

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



Suicide Prevention in the DOD:

The Department takes a comprehensive, integrated, public health approach to suicide prevention because we recognize that suicide has no single cause — and no single preventative action, treatment, or cure will eliminate every individual suicide death. We are implementing cultural change through a multi-tiered prevention strategy — one that informs, engages, and educates to save lives. We meet the military community where they are with the resources and education they need; strengthening financial readiness, developing coping and problem-solving skills, encouraging healthy connections, enhancing access to mental health support, promoting a culture of lethal means safety, and supporting Service members and their families through the many transitions that occur across the military lifecycle.

Available day and night for confidential crisis support



Dial 988 then Press 1



Chat at VeteransCrisisLine.net/Chat



Text 838255



5 Action Steps for Helping Someone in Emotional Pain



1. ASK



2. KEEP THEM SAFE



3. BE THERE



4. HELP THEM CONNECT



5. STAY CONNECTED

“It isn’t weak to ask for help. It’s like using a flashlight when you are lost in the dark.”

- Unknown

You are NOT
ALONE

Virtual Fleet & Family Support Center Counseling Services

Fleet and Family Support Center now offers individual and couples counseling to our service members, and their adult dependents.

The counseling is provided face to face with one of a Fleet and Family Support Center licensed counselors. Sessions are conducted using your computer, tablet or smart phone, similar to FaceTime or Zoom. The scheduler would send you a secure link to log into your appointment.

There is no cost to participate.

To schedule an appointment, call 855-205-6749.



MBMF Module 4 Flexible Thinking

Monday September 15th 11:00am – 12:30pm

Teaches participants how to practice flexible thinking with their thoughts, behaviors and emotions while helping to defeat negative thinking.

MBMF Module 5 Problem Solving

Monday September 22nd 11:00am – 12:30pm

Pick up skills on how to work through obstacles effectively, practice dynamic team building, and discuss new problem-solving techniques.

MBMF Module 6 Connection

Monday September 29th 11:00am – 12:30pm

Gather proactive pathways to achieve mental fitness, find balance within these domains and gain practical skills that can be utilized daily.

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



Need assistance with completing IEP forms?

Need EFMP Resources?

General ?'s or How to enroll a family member?

Contact your local FFSC EFMP Liaison today!

Cheers to an exciting new school year!



For more information email
Jessica.L.Hebert19.naf@us.navy.mil



Sexual Assault Prevention and Response Program

Are you interested in joining the SAPR team as a Unit Victim Advocate? Our dedicated volunteer advocates assist with outreaches and trainings about SAPR within their commands and across the installation, as well as supporting our local 24/7 duty phone rotation.

If you are interested in participating in this vital Navy program, please reach out to our SARC for an application and to set up an interview.

SARC, julianna.k.hamor.naf@us.navy.mil

September 8th -12th 2025 8:00am - 4:30pm
40-hour Initial Victim Advocate Course

Transition Assistance Program

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

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

Download the MyNavy Family app





COMMANDER, NAVY INSTALLATIONS COMMAND

An Important Message on Window Safety and Fall Prevention

Window safety is a critical concern for our families, one that can sometimes be overlooked. Every year, far too many children are injured or tragically die from preventable window falls. The numbers are staggering. On average 3,300 children are injured and eight die each year in the U.S. from window falls. Children aged five and under are most vulnerable, with falls most common during spring and summer when windows are frequently open. I'm asking for your help in addressing this issue. Our collective attention and focus are needed to prevent future tragedies.

Recently, our community has been deeply affected by several heartbreaking events: two injuries and three deaths of military children resulting from falls from second-story windows. These incidents serve as a stark reminder of the potential dangers our children face, even in familiar environments. We can take for granted the threats present in our homes, such as stairs, under-sink chemicals, bathtubs, and windows. In light of these recent events, we are initiating an intensified awareness and prevention campaign to better protect our children.


The natural curiosity of children and their eagerness to explore can sometimes place them in unexpected danger when left unattended, even briefly. It's often in unassuming ordinary moments that accidents can occur, highlighting the importance of heightened awareness and proactive safety measures.

Here are a few things to keep in mind about windows in your home:

- **Safety starts at home.** Teach children about window safety, ensure window fall prevention devices are installed correctly and always engaged, and familiarize yourself with available resources. It truly takes an all-hands effort to prevent accidents. Window safety locks are inexpensive and easy to install in your own home, are often required of landlords, and can be requested during lease negotiations.
- **Windows are not playgrounds.** Teach children that windows are not safe to play near or lean against. Explain the potential danger in a way they understand. "Windows are for looking, not touching."
- **Check twice and watch always.** Make a habit of quickly checking windows during your daily routine — when you open or close the curtains, before you turn the lights off, etc. Most importantly, keep furniture and toys away from windows, especially on upper floors, to prevent children from climbing.
- **Protect what matters.** Window safety devices only work when they're properly installed and engaged. Just as seatbelts have been shown to help save lives in car accidents, properly functioning and engaged window safety devices can also help save lives. If you find that any device is missing or broken in your military housing, contact Navy Housing immediately. It's a simple step that can prevent a tragedy. If you do not live in Navy Housing, reach out to your landlord directly or purchase and install window safety devices in your own home. It's a simple step that can prevent a tragedy.
- **Screens are for bugs.** Remember that typical window screens are designed to keep insects out, not to prevent falls. Teach children not to push on or lean against screens.
- **Designate safe play areas.** Build play areas away from windows. Never leave open windows unsupervised, especially when young children are present.

It is truly the honor of my life to be part of our Navy team and a community where Sailors help Sailors. Every child's wellbeing matters, and every step we take to protect our Navy family matters. Every one of our children is a precious gift. Let's redouble our efforts to protect them!

Thank you for all you do to keep our Navy families safe, supported, and strong.



C. S. GRAY
Vice Admiral, U.S. Navy
Commander, Navy Installations Command

Visit [MyNavyFamily.com](https://www.mynavyfamily.com), select a topic, and view available sessions with times automatically converted to your local time.

The Road to Remote Success	9/3/2025	1:00 PM EDT	10:00 AM PDT
AI Resume Building - A Paradigm Shift	9/4/2025	9:00 AM EDT	6:00 AM PDT
Leveraging AI For Your 2025 Job Search	9/5/2025	9:00 AM EDT	6:00 AM PDT
USAJOBS 2025	9/12/2025	9:00 AM EDT	6:00 AM PDT
PAIN FREE - Resume Writing	9/16/2025	2:00 PM EDT	11:00 AM PDT
Acing the Interview!	9/17/2025	3:00 PM EDT	12:00 PM PDT
The ART of the Interview	9/18/2025	10:00 AM EDT	7:00 AM PDT
Stoicism Principles and Stress Management	9/19/2025	9:00 AM EDT	6:00 AM PDT

- 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

The Road Ahead-Special Needs Planning Considerations	9/18/2025	11:30 AM EDT	8:30 AM PDT
Burnout: Self-Care and Resiliency for the EFMP Family	9/24/2025	1:00 PM EDT	10:00 AM PDT

Emergency Preparedness: Your Peace of Mind 9/8/2025 2:00 PM EDT 11:00 AM PDT

Suicide Prevention	9/4/2025 9/18/2025	10:00 AM EDT 12:00 PM EDT	7:00 AM PDT 9:00 AM PDT
Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	9/15/2025	1:30 PM EDT	10:30 AM PDT
Healing Through Parenting	9/22/2025	1:00 PM EDT	10:00 AM PDT

Mental Health Begins at Birth	9/9/2025	12:00 PM EDT	9:00 AM PDT
New Spouse Orientation	9/9/2025	12:00 PM EDT	9:00 AM PDT
Effects of Divorce on Children	9/9/2025	11:00 AM EDT	8:00 AM PDT
What About the Kids	9/18/2025	1:00 PM EDT	10:00 AM PDT
Parenting and Sexual Development (SHAPE Module 1)	9/18/2025	7:30 PM EDT	4:30 PM PDT

Join us for these webinars offered several times throughout the month:

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

A person wearing a blue baseball cap and a dark jacket is seen from behind, aiming a binocular viewer. In the background, two large naval ships are visible on the ocean under a blue sky with scattered white clouds. The ship on the left is a grey-hulled vessel with a complex superstructure, and the ship on the right is a white-hulled vessel with a prominent radar mast.

IA Deployment 101	9/9/2025	4:00 PM EDT	1:00 PM PDT
Looking for Deployment topics? Click Deployment for the following training topics.	<ul style="list-style-type: none">• Ready, Set Deploy: Pre-Deployment Planning• Single Sailor Deployment Tools• The Service Member's Guide to Family Care Plans		
<ul style="list-style-type: none">• Deployment Sleep Strategies• Equipping Your Kids During Deployment			



1 Go to [MyNavyFamily.com](https://www.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



Understanding Anger	9/9/2025	10:00 AM EDT	7:00 AM PDT
Personal Communication	9/11/2025	11:00 AM EDT	8:00 AM PDT
Stress Management	9/16/2025	10:00 AM EDT	7:00 AM PDT
Building Healthy Relationships	9/24/2025	11:00 AM EDT	8:00 AM PDT

PERSONAL FINANCIAL MANAGEMENT

Virtual Million Dollar Sailor Day 1	9/3/2025	8:00 AM EDT	5:00 AM PDT
Virtual Million Dollar Sailor Day 2	9/4/2025	8:00 AM EDT	5:00 AM PDT
Financial Preparation for Disasters	9/4/2025	1:00 PM EDT	10:00 AM PDT
Love Paying Credit Cards? NOT!!!!	9/17/2025	10:00 AM EDT	7:00 AM PDT
Baby Breaks the Bank!	9/17/2025	1:00 PM EDT	10:00 AM PDT
Money Munchkins: Raising Money-Savvy Kids	9/24/2025	1:00 PM EDT	10:00 AM PDT
Now I'm the Landlord	9/24/2025	1:00 PM EDT	10:00 AM PDT
Birth of a Child and Adoption Financial Workshop	9/25/2025	1:00 PM EDT	10:00 AM PDT

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 September for your convenience!

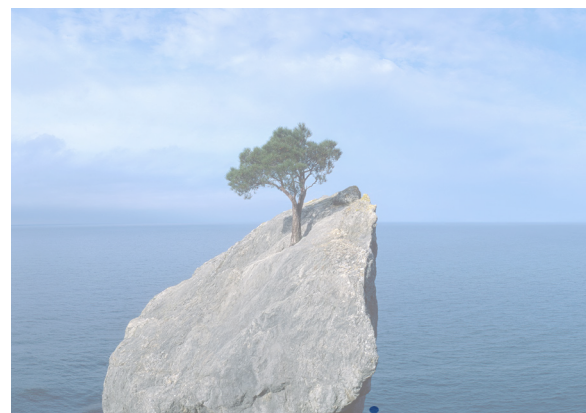
A Smooth PCS? It CAN Happen!	9/10/2025	12:00 PM EDT	9:00 AM PDT
Smooth Move	9/15/2025	12:00 PM EDT	9:00 AM PDT
Moving with Exceptional Family Member	9/16/2025	12:00 PM EDT	9:00 AM PDT

RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 5: Problem Solving	9/2/2025	1:00 PM EDT	10:00 AM PDT
Module 6: Connection	9/9/2025	1:00 PM EDT	10:00 AM PDT
Module 1: Stress Resilience	9/16/2025	1:00 PM EDT	10:00 AM PDT
Module 2: Mindfulness and Meditation	9/23/2025	1:00 PM EDT	10:00 AM PDT
Module 3: Living Core Values	9/30/2025	1:00 PM EDT	10:00 AM PDT
Assess the Climate Masterclass (DEOCS/ CRT Prep/ Wrap Up)	9/3/2025	9:00 AM EDT	6:00 AM PDT

Want to learn more about resilience? Join us for Bounce Back Better, Mission Ready, Mentally Strong or Run for Resilience. 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

JUL-SEP 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 Jul	11:00 AM	8:00 AM
	22 Jul	6:00 PM	3:00 PM
	12 Aug	9:00 AM	6:00 AM
	26 Aug	6:00 PM	3:00 PM
	9 Sep	11:00 AM	8:00 AM
	23 Sep	6:00 PM	3:00 PM
Military Occupational Codes Crosswalk (MOC Crosswalk) 1.5 Hours	23 Jul	7:15 PM	4:15 PM
	12 Aug	5:00 PM	2:00 PM
	27 Aug	7:15 PM	4:15 PM
	24 Sep	7:15 PM	4:15 PM
Managing Your Transition (MY Transition) 1 Hour	23 Jul	6:00 PM	3:00 PM
	27 Aug	11:30 AM	8:30 AM
	24 Sep	6:00 PM	3:00 PM
Financial Planning for Transition 3.5 Hours	24 Jul	6:00 PM	3:00 PM
	12 Aug	1:00 PM	10:00 AM
	28 Aug	6:00 PM	3:00 PM
	25 Sep	6:00 PM	3:00 PM
DOL Employment Fundamentals of Career Transition 8 Hours	13 Aug	9:00 AM	6:00 AM
DOL Vocational (Part 1 of 2) 8 Hours	14 Aug	9:00 AM	6:00 AM
DOL Vocational (Part 2 of 2) 8 Hours	15 Aug	9:00 AM	6:00 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.

