

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 11/12 2:00pm-3:30pm
Thrift Savings Plan Class

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



For more information or
to register email heather.s.box.civ@us.navy.mil



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



Introduction to



Webinar

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

NOV 19th 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

RESPECT. PROTECT. EMPOWER.

RESOURCES



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



Military OneSource
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

Counseling Services
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
Wed	6 Nov	9:00 PM ET	Power Up Your Resume for Remote Jobs
		1:00 PM ET	Roadmap to Your Suitcase Career
		9:00 AM ET	Becoming Federal Resume Savvy
Thurs	7 Nov	9:00 AM ET	Becoming Federal Resume Savvy
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
Thurs	21 Nov	7:00 PM ET	Understanding USAJobs
		10:00 AM ET	Becoming Federal Resume Savvy



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 Journey...Social Security Retirement 101)

PARENTING

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
		2:00 PM ET	Self Care: Parent Edition
Tues	26 Nov	7:00 PM ET	Parenting to Prevent PSB: Teens (SHAPE Module 5)

MENTAL WELL BEING

Wed	6 Nov	2:00 PM ET	Intimate Partner Violence (IPV) Identification and Reporting
Thurs	14 Nov	9:00 AM ET 10:00 AM ET	Autopsy of a Deceased Relationship 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

PERSONAL FINANCIAL MANAGEMENT

Mon	4 Nov	12:00 PM ET	The Scholarship Survivor: Going to College on the Cheap
Tues	5 Nov	12:00 PM ET 1:00 PM ET	Command Financial Specialist Continuing Education Caring for Aging Parents
Wed	6 Nov	12:30 PM ET	Financial Survival Guide: Mastering Holiday Expenses
Thurs	7 Nov	10:00 AM ET 1:00 PM ET	Turkey Tips to Financial Freedom Credit...What's the Big Deal?
Tues	19 Nov	3:00 PM ET	Quarterly CFS Forum
Wed	20 Nov	10:00 AM ET 12:00 PM ET	Virtual CFS Refresher Coins to Credit: Raising Money-Savvy Kids

PERSONAL GROWTH

Wed	6 Nov	10:00 AM ET	Understanding Anger
Wed	13 Nov	2:00 PM ET	Anger Management
Thurs	14 Nov	12:00 PM ET	Motivating by Appreciation
Fri	15 Nov	2:00 PM ET	Building Bridges: Nurturing Healthy Relationships

RESILIENCE

Tues	19 Nov	10:00 AM ET	Stress Management
Wed	20 Nov	2:00 PM ET	Stress Management

RELOCATION

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 9:00 PM ET	Calming Cultural Shock The PCS Process
Tues	19 Nov	10:00 AM ET 9:00 PM ET	The PCS Process Calming Cultural Shock
Thurs	21 Nov	1:00 PM ET	Smooth Move

FAMILY EMERGENCY PREPAREDNESS AND RESPONSE

Thurs	7 Nov	10:00 AM ET	EFAC – Emergency Family Assistance Center
-------	-------	-------------	---

DEPLOYMENT

Tues	26 Nov	1:00 PM ET	Reach Out and Touch-The Holiday Version
------	--------	------------	---

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



VTAP

Virtual Transition Assistance Program

OCT-DEC 2024

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 [Navy Spouses in Transition](#) on the home page

LOGIN INSTRUCTIONS

1. Make a free account at <https://learning.zeiders.refineddata.com>.
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 learning@zeiders.com.

Classes fill quickly. Register early!

All times listed are Eastern.

October 2024

Date	Day of Week	Start Time	Duration	Session Name
Oct 8 th	Tuesday	6:00 AM ET	2 hrs	Pre-Separation Counseling
		8:30 AM ET	30 min	Managing Your Transition [My Transition]
		9:30 AM ET	3 hrs	Financial Planning for Transition
		1:00 PM ET	1.5 hrs	Military Occupational Crosswalk [MOC Crosswalk]
Oct 9 th	Wednesday	9:00 PM ET	2 hrs	Pre-Separation Counseling
		11:30 PM ET	30 min	Managing Your Transition [My Transition]
Oct 10 th	Thursday	8:00 PM ET	3 hrs	Financial Planning for Transition
		11:30 PM ET	1.5 hrs	Military Occupational Crosswalk [MOC Crosswalk]

November 2024

Nov 12 th	Tuesday	9:00 AM ET	2 hrs	Pre-Separation Counseling
		11:30 AM ET	30 min	Managing Your Transition [My Transition]
		12:30 PM ET	3 hrs	Financial Planning for Transition
		4:00 PM ET	1.5 hrs	Military Occupational Crosswalk [MOC Crosswalk]
Nov 13 th	Wednesday	9:00 AM ET	8 hrs	DOL Employment Fundamentals of Career Transition
Nov 14 th	Thursday	9:00 AM ET	8 hrs	DOL Vocational Track (Part 1 of 2)
Nov 15 th	Friday	9:00 AM ET	8 hrs	DOL Vocational Track (Part 2 of 2)

December 2024

Dec 10 th	Tuesday	11:00 AM ET	2 hrs	Pre-Separation Counseling
----------------------	---------	-------------	-------	---------------------------

