proclamation

Signing of proclamation to kick off Sexual Assault Awareness Prevention Month.

SAAPM Outreach Table

Visit a SAPR Outreach Table to learn more about the SAPR Program and sexual assault reporting process. Alongside SAPR Outreach Tables, contribute some creativity to our canvases to bring awareness to sexual assault one brushstroke at a time.

SAIL Brief

Sailor Assistance and Intercept for Life (SAIL) is a voluntary program that quickly provides you support during the stressful period after a suicide-related behavior (SRB). SAIL does not replace mental health treatment. SAIL serves as a linkage between programs and services designed to maximize outreach, and enhances collaboration between you, your providers and command leadership regarding your recovery. SAIL is designed around a series of caring contacts within the first 90 days after an SRB, the period of highest risk.

Sponsorship Training

Learn important skills and resources to ease the transition of service members and their families as they move.

Stress Management

Do you feel stressed out? This class teaches tools to help you manage stress, not let it manage you.

Teal Tuesdays

Show your support for the SAPR program and victims of sexual violence by wearing teal on every Tuesday throughout the month of April.

Transition (TAP): This week-long seminar is designed to prepare service members for their transition to civilian life. If you are **SEPARATING** within 12 months, or **RETIRING** within 24 months, please call to register. Pre-separation briefings are held on Day 1 of the TAP class.

Executive TAP (E-TAP): Open only to O-4, E-8, WO-4 and above.

Capstone: Required for all transitioning service members within 90-120 days of separation.

PFM Two Cents: The Military Spouse Residency Relief ACT (MSRRA)

The Military Spouse Residency Relief ACT (MSRRA), which protects tax, voting and property rights of military spouses. A military spouse may keep their tax domicile (legal residence) if they move because their military spouse is transferred out of state.

For more details, go to <https://www.militaryonesource.mil/financial-legal/legal/family-legal-issues/military-spouses-residency-relief-act>. Or reach out to your local PFM at 301-295-5081 or Lawyer.L.Acker4.civ@us.navy.mil.