

# Annapolis

## Fleet and Family Support Center

### NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

APRIL 2019

## 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 developing.

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 so your child knows they are special and loved.
- Take time-out when feeling angry. Don't take it out on your child.
- Get help when feeling overwhelmed. Call a friend, relative or the FFSC.
- Monitor your child's use of electronic devices.
- Report suspected abuse or neglect.
- Be a role model by showing your child healthy ways of dealing with stress, anger or frustration.

"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."

## MONTH OF THE MILITARY CHILD

Also, since 1986, the Secretary of Defense has designated each April as "The Month of the Military Child." U.S. military bases all over the world 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 have the opportunity to 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 percent of our Midshipmen come from military families.

### MONTH OF THE MILITARY CHILD OUTREACH

Friday, April 12 | 11 a.m. - 1:30 p.m. | Navy Exchange



## SEXUAL ASSAULT, AWARENESS AND PREVENTION MONTH (SAAPM)

Every April, Sexual Assault Awareness and Prevention Month (SAAPM) kicks off with a flurry of events and activities across the Navy Enterprise seeking to raise awareness about Sexual Assault and to inspire participants to Step Up and Step In. Many events are planned at NSA Annapolis, the Naval Academy and in the local community to raise awareness of the issue of sexual assault. In 2018, we are taking prevention to the next level as Protecting our People Protects our Mission. The Navy's 2018 SAAPM Call to Action is "Raise your Voice for Prevention."

The Sexual Assault Prevention & Response (SAPR) Program at FFSC offers confidential help if you have questions or need any information about sexual assault, whether for yourself or a loved one. If you have not yet had the opportunity to meet the new Sexual Assault Response Coordinator (SARC), Shantrice Blackmon, you will see her at several events in our community during the month of April. **Wear Teal Day is April 5.** Look for more information throughout the month of April about how you can show your support for ending sexual violence!

For anonymous, confidential assistance regarding sexual assault, call the **DoD Safe Helpline at 877-995-5247** or visit [www.dodsafeline.org](http://www.dodsafeline.org)



### Sexual Assault Awareness Prevention Month Activities

(All events will take place at the MWR Fitness Center unless otherwise noted.)

**Monday, April 1 • 10 a.m.**

**SAAPM Joint Proclamation Signing** to kickoff Sexual Assault Month at the MWR NSAA Pavilion

**Friday, April 5**

**Teal Deal Day**  
(Check SAPR Calendar for details)

**Wednesday, April 10 • 5:30 p.m.**

**Yoga for Self-Care**

**Wednesday, April 17 • 7 p.m.**

**Candlelight Vigil**  
(at Miller Chapel, USNA)

**Thursday, April 18 • 9 a.m.**

**Mindful Yoga**

**Thursday, April 25 • 5:30 p.m.**

**Empower Mind and Body Sculpt**

**Friday, April 26**

**Denim Day**

### CONTACT FFSC ANNAPOLIS

(410) 293-2641

(410) 293-5237

m\_FFSC\_Annapolis@navy.mil

### FEATURES

PAGE 1: Month of the Military Child, Child Abuse & Sexual Assault Prevention Month

PAGE 2: April 2019 Calendar

PAGE 3: Programs for Education and Training



# APRIL

2019

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**1**

Transition GPS Capstone  
By appointment only  
Resume Writing Workshop  
9 a.m. - Noon

**2**

Retired Activities Office  
9 - 11 a.m.

**3**

Space-A Travel: The BWI Way!  
Noon - 1 p.m.

**4**

Smooth Move Seminar  
8:30 - 11:30 a.m.

**5**

Command Financial Specialist Training • 7:30 a.m. - 4 p.m.

**8**

Transition GPS Capstone  
By appointment only

**9**

Retired Activities Office  
9 - 11 a.m.  
1-2-3 Magic (Parenting)  
Workshop  
9 - 11 a.m.

**10**

Smooth Moves for Kids  
(6-11 years of age)  
5 - 6 p.m.

**11**

Month of the Military Child  
Outreach at the Navy Exchange  
11 a.m. - 1:30 p.m.

**12**

Transition — Goals, Plans, Success (GPS) • 8 a.m. - 4 p.m.

**15**

Transition GPS Capstone  
By appointment only  
Home Buying  
3 - 4:30 p.m.

**16**

Retired Activities Office  
9 - 11 a.m.  
Hearts Apart: Deployment  
Discussion Group  
6 - 7:15 p.m.  
Home Team: Youth Deployment  
Support Group  
6 - 7:15 p.m.

**17**

**18**

**19**

Higher Education Track • 8:30 a.m. - 4:30 p.m.

Command Indoctrination/Newcomers' Orientation • 8 a.m. - 4 p.m.

**22**

10 Steps to Federal Employment  
Workshop  
9 a.m. - Noon

**23**

Transition GPS Capstone  
By appointment only  
An Evening with a Pediatrician  
and a Psychologist  
5 - 6 p.m.

**24**

Retired Activities Office  
9 - 11 a.m.

**25**

Money and the Move  
12:30 - 1:30 p.m.  
Hand Art for the Family!  
5 - 6:30 p.m.

**26**

Certified Ombudsman Training (COT) • 8:30 a.m. - 4 p.m.

**29**

Transition GPS Capstone  
By appointment only  
Interviewing Skills  
9 a.m. - Noon  
Stress Management for Parents  
4:30 - 5:30 p.m.

**30**



## Career Development

### **Resume Writing Workshop**

**Tuesday, April 2, 9 a.m. - Noon**

Wondering how to write your resume? Have you written a resume but it isn't getting the results you want? Our resume writing workshop will help you get started or show you how to improve the one you have written. This class discusses targeting your resume, selecting the best format for your work experience and creating a cover letter. Don't pay someone else to write your resume!

### **10 Steps to Federal Employment Workshop**

**Monday, April 22, 9 a.m. - Noon**

The Federal Government has excellent career opportunities in a variety of occupations. However, the Federal Employment Hiring process is complex and challenging! This process can be a confusing experience. This workshop will provide an overview of the hiring process. You will learn how to navigate the USAJOBS system, analyze a vacancy announcement, type of hiring programs and preferences and write a federal resume. Please join us and learn strategies and tips for a successful federal job search. Registration is required. Please no e-mail reservations.

### **Interviewing Skills**

**Tuesday, April 30, 9 a.m. - Noon**

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.

## Transition Assistance

### **Transition — Goals, Plans, Success (GPS)**

**Monday-Friday, April 8-12, 8 a.m. - 4 p.m.**

This career and job search workshop is for separating service members seeking civilian employment. Topics include Tools for Transition, Military Occupational Cross Walk, Skills Assessment, Resume Writing, Job Search Methods, Interview Techniques and a review of Veteran benefits and entitlements. Classes fill up months ahead. **Register now if you are within one year of separation or two years of retirement.**

You must see your Command Career Counselor and obtain a signed DD Form 2648—Pre-separation Counseling Checklist and a copy of your Individual Transition Plan (ITP) before attending the workshop.

**Failure to do so may result in disenrollment from the class.**

### **Transition GPS Capstone**

**Tuesdays, April 2, 9, 16, 23 and 30**

**(By appointment only)**

Capstone is a mandatory component of Transition GPS that must be completed no later than 90 days before your separation date.

Required documentation for Capstone includes:

- Completed standardized ITP to include appropriate Career Track sections
- eBenefits registrations
- Completed Gap Analysis
- Completed resume/employment application
- TGPS Workshops certificate
- Documented requirements for licensure, certification and apprenticeship – if applicable
- Prepared 12-month post-military budget

- DD2958 Career Readiness Standards/ITP Checklist
- DoD ID card/CAC Card

### **Higher Education Track**

**Tuesday and Wednesday, April 16 and 17, 8:30 a.m. - 4:30 p.m.**

A two-day class to better prepare transitioning service members pursuing a college education. The Higher Education Track guides service members through the process of selecting a degree program, comparing accredited colleges, examining a range of funding to include the GI Bill, as well as the Free application for Federal Student Aid (FAFSA) and completing a college application package. Successful completion of this course assists service members in meeting the Career Readiness Standards for Education. Spouses are welcome!

## Deployment/Relocation

### **Smooth Move Seminar**

**Friday, April 5, 8:30 - 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!

### **Smooth Moves for Kids (6-11 years of age)**

**Thursday, April 11, 5 - 6 p.m.**

A "how-to" workshop on surviving the impact of changing places, saying goodbye, and adjusting to new people and situations. There will be a video presentation, activities, and group discussion. If your family is preparing for a PCS move, sign the children up today so they can discover how to enjoy the adventure of moving!

### **Hearts Apart: Deployment Discussion Group**

**Wednesday, April 17, 6 - 7:15 p.m.**

Is your loved one deployed? A Deployment Discussion Group is held at the Fleet & Family Support Center. Child care is FREE and onsite upon advance request. Registration is required. **DON'T FORGET OUR YOUTH – JOIN OUR HOME TEAM**

### **Home Team: Youth Deployment Support Group**

**Wednesday, April 17, 6 - 7:15 p.m.**

For kids ages 5-18 who are experiencing a family deployment, come join the "HOME TEAM" to get involved, stay connected, have social support and to learn about the power of POSITIVE!! For school age kids who are experiencing a family deployment. Hearts Apart Partners with our School Liaison Officer (SLO).

### **Command Indoctrination/Newcomers' Orientation**

**Thursday-Friday, April 18-19, 8 a.m. - 4 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.



## Financial Management

### **Home Buying**

**Tuesday, April 16, 3 - 4:30 p.m.**

A home is one of the most complicated and expensive purchases you will ever make. This workshop is designed to increase the knowledge of first-time buyers and serve as a refresher for repeat home buyers. We will explore whether the time is right to purchase a home, what you can afford, choosing a lender, choosing type of loan, selecting a real estate agent and more.

### **Money and the Move**

**Thursday, April 25, 12:30 - 1:30 p.m.**

To help make sure your move doesn't drain your wallet, we will explore the expenses involved with a move, how to develop a financial plan for a move, what the Navy will pay for, and cost cutting tips for relocations. Whether you have never moved or made ten moves, this is the workshop to take before you move across town or across the country!

## Life Skills Education

### **1-2-3 Magic (Parenting) Workshop**

**Wednesday, April 10, 9 - 11 a.m.**

This award-winning, bestselling program addresses the difficult task of child discipline with humor, keen insight and proven experience. It provides easy-to-follow steps for disciplining children without yelling, arguing or spanking. You'll learn how to control obnoxious behavior, the Six Kinds of Testing and Manipulation and also how to handle issues around chores, homework, messy rooms, lying, and more.

Is it hard to get your kids to do what you want them to do? Then 1-2-3 Magic is for you! A popular and simple, yet highly effective parenting program for those who have children between the ages of 2 and 12. Using video, group discussion and activities, we'll discover ways to train your children and make parenting an enjoyable experience. Don't miss out on this workshop! We will offer easy-to-learn parenting solutions that WORK – for age groups from toddlers through adolescents. Childcare is not available.

### **An Evening with a Pediatrician and a Psychologist**

**Tuesday, April 23, 5 - 6 p.m.**

This is a wonderful opportunity to ask as many questions of these professionals as you would like, focusing on the needs or concerns of infants - adolescents. Come with your questions about your children's behavior, thinking, attitudes, discipline and illnesses. You name it, we'll try our best to answer your questions. Registration is required!

### **Hand Art for the Family!**

**Thursday, April 25, 5 - 6:30 p.m.**

Join us for uncommon fun as we celebrate Month of the Military Child and Child Abuse Prevention Month. Children are our most precious natural resource, so we decided to throw an art party for those young at heart (physically and mentally). Come and discover fine art at your

fingertips. Turn your hands into pictures of all kinds of things. This workshop will provide a book and supplies, along with step by step instructions for all participating artist. Oh, the places we will go and the things we will see!

This course is not for the faint-hearted, you must be strong, creative and have an awesome sense of humor. This is a parent and child program, Children must be 5 and older. We promise an evening of off the hook family fun. Parents must accompany their children. Limited to first 20 registrations.

### **Stress Management for Parents**

**Tuesday, April 30, 4:30 - 5:30 p.m.**

Parenting can be very stressful. Whether you're a stay at home parent or a working parent, a single parent or a married parent, mother or father, parent of one child or several children — remaining cool, calm and full of energy can help get you through the day. In this workshop, you will learn simple stress management tips.

## Ombudsman Training

### **Certified Ombudsman Training (COT)**

**Wednesday-Friday, April 24-26, 8:30 a.m. - 4 p.m.**

This training is for experienced ombudsmen who would like to become Certified Ombudsman Trainers (COT). These individuals are trained and certified to teach Ombudsman Basic Training. If you are interested in attending this training, please call the FFSC for more information on the training requirements.

## Outreach Programs

### **Month of the Military Child Outreach at the Navy Exchange**

**Friday, April 12, 11 a.m. - 1:30 p.m.**

Fleet and Family Support Center staff, NHC, NFCU will be at the Navy Exchange to answer questions and give away free pamphlets and brochures on parenting. We will have give-a-ways for children. FREE Popcorn. So, come on by!

## Other Programs

### **Retired Activities Office**

**Wednesdays, April 3, 10, 17 and 24, 9 - 11 a.m.**

Assists all retired military and their family members in such areas as Survivor Benefits Plan, retired rights and benefits, widow's outreach and assistance. Office is staffed by retired military volunteers.

### **Space-A Travel: The BWI Way!**

**Thursday, April 4, Noon - 1 p.m.**

Want to learn about the Space-A Travel Program? Experts at BWI Airport will explain the program and tell active duty/dependents & retired military travelers how to make the best use of it. Attend this seminar and get the latest information.



### **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 or for more information. All classes are held at the Fleet and Family Support Center unless otherwise noted.

**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 -- computers with internet access, laser printer, fax machine, copier access, reference books, informational self-help pamphlets and resource hand-outs. The room is located at the FFSC.

The FFSC is located at 168 Bennion Road, Annapolis, MD.