



November

2024

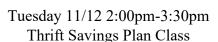
Volume 11

The NAVSTA Newport Fleet and Family Support Center Newsletter is created monthly. All active duty, family members, reservists, National Guard, retirees and DoD employees are welcome to attend any of the classes we offer. For assistance to register for a class or to schedule a counseling appointment please call our office at (401) 841-2283.

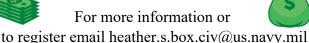


### **Finance**

Tuesday 11/5 1:00pm- 2:30pm Save for the Holidays Class



Tuesday 11/26 9:00am-10:30am Create a Spending Plan









Thursday 11/7 9am-11am Anger Management

Friday 11/8 1pm-3pm MBMF Module 1 Stress Resiliency

Thursday 11/14 12pm – 1pm (lunch & learn) **Public Speaking** 

Friday 11/15 1pm-3pm MBMF Module 2 Mindfulness & Meditation

For more information or to register email katherine.e.goktepe.naf@us.navy.mil













### Webinar

presented by Children and Adults with Attention-Deficit/Hyperactivity Disorder CHADD

NOV 19<sup>th</sup> at 3:00pm

NOV 21st at 10:00am

Nov 21st at 6:00pm

For more information or

to register email Jessica.L.Hebert19.naf@us.navy.mil



### **SAPR**

Friday 11/1 9am - 11:30am

Refresher training for current Victim Advocates "Open Window"

Mon-Fri, 11/18 - 11/22 8:00am - 4:00pm 40-hour Victim Advocate Basic Training

> To register email theo.greenblatt.naf@us.navy.mil







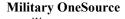


### RESOURCES



1260 Peary Street, NAVSTA Newport (401) 841-2283 - ffsc nwpt@navy.mil





www.militaryonesource.mil 1 (800) 342-9647

**SAPR Unit Victim Advocate** 

24/7: (401) 450-2327

DoD Safe Helpline 1 (877) 995-5247

Suicide/Crisis 24 Hotline Dial - 988

**Military Crisis Line** 

1-800-273-TALK (option 1) Text 838255

or live chat www.militarycrisisline.net





Family Advocacy Program SAPR Program Transition Assistance **Exceptional Family Member Program** 

Ombudsman/Life Skills Education Program Relocation Assistance

Personal Financial Management Family Employment Readiness/ Deployment Support Command Support







# Your FFSC LMS Webinar Schedule

November 2024

### How to register:

Step #1: Make a free account at

MyNavyFamily.com or use the QR code to the right (NMCI users should register at least one day before the webinar.)



Follow the on-screen instructions to create a new account. Be sure to enter your time zone! category

**Step #2:** Choose a on the home screen or click the Live Webinars link at the top of the page to view the descriptions and time/date converted to your time zone.

**Step #3:** Click on "Register Here" to sign up for the training.

In addition, the FFSC LMS has comprehensive resources for Navy spouses and family members such as New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.



#### **EMPLOYMENT** Fri 1 Nov 9:00 AM ET Using Artificial Intelligence (AI) to Build Resumes Mon 4 Nov 9:00 AM ET Understanding USAJobs Tues 5 Nov 9:00 AM ET Understanding USAJobs 6 Nov 9:00 PM ET Wed Power Up Your Resume for Remote Jobs 1:00 PM ET Roadmap to Your Suitcase Career 9:00 AM ET Becoming Federal Resume Savvy 7 Nov 9:00 AM ET Becoming Federal Resume Savvy Thurs Fri 8 Nov 9:00 PM ET USAJOBS 2024 Fri 15 Nov 9:00 AM ET Stoicism and Stress Management Wed 20 Nov 9:00 AM ET Becoming Federal Resume Savvy 12:00 PM ET Understanding USAJobs 21 Nov 7:00 PM ET Understanding USAJobs Thurs 10:00 AM ET Becoming Federal Resume Savvy



**PARENTING** 

Tues

26 Nov

TRANSITIONING MILITARY FAMILY MEMBERS SURVIVING SPOUSES

# Are You Ready?

Mon	4 Nov	10:00 AM ET	The Federal Employees Dental and Vision Insurance Program (FEDVIP) and BENEFEDS
		1:00 PM ET	Navy Household Goods (HHG) Retiree/Separatee Final Move Brief
		3:00 PM ET	Thrift Savings Plan (TSP) Distributions
Tues	5 Nov	10:00 AM ET	Survivor Benefit Plan (SBP) for Retirees
		1:00 PM ET	Defense Finance Accounting Service (DFAS) -
			Retiree and Surviving Spouse Pay Support Brief
Wed	6 Nov	10:00 AM ET	TRICARE (Transition from Active Duty to Retirement)
		3:00 PM ET	Using TRICARE and Medicare
Thurs	7 Nov	9:00 AM ET	Recruit Military Employment Brief
		2:00 AM ET	Connecting Our Military Community to the 757's Fastest Growing Industries
		11:00 PM ET	Social Security Administration (Social Security: With You Through Life's JourneySocial Security Retirement 101)

Tues	5 Nov	7:00 PM ET	Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)
Wed	6 Nov	6:00 PM ET	Proactive Parenting Strategies for Healthy Sexual Development
Tues	12 Nov	7:00 PM ET	Parenting to Prevent PSB: Ages 5-9 (SHAPE Module 3)
Wed	13 Nov	11:30 AM ET	The Basics of Special Education and IEPs
Fri	15 Nov	12:00 PM ET	Tear Free Dinner
Mon	18 Nov	3:00 PM ET	Parenting and Sexual Development (SHAPE Module 1)
Tues	19 Nov	7:00 PM ET	Parenting to Prevent PSB: Preteens (SHAPE Module 4)
Thurs	21 Nov	1:00 PM ET	What About the Kids

Self Care: Parent Edition

(SHAPE Module 5)

Parenting to Prevent PSB: Teens

2:00 PM ET

7:00 PM ET

MENT	AL WELI	BEING	
Wed	6 Nov	2:00 PM ET	Intimate Partner Violence (IPV) Identification and Reporting
Thurs	14 Nov	9:00 AM ET	Autopsy of a Deceased Relationship
		10:00 AM ET	Preventing and Responding to
			Intimate Partner Violence
Fri	15 Nov	11:00 PM ET	Adapt & Overcome: Building a Resilient Lifestyle
Tues	19 Nov	10:00 AM ET	Teen Dating Violence Prevention
PERS	ONAL FII	NANCIAL MANA	GEMENT
Mon	4 Nov	12:00 PM ET	The Scholarship Survivor: Going to College on the Cheap
Tues	5Nov	12:00 PM ET	Command Financial Specialist Continuing Education
		1:00 PM ET	Caring for Aging Parents
Wed	6 Nov	:12:30 PM ET	Financial Survival Guide:
			Mastering Holiday Expenses
Thurs	7 Nov	10:00 AM ET	Turkey Tips to Financial Freedom
		1:00 PM ET	CreditWhat's the Big Deal?
Tues	19 Nov	3:00 PM ET	Quarterly CFS Forum
Wed	20 Nov	10:00 AM ET	Virtual CFS Refresher
		12:00 PM ET	Coins to Credit: Raising Money-Savvy Kids
PERS	ONAL GF	ROWTH	
Wed	6 Nov	10:00 AM ET	Understanding Anger
Wed	13 Nov	2:00 PM ET	Anger Management
	14 Nov	12:00 PM ET	Motivating by Appreciation
Fri	15 Nov	2:00 PM ET	Building Bridges: Nurturing Healthy Relationships
RESIL	IENCE		
Tues	19 Nov	10:00 AM ET	Stress Management
Wed	20 Nov	2:00 PM ET	Stress Management
RELO	CATION		
Mon	4 Nov	9:00 PM ET	Stepping Up Support: Sponsorship Training
Tues	5 Nov	9:00 AM ET	Stepping Up Support: Sponsorship Training
Wed	6 Nov	9:00 PM ET	Planning the Perfect PCS
Thurs	7 Nov	9:00 AM ET	Planning the Perfect PCS
Wed	13 Nov	12:00 PM ET	Sponsorship
Mon	18 Nov	10:00 AM ET	Calming Cultural Shock
_	40.51	9:00 PM ET	The PCS Process
Tues	19 Nov	10:00 AM ET	The PCS Process
Thomas	04 Na.:	9:00 PM ET	Calming Cultural Shock
	21 Nov	1:00 PM ET	Smooth Move
			EDNESS AND RESPONSE
Thurs	7 Nov	10:00 AM ET	EFAC – Emergency Family Assistance Center
DEPLO	DYMENT		

Reach Out and Touch-The Holiday Version

26 Nov

Tues

1:00 PM ET

# Mind-Body Mental Fitness What's it all about?



The primary goal of Mind-Body Mental Fitness is to enhance the mind, body, spirit and social domains in one's life. MBMF teaches proactive pathways to achieve mental fitness, find balance within these domains, and gain practical skills that can be utilized daily. Some of the practical skills are problem solving, goal setting, mindfulness, meditation, and quick recalibrations to adjust your physiological state. When we increase our resilience, stressors can be seen as a challenge to overcome, rather than a threat.

Over the course of six sessions, MBMF can help you and your command by teaching service members and families that neuroplasticity and mental toughness can be strengthened with consistent practice to create a culture of resilience. The six sessions can be taken together as a series, or any one session can stand alone.

### The MBMF modules are:

- 1. Stress Resiliency
- 2. Mindfulness and Meditation
- 3. Living Core Values
- 4. Flexibility
- 5. Problem Solving
- 6. Connection

### Module 1: Stress Resilience

Fri 6 Dec 12:00 PM ET

# Module 2: Mindfulness and Meditation Tues 5 Nov 11:00 AM ET

Fri 13 Dec 12:00 PM ET

### Module 3: Living Core Values

Tues 12 Nov 11:00 AM ET

### Module 4: Flexibility

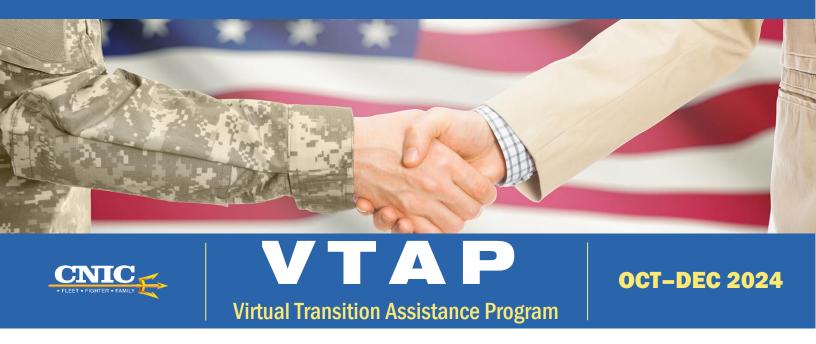
Tues 19 Nov 11:00 AM ET

### Module 5: Problem Solving

Thurs 7 Nov 8:00 PM ET Tues 26 Nov 11:00 AM ET

### **Module 6: Connection**

Thurs 14 Nov 8:00 PM ET Tues 3 Dec 11:30 AM ET



## The Transition Assistance Program

- Designed to provide success in transitioning from military to civilian life
- Meets career Readiness Standards (CRS) with resources, tools, services and skill-building
- Live facilitator components from the Fleet and Family Support Center, Department of Labor and the Small Business Administration

## **Certificate of Completion**

- Must be logged into the live classroom under your own LMS account
- Single-session training: Attendance required for the full length
- Multiple-session training: Attendance required for all components to fulfill Career Readiness Standards

# **Transitioning Spouses**

- This self-paced course, available 24/7, prepares spouses for uncertainties such as a possible move, financial adjustment and job searching
- Go to MyNavyFamily.com on a non-NMCI device to make a free account on the CNIC LMS and take <u>Navy Spouses in Transition</u> on the home page

# **LOGIN INSTRUCTIONS**

- 1. Make a free account at <a href="https://learning.zeiders.refineddata.com">https://learning.zeiders.refineddata.com</a>.
- 2. Click on "Live Webinars" at the top of the page to view the full list of offerings.
- 3. Click on the title of a session to view the information and description.
- 4. Click on "register now" to register for the course.

You will get reminder emails with your personalized link. If you have any trouble, please write to <a href="mailto:learning@zeiders.com">learning@zeiders.com</a>.

## All times listed are Eastern.

October 2024						
Date	Day of Week	Start Time	Duration	Session Name		
		6:00 AM ET	2 hrs	Pre-Separation Counseling		
O-t Oth	Tuesday	8:30 AM ET	30 min	Managing Your Transition [My Transition]		
Oct 8 <sup>th</sup>		9:30 AM ET	3 hrs	Financial Planning for Transition		
		1:00 PM ET	1.5 hrs	Military Occupational Crosswalk [MOC Crosswalk]		
Oct 9 <sup>th</sup>	Wednesday	9:00 PM ET	2 hrs	Pre-Separation Counseling		
0019		11:30 PM ET	30 min	Managing Your Transition [My Transition]		
Oct 10 <sup>th</sup>		8:00 PM ET	3 hrs	Financial Planning for Transition		
OCI 10 <sup>st</sup>	Thursday	11:30 PM ET	1.5 hrs	Military Occupational Crosswalk [MOC Crosswalk]		
Nove				mber 2024		
	Tuesday	9:00 AM et	2 hrs	Pre-Separation Counseling		
Nov 12 <sup>th</sup>		11:30 AM ET	30 min	Managing Your Transition [My Transition]		
NUV 12 <sup>th</sup>		12:30 PM ет	3 hrs	Financial Planning for Transition		
		4:00 PM ET	1.5 hrs	Military Occupational Crosswalk [MOC Crosswalk]		
Nov 13 <sup>th</sup>	Wednesday	9:00 AM ET	8 hrs	DOL Employment Fundamentals of Career Transition		
Nov 14 <sup>th</sup>	Thursday	9:00 AM ET	8 hrs	DOL Vocational Track (Part 1 of 2)		
Nov 15 <sup>th</sup>	Friday	9:00 AM ET	8 hrs	DOL Vocational Track (Part 2 of 2)		
			December	2024		
Dec 10 <sup>th</sup>	Tuesday	11:00 AM ET	2 hrs	Pre-Separation Counseling		

