

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.



**OPEN TO ALL WITH
BASE ACCESS!**

Want to know more about
Newport, Rhode Island?

We've got you covered! Join us for information about
Newport, the surrounding areas, community & base
resources, as well as things to do in the area!

Friday January 24th
10:00pm – 12:00pm
For more information or
to register email
heather.s.box.civ@us.navy.mil

Finance

Friday Jan. 10th 2:00am- 3:30pm Car
Buying Class

Tuesday Jan. 14th 2:00pm – 3:30pm
Saving and Investing Class

Wednesday Jan. 22nd 2:00pm – 3:30pm
Survivor Benefit Plan

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

SAPR

Wednesday Jan. 15th 9am – 11am

Refresher training for current Victim Advocates
“Communicating with Victims”

To register email theo.greenblatt.naf@us.navy.mil or
stephanie.n.martinez21.civ@us.navy.mil

Transition Assistance Program

March 24th – 28th, 2025

May 5th – 9th, 2025

July 28th – August 1st, 2025

September 22nd – 26th, 2025

November 17th – 31st, 2025

For more information or to register email
stephanie.a.westbrook2.naf@us.navy.mil

Life Skills



Thursday Jan. 16th 10am-12pm
MBMF Module 1 Stress Resiliency Class

Thursday Jan. 23rd 2pm-3:30pm
Anger Management

Friday Jan. 17th 2pm-3pm
Ombudsman Meditation & Social Hour

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

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



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

NATIONAL STALKING AWARENESS MONTH

KNOW IT
NAME IT
STOP IT

2025

STALKING KNOW IT. NAME IT. STOP IT



1 MOST COMMON STALKING TACTICS EXPERIENCED BY VICTIMS:



Most stalkers use multiple tactics.³



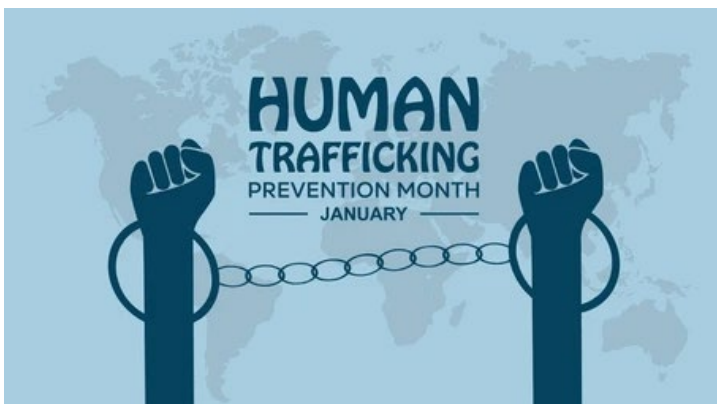
APPROX. 13.5 MILLION PEOPLE ARE STALKED IN A 1-YEAR PERIOD¹



Citations

¹ Smith, S.G., Basile, K.C., & Kresnow, M. (2022). The National Intimate Partner and Sexual Violence Survey (NISVS): 2016/2017 Report on Stalking. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention. ² Baum, K., Catalano, S., & Rand, M. (2009). Stalking Victimization in the United States. Washington, DC: Bureau of Justice Statistics. ³ Mohandie, K., Mieloy, J.R., McGowan, M.G., & Williams, J. (2006). The RECON Typology of Stalking: Reliability and Validity Based upon a Large Sample of North American Stalkers. Journal of Forensic Sciences, 51(1): 147-155.

SPARC STALKING PREVENTION, AWARENESS, AND RESOURCE CENTER
STALKINGAWARENESS.ORG



WHAT IS HUMAN TRAFFICKING?

Human trafficking is the exploitation of a person for the purpose of compelled labor or a commercial sex act through the use of force, fraud, or coercion.

Human trafficking does not discriminate – anyone can be a victim.

National Human Trafficking Hotline

this confidential hotline connects victims with support and services, provides information, and receives tips about potential trafficking situations.

- 1-888-373-7888
- If you are deaf, hard of hearing, or have a speech disability, please dial 7-1-1 to access telecommunications relay services.
- Text: 233733
- <https://www.humantraffickinghotline.org>

Your FFSC LMS Webinar Schedule

January 2025

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.



HAPPY NEW YEAR

EMPLOYMENT

Wed	15 Jan	10:00 AM ET	Innovative Interviewing
		1:00 PM ET	Power Up Your Resume for Remote Jobs
Thu	16 Jan	10:00 AM ET	Resume Writing & Cover Letters Simplified
Mon	27 Jan	3:00 PM ET	First Impressions Matter, Make Yours Count: Civilian Resume Writing

PARENTING

Wed	15 Jan	12:00 PM ET	Parenting and Sexual Development (SHAPE Module 1)
Thu	16 Jan	1:00 PM ET	What About the Kids?
		9:00 AM ET	Proactive Parenting Strategies for Healthy Sexual Development
Wed	22 Jan	12:00 PM ET	Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)
Wed	29 Jan	12:00 PM ET	Parenting to Prevent PSB: Ages 5-9 (SHAPE Module 3)

MENTAL WELL BEING

Thu	16 Jan	10:00 AM ET	FAP Hour: Transitional Compensation and Safety Transfers
-----	--------	-------------	--

PERSONAL FINANCIAL MANAGEMENT

Tue	21 Jan	1:00 PM ET	7 Healthy Money Habits
Thu	23 Jan	1:00 PM ET	The Ghost of Christmas Past
Fri	24 Jan	1:00 PM ET	Let's Get Financially Fit!
Thu	30 Jan	12:00 PM ET	Tax Prep for service members

RELOCATION

Tue	14 Jan	10:00 AM ET	Leading the Way: Empowering Newcomers
Mon	27 Jan	1:00 PM ET	Sponsorship-From the Sailor to the Family



NAVY LIFE

Wed 29 Jan 2:00 PM ET Diary of an Ombudsman

PERSONAL GROWTH

Wed 8 Jan 11:00 AM ET Conflict Management
Tue 14 Jan 10:00 AM ET Understanding Anger
Thu 16 Jan 2:00 PM ET Anger Management
Discover the Building Blocks of Fostering Healthy
1:00 PM ET Relationships
Wed 22 Jan 11:00 AM ET Conflict Management
Couples Communication: Couples
Thu 23 Jan 2:00 PM ET Enhancement/Getting Unplugged

RESILIENCE

Wed 15 Jan 2:00 PM ET Stress Management
Tue 28 Jan 10:00 AM ET Stress Management

EXCEPTIONAL FAMILY MEMBER

Fri 17 Jan 11:00 AM ET Music Together for Children with Special Needs

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

Module 2: Mindfulness and Meditation

Module 3: Living Core Values

Module 4: Flexibility

Fri 10 Jan 12:00 PM ET

Module 5: Problem Solving

Fri 17 Jan 12:00 PM ET

Module 6: Connection

Fri 24 Jan 12:00 PM ET

