

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.

Unless otherwise noted - All classes listed below are in-person at FFSC 1260 Peary Street, NAVSTA Newport, RI 02841



Just as physical fitness is a central part of military life, good mental health is as important for your well-being, and military and family readiness.

FFSC NAVSTA Newport, RI (401) 841 – 2283

FFSC Virtual Clinical Counseling 1-855-205-6749

Suicidal & Crisis Hotline dial 988 or visit www.988lifeline.org

An Ombudsman is a command-appointed volunteer who serves as a liaison between command leadership and Navy families. Ombudsmen also provide resources referrals to command families when assistance is needed.



For more information on how to become an Ombudsman email
katherine.e.goktepe.naf@us.navy.mil

Life Skills

Lunch n' Learn MBMF Module 2 Mindfulness and Meditation

Thursday May 2nd 11:00am-1:00pm

Participants learn how to strengthen focus and awareness and decreasing harmful reactivity to external events.

MBMF Module 1 Stress Resiliency Class

Thursday May 15th 1:00pm-3:00pm

Learn how stress affects the four domains of resilience (mind, body, spirit, and social as well as how to recognize it and turn it into an opportunity for growth.

Anger Management

Wednesday May 28th 1:00pm-3:00pm

Learn skills to prevent anger and conflict from escalating to violence. Develop new & effective coping strategies to deal successfully with difficult situations or people.

Effective Communication

Thursday May 29th 1:00pm-3:00pm

Teaches participants about different communication styles, conflict resolution, and ways to develop more effective speaking and listening skills.



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

Finance

Thrift Savings Plan

Tuesday May 13th 9:00am – 10:30am

Teaches attendees how to take advantage of the exciting government-sponsored savings and investment program to build wealth and achieve financial independence.



Lunch n' Learn Savings and Investing

Tuesday May 20th 11:00am-12:30pm

Explore various investment options and teaches which instrument suites you and your individual goals.

Survivor Benefit Plan

Thursday May 22nd 2:00pm-3:30pm

Provides service members with information about the program that ensures a portion of their retired pay is continued to their eligible survivors after their death.

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



Transition Assistance Program

May 5th – 9th, 2025 (class full)

July 28th – August 1st, 2025

September 22nd – 26th, 2025

November 17th – 31st, 2025

**TAP classes held at MWR Conference Room
656 Whipple Street NAVSTA Newport**

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

**Sexual Assault Prevention
and Response Program**

Provides high quality services and support to victims and survivors of sexual assault that strengthen their resilience and instill confidence and trust in the reporting process, whether they file a restricted or unrestricted report.

NAVSTA Newport 24/7 Unit

Victim Advocate: 401-450- 2327

Sexual Assault Response

Coordinator: 401-450-4212

SAPR Victim Advocate:

401-528-9542

DoD Safe Helpline:

1-877-995-5247



EFMP

Lunch n' Learn Intro to ADHD Webinar*

Tuesday May 13th 11:30am-12:30pm

Lunch n' Learn Understanding Autism Webinar*

Wednesday May 21st 11:30am-12:30pm

EFMP Coffee Hour*

Thursday May 22nd 9:30am-10:30am

*Registration required email

Jessica.L.Hebert19.naf@us.navy.mil



Take a moment, breathe, color your stress away!



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

Follow us on Facebook at

Fleet and Family Support Center NS Newport

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

YOUR *Virtual* FFSC WEBINAR SCHEDULE

May 2025

We have webinars scheduled to suit time zones around the world!

Visit MyNavyFamily.com, select a topic, and view available sessions with times automatically converted to your local time.

EMPLOYMENT

Acing the Interview!	5/20/2025	11:00 AM EDT	8:00 AM EDT
AI Resume Building - A Paradigm Shift	5/1/2025	12:00 PM EDT	9:00 AM EDT
AI Resume Building Workshop	5/2/2025	9:00 AM EDT	6:00 AM EDT
Innovative Interviewing	5/21/2025	2:00 PM EDT	11:00 AM EDT
PAIN FREE - Resume Writing	5/20/2025	10:00 AM EDT	7:00 AM EDT
Teen Job Search: A Guide to Finding a Great Job	5/21/2025	7:00 PM EDT	4:00 PM EDT
USAJOBS 2025	5/9/2025	9:00 AM EDT	6:00 AM EDT

Want more? Click on Employment for dates and times for:

- Becoming Federal Resume Savvy
- Job Search Hacks
- Mastering the Modern Resume
- Mastering Virtual Interviews
- Remote Ready: A Spouse's Roadmap to a Virtual Career!
- Understanding USAJobs

EXCEPTIONAL FAMILY MEMBER (EFMP)



504: BLUF - The Bottom Line Up Front About the 504 plans	5/22/2025	1:00 PM EDT	10:00 AM EDT
Burnout: Self-Care and Resiliency for the EFM Family	5/22/2025	1:00 PM EDT	10:00 AM EDT
From Preschool to Graduation: Transitions Happen!	5/13/2025	1:00 PM EDT	10:00 AM EDT

FAMILY EMERGENCY PREPARATION AND RESPONSE

Emergency Preparedness	5/8/2025	3:00 PM EDT	12:00 PM EDT
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MENTAL WELL-BEING



Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	5/20/2025	1:00 PM EDT	10:00 AM EDT
Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	5/29/2025	3:00 PM EDT	12:00 PM EDT

PARENTING

Parenting and Sexual Development (SHAPE Module 1)	5/7/2025	6:30 PM EDT	3:30 PM EDT
Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)	5/14/2025	6:30 PM EDT	3:30 PM EDT
Parenting to Prevent PSB: Ages 5-9 (SHAPE Module 3)	5/21/2025	6:30 PM EDT	3:30 PM EDT
Parenting to Prevent PSB: Preteens (SHAPE Module 4)	5/28/2025	6:30 PM EDT	3:30 PM EDT
Positive Parenting	5/6/2025	12:00 PM EDT	9:00 AM EDT
What About the Kids?	5/22/2025	1:00 PM EDT	10:00 AM EDT

Join us for these webinars offered several times throughout May:

- Helping Kids Thrive Through Change
- Spotting the Signs of Youth Suicide

DEPLOYMENT SUPPORT



Care Packages – Special Delivery	5/19/2025	5:00 PM EDT	2:00 PM EDT
Looking for Deployment topics? Click Deployment for the following training topics.			
<ul style="list-style-type: none"> • Deployment Sleep Strategies • Equipping Your Kids During Deployment • Ready, Set, Deploy: Pre-Deployment Planning • Single Sailor Deployment Tools • The Service Member's Guide to Family Care Plans 			



1 Go to MyNavyFamily.com to log in or create a free account.

2 Select the category on the home page, then select your webinar.

3 Confirm the start time and click "Enroll Me."

The FFSC LMS also has comprehensive resources like New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.

PERSONAL GROWTH



Conflict Management	5/8/2025	11:00 AM EDT	8:00 AM EDT
Healthy Relationships	5/20/2025	2:00 PM EDT	11:00 AM EDT
Stress Management	5/20/2025	10:00 AM EDT	7:00 AM EDT
Understanding Anger	5/13/2025	10:00 AM EDT	7:00 AM EDT

PERSONAL FINANCIAL MANAGEMENT

Military Retirement... Is It Enough	5/13/2025	1:00 PM EDT	10:00 AM EDT
Money Money, You're Ruining My Honey	5/30/2025	2:00 PM EDT	11:00 AM EDT
Drive Smart: Navigating the Car Buying Journey	5/14/2025	1:00 PM EDT	10:00 AM EDT
Touchpoint Talk: PCS	5/16/2025	11:30 AM EDT	8:30 AM EDT
	5/30/2025	11:30 AM EDT	8:30 AM EDT

Click Personal Financial Management for webinars on:

- Booties & Budgets: Welcoming Your First Child and Baby-Proofing Your Finances
- Command Your Credit
- Emergency Financial Preparedness
- Financial Readiness Before Deployment: Securing Your Future
- Making the Most of your Overseas Pay
- Making your Money work for you
- Military Retirement Planning
- PCS and your Pocketbook
- Planning your Financial Future
- Servicemembers Civil Relief Act Q&A
- Stretching Budgets and Maximizing Nutrition
- TSP Essentials for Navy Life: Grow Your Savings, Secure Your Future



RELOCATION

Click the Relocation category for Calming Cultural Shock, Planning the Perfect PCS, Stepping up Support: Sponsorship Training, and The PCS Process — all offered several times throughout April for your convenience!

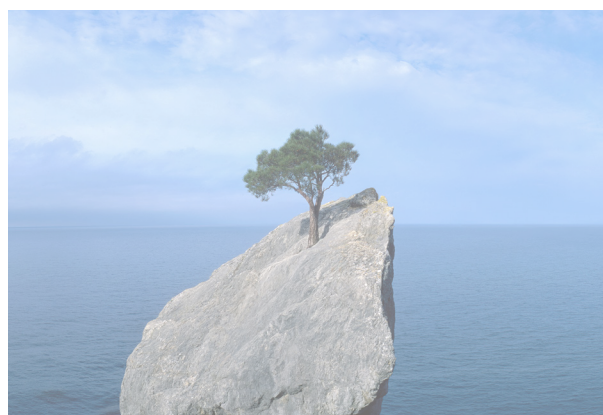
Final Move	5/6/2025	1:00 PM EDT	10:00 AM EDT
Smooth Move	5/22/2025	3:00 PM EDT	12:00 PM EDT
Sponsorship – From the Sailor to the Family	5/15/2025	12:30 PM EDT	9:30 AM EDT

RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 1: Stress Resilience	5/20/2025	11:00am EDT	8:00am EDT
	5/20/2025	1:00 PM EDT	10:00 AM EDT
Module 2: Mindfulness and Meditation	5/27/2025	1:00 PM EDT	10:00 AM EDT
	5/20/2025	11:00 AM EDT	8:00 AM EDT
Module 3: Living Core Values	5/27/2025	9:00 AM EDT	6:00 AM EDT
Module 6: Connections	5/6/2025	1:00 PM EDT	10:00 AM EDT
Cultivating Resiliency	5/1/2025	11:00 AM EDT	8:00 AM EDT
Stoicism Principles and Stress Management	5/16/2025	9:00 AM EDT	6:00 AM EDT

Want to learn more about resilience? Join us for Bounce Back Better on May 5th, 13th. See the LMS for times in your time zone.



VIRTUAL

WORK and
FAMILY LIFE
PROGRAM

Book a Free 1:1
Consultation with a
team member today



VTAP

Virtual Transition Assistance Program

APR-JUN 2025

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

- Spouses are welcome to attend VTAP training.
- The self-paced [Navy Spouses in Transition](#) is available 24/7 to prepare spouses for uncertainties such as a possible move, financial adjustment and job searching. The training can be found in the Navy Career and Transition section of the home page of MyNavyFamily.com.

Classes fill quickly. Register early!

Title	Date	EASTERN	PACIFIC
Pre-Separation Counseling 2 Hours	8 Apr	11:00 AM	8:00 AM
	22 Apr	6:00 PM	3:00 PM
	13 May	9:00 AM	6:00 AM
	27 May	6:00 PM	3:00 PM
	10 Jun	11:00 AM	8:00 AM
	24 Jun	6:00 PM	3:00 PM
Military Occupational Codes Crosswalk (MOC Crosswalk) 1.5 Hours	23 Apr	7:15 PM	4:15 PM
	13 May	5:00 PM	2:00 PM
	28 May	7:15 PM	4:15 PM
	25 Jun	7:15 PM	4:15 PM
Managing Your Transition (MY Transition) 1 Hour	23 Apr	6:00 PM	3:00 PM
	13 May	11:30 AM	8:30 AM
	28 May	6:00 PM	3:00 PM
	25 Jun	6:00 PM	3:00 PM
Financial Planning for Transition 4 Hours	24 Apr	6:00 PM	3:00 PM
	13 May	1:00 PM	10:00 AM
	29 May	6:00 PM	3:00 PM
	26 Jun	6:00 PM	3:00 PM
DOL Employment Fundamentals of Career Transition 8 Hours	14 May	9:00 AM	6:00 AM
SBA Entrepreneurship (Boots to Business) (Part 1 of 2) 4 Hours	15 May	11:00 AM	8:00 AM
SBA Entrepreneurship (Boots to Business) (Part 2 of 2) 4 Hours	16 May	11:00 AM	8:00 AM

To Register for these or any other Virtual FFSC webinars:

1. Make a free account at MyNavyFamily.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.

