

The NAVSTA Newport Fleet and Family Support Center Newsletter is created monthly. All active duty, family members, reservists, National Guard, retirees and DoW 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**



**"1 Degree of Separation" is not your average mental health talk – this one comes with punchlines.**

Blending real talk with big laughs, it brings tough topics like depression, education, and suicide prevention into the spotlight. Come for the laughs, stay for the feels – it's comedy that hits... and heals.

All shows are **FREE**.



## Naval War College Spruance Auditorium

\*MIL/CIV welcome **Friday, March 13 - 10 am & 1 pm** \*base access required  
Families (ages 13 & up)



For more information, call Fleet & Family Support Center (401) 841-2283  
[www.NavyLifeNPT.com/1Degree](http://www.NavyLifeNPT.com/1Degree)

Friday March 13<sup>th</sup>, 2026

10:00am & 1:00pm

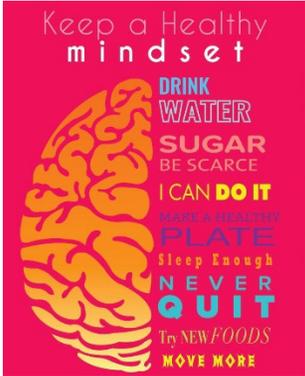
Naval War College Spruance Auditorium

This free event is open to all with base access, active duty, reservist, family members (ages 13 & up), and DoW Civilians. This presentation features comedians who use humor to address sensitive topics like depression and suicide, by laughing through dark topics. The comedians help release the pain often associated with these struggles creating an opportunity for more open discussions about mental health. The ultimate goal is to foster an atmosphere of healing for those affected by depression.

For more information call  
(401) 841 - 2283



Good health and peak physical fitness are key to force readiness. One of the best ways to build strength and stamina is to eat nutritious foods that will provide your body with the energy and nutrients it needs for you to perform at your best.



Daily Servings by Calorie Level

Food Group	Calorie Level of Pattern Serving Size Examples	1000	1200	1400	1600	1800	2000	2200	2400	2600	2800	3000	3200
		Daily Servings											
Protein Foods	3 oz cooked meat, poultry, or seafood; 1 egg; ½ cup beans, peas, or lentils; 1 oz nuts or seeds; 2 tbsp nut or seed butter; 3 oz soy	1–1 ½	1 ½–2	2–2 ½	2 ½–3 ½	2 ½–3 ½	3–4	3 ½–4 ½	3 ½–4 ½	3 ½–4 ½	4–5	4–5	4–5
Dairy	1 cup milk; ¾ cup yogurt; 1 oz cheese	2	2 ½	2 ½	3	3	3	3	3	3	3	3	3
Vegetables	1 cup raw or cooked; 2 cups leafy greens	1 ¼	1 ¾	1 ¾	2 ½	3	3	3 ½	3 ½	4 ¼	4 ¼	4 ¼	4 ¾
Fruits	1 cup raw; ½ cup dried	1	1	1 ½	1 ½	1 ½	2	2	2	2	2 ½	2 ½	2 ½
Whole Grains	½ cup cooked oats, brown rice, barley, quinoa, or buckwheat; 1 slice bread; 1 tortilla	1–2	1 ½–2 ¾	1 ¾–3 ¼	1 ¾–3 ¼	2–4	2–4	2 ¼–4 ½	2 ¾–5 ¼	3–6	3 ¼–6 ½	3 ¼–6 ½	3 ¼–6 ½
Healthy Fats	1 tsp olive oil or butter	2 ½	2 ½	2 ½	3 ½	4	4 ½	4 ½	5	5 ½	6	7	8

- These serving sizes should align with the recommendations in the *Dietary Guidelines for Americans, 2025–2030*; therefore, a variety of foods should be selected from each food group. Foods are assumed to be nutrient-dense, with no or limited added sugars, refined carbohydrates, or chemical additives. Individual food choices within each food group vary in calorie and nutrient content per serving, so attention to portion sizes is important. Smaller portions may be appropriate for individuals with lower calorie needs, such as young children or some older adults. Healthy fats are naturally present in many whole foods, and small amounts may also be used when cooking with or adding fats to meals.
  - **Protein Foods:** Animal- and plant-based protein foods, including meat, poultry, eggs, seafood, beans, peas, lentils, legumes, nuts, seeds, and soy.
  - **Dairy:** Whole, reduced-fat, low-fat, or nonfat dairy products, including fluid, dry, or evaporated milk; yogurt; and cheeses. Lactose-free and lactose-reduced products, as well as fortified dairy alternatives, are also options.
  - **Vegetables:** Vegetables of all types—dark green; red and orange; beans, peas, lentils, and legumes; starchy; and other vegetables, including fresh, frozen, and canned, cooked, or raw vegetables.
  - **Fruits:** Fruits of all types, including fresh, frozen, canned, juiced, and dried fruits.
  - **Whole Grains:** All whole-grain foods and products made with whole grains as ingredients.
- The calories you need depend on your age, sex, height, weight, and level of physical activity.



Contact our WFL Educator Katherine Goktepe for a holistic approach to nutrition and stress reduction resources to help navigate the connection between a positive mindset and healthy eating habits.

For more resources on practicing good nutrition and fitness visit [www.militaryonesource.com](http://www.militaryonesource.com) or [www.realfood.gov](http://www.realfood.gov)

# EFMP Exceptional Family Member Program

March 21<sup>st</sup> at noon

EFMP families don't miss out on having pictures taken with the Bunny!

For more information or to register your EFMP kids  
Please register no later than 3/13/26 at  
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 SAPR VA for an application and to set up an interview.

SAPR VA [theo.greenblatt.naf@us.navy.mil](mailto:theo.greenblatt.naf@us.navy.mil)  
SAPR VA [stephanie.n.martinez21.civ@us.navy.mil](mailto:stephanie.n.martinez21.civ@us.navy.mil)

Download the MyNavy Family app



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

## Life Skills

### Anger Management

Friday March 6<sup>th</sup> 11:00am – 1:00pm

Participants develop new and effective coping strategies to deal confidently with difficult situations or people.

### Mind-Body Mental Fitness Module 1: Stress Resiliency

Lunch & Learn Monday March 16<sup>th</sup> 12:00pm – 2:00pm

Participants learn how to make stress a friend.

### Time Management

Wednesday March 18<sup>th</sup> 2:00pm – 3:00pm

Participants learn strategies for optimizing their schedules to meet work and family life demands.

### Effective Communication

Monday March 23<sup>rd</sup> 1:30pm – 3:00pm

Discover a better understanding about different communication styles, conflict resolution, and ways to develop more effective speaking and listening skills.

### Mind-Body Mental Fitness Module 2: Mindfulness and Meditation

Monday March 30<sup>th</sup> 1:00pm – 3:00pm

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

For more information or to register email  
[katherine.e.goktepe.naf@us.navy.mil](mailto:katherine.e.goktepe.naf@us.navy.mil)

### Ombudsman Basic Training

Saturday March 7<sup>th</sup> & Sunday March 8<sup>th</sup>  
8:00am – 4:00pm

This training is only open to registered ombudsmen learning knowledge, skills, and resources needed to be successful in their volunteer role.

Ombudsmen are volunteers appointed by the Commanding Officer to serve as an information link between the command leadership and command families.

If you are interested in learning more about the program, or whether your command has an ombudsman, please contact  
[katherine.e.goktepe.naf@us.navy.mil](mailto:katherine.e.goktepe.naf@us.navy.mil)



## RESOURCES



1260 Peary Street, NAVSTA Newport  
(401) 841-2283  
[ffsc\\_nwpt@navy.mil](mailto:ffsc_nwpt@navy.mil)

Military OneSource  
[www.militaryonesource.mil](http://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](http://www.militarycrisisline.net)

# NAVIGATING FEDERAL EMPLOYMENT



RESUME  
**LET US HELP YOU TO GET HIRED!**

**Workshop Content:**  
The Federal Employment System  
Getting Started with USA Jobs  
Searching for Jobs  
The Federal Application  
Assessments  
Completing the Application

For more information or to sign up please contact Family Employment Readiness Program Coordinator Brittany Clark at [Brittany.M.Clark20.civ@us.navy.mil](mailto:Brittany.M.Clark20.civ@us.navy.mil) or call (401) 841-2283 today!

Tuesday March 24th  
9:00-11:00 AM  
1260 Peary Street  
Newport, RI 02841

# EFFECTIVE RESUME WRITING WORKSHOP



## COURSE OUTLINE

Purpose of the Resume  
Types of Resumes  
Resume Components  
Targeting Your Resume  
Accomplishment Statements  
Formatting Your Resume  
Marketing Your Resume

FFSC Conference Room  
1260 Peary Street  
Newport, RI 02841  
17 March, 2026;  
18 March, 2026  
11:00-12:00 PM  
Lunch & Learn;  
9:00-10:00 AM

For more information or to sign up please contact Family Employment Readiness Program (FERP) Coordinator Brittany Clark at [Brittany.M.Clark20.civ@us.navy.mil](mailto:Brittany.M.Clark20.civ@us.navy.mil) or call 401-841-2283 today!

## Transition Assistance Program

March 9<sup>th</sup> – 13<sup>th</sup> 2026  
May 11<sup>th</sup> – 15<sup>th</sup> 2026  
July 20<sup>th</sup> -24<sup>th</sup> 2026  
September 21<sup>st</sup> – 25<sup>th</sup> 2026  
November 16<sup>th</sup> -20<sup>th</sup> 2026

TAP classes conducted in  
MWR Conference Room  
656 Whipple Street  
NAVSTA Newport, RI

For more information or to register email  
[brittany.m.clark20.civ@us.navy.mil](mailto:brittany.m.clark20.civ@us.navy.mil)



## ARE YOU READY?

The time to retire or separate from the military will be here before you know it!

The Navy's Transition Assistance Program (TAP) helps Service members, including those in the National Guard and Reserve, prepare for successful civilian careers by providing essential resources, training, and support.

Transitioning from the military to civilian life can be overwhelming, but the program is designed to help prevent stress by following the Key Components of TAP.

### TAP KEY COMPONENTS:

- **Individual Initial Counseling (IC)** - For separatees, start at least 365 days before separation; for retirees, at least 2 years before retirement. Have an IC conducted by your Command Career Counselor (CCC) or a TAP staff member at the Fleet & Family Support Center.
- **Pre-Separation Briefing** - After meeting with a CCC or TAP staff member, you'll be scheduled for a briefing to learn about the available resources and assistance for transitioning service members and families.
- **TAP 5-Day Workshop** - All resources and assistance will be provided during the workshop's core classes and your selected additional career pathway training.
- **Capstone Event** - Within 90 days of your official separation from military service, the teamwork between the TAP staff and your CCC will ensure that you and your family are properly prepared for a successful transition.

Unable to attend in person, or there are no classes that fit into your schedule, attend the Navy's virtual TAP (VTAP) at [MyNavyFamily.com](http://MyNavyFamily.com).



[www.ffsp.navy.mil](http://www.ffsp.navy.mil)



# YOUR *Virtual* FFSC WEBINAR SCHEDULE

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

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

## EMPLOYMENT

AI Resume Building - A Paradigm Shift	<b>3/4/26</b>	9:00 AM EST	6:00 AM PST	Want more? Click on Employment for dates and times for: <ul style="list-style-type: none"> <li>• Becoming Federal Resume Savvy</li> <li>• Job Search Hacks</li> <li>• Mastering the Modern Resume</li> <li>• Mastering Virtual Interviews</li> </ul>
The Road to Remote Job Success	<b>3/4/26</b>	1:00 PM EST	10:00 AM PST	
Leveraging AI for Your 2026 Job Search	<b>3/6/26</b>	9:00 AM EST	6:00 AM PST	
AI Prompt Engineering: From Idea to Output	<b>3/11/26</b>	9:00 AM EDT	6:00 AM PDT	
USAJOBS 2026	<b>3/13/26</b>	9:00 AM EDT	6:00 AM PDT	
Power Up Your Resume for Remote Jobs	<b>3/18/26</b>	1:00 PM EDT	10:00 AM PDT	

## PARENTING

Raising Siblings	<b>3/11/26</b>	12:00 PM EDT	9:00 AM PDT	Join us for these webinars offered several times throughout the month: <ul style="list-style-type: none"> <li>• Helping Kids Thrive Through Change</li> <li>• Nine Steps to Positive Parenting</li> </ul>
What About the Kids	<b>3/19/26</b>	1:00 PM EDT	10:00 AM PDT	

## MENTAL WELL-BEING

Child Abuse and Neglect: Identification and Reporting	<b>3/3/26</b>	4:00 PM EST	1:00 PM PST
Suicide Prevention	<b>3/3/26</b>	4:00 PM EST	1:00 PM PST
What is Stalking and How it's Changing in a Digital Age	<b>3/5/26</b>	10:00 AM EST	7:00 AM PST
Problematic Sexual Behavior in Youth and Children	<b>3/9/26</b>	1:00 PM EDT	10:00 AM PDT
Child Abuse Prevention	<b>3/18/26</b>	2:00 PM EDT	11:00 AM PDT
Safety Transfers and Transitional Compensation for Abused Dependents	<b>3/26/26</b>	10:00 AM EDT	7:00 AM PDT



## NAVY LIFE

Mission Start: Military Spouse Orientation 101	<b>3/4/26</b>	12:00 PM EST	9:00 AM PST	Click Navy Life for webinars like: <ul style="list-style-type: none"> <li>• Navy Family Connection</li> <li>• Family Operations Security made Easy and more</li> </ul>
Mission Start: Military Spouse Orientation 101	<b>3/18/26</b>	12:00 PM EDT	9:00 AM PDT	

## PERSONAL GROWTH

 Organize Your Life	<b>3/4/36</b>		2:00 PM EST	11:00 AM PST
Effective Communication	<b>3/5/26</b>		3:00 PM EST	12:00 PM PST

## TRANSITION

TAP for Leadership - Understanding the TAP Process and requirements	<b>3/25/26</b>	5:00 PM EDT	2:00 AM PDT	Click on Transition for webinars like Skillbridge Simplified and more
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- 1 Go to [MyNavyFamily.com](http://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 FINANCIAL MANAGEMENT

Million Dollar Sailor Day 1	<b>3/3/26</b>	8:00 AM EST	5:00 AM PST	Click Personal Financial Management for webinars on: <ul style="list-style-type: none"> <li>• Booties &amp; Budgets: Welcoming Your First Child and Baby-Proofing Your Finances</li> <li>• Command Your Credit</li> <li>• Emergency Financial Preparedness and more!</li> </ul>
Million Dollar Sailor Day 2	<b>3/4/26</b>	8:00 AM EST	5:00 AM PST	
Now I'm the Landlord	<b>3/19/26</b>	1:00 PM EDT	10:00 AM PDT	
Let's Get Financially Fit	<b>3/20/26</b>	10:00 AM EDT	7:00 AM PDT	



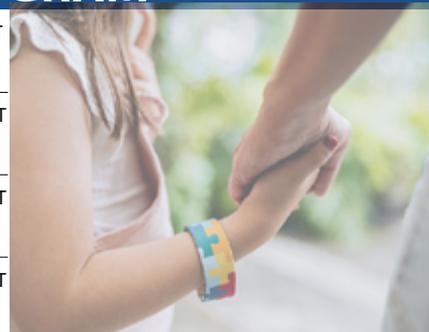
## RELOCATION

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 March for your convenience!

Smooth Move	<b>3/25/26</b>	1:00 PM EDT	10:00 AM PDT
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## EFMP - EXCEPTIONAL FAMILY MEMBER PROGRAM

The Road Ahead: Special Needs Future Planning	<b>3/5/26</b>	11:00 AM EST	8:00 AM PST
Intro to the Exceptional Family Member Program	<b>3/10/26</b>	10:00 AM EDT	7:00 AM PDT
Burnout: Restoring Balance for the EFMP Family	<b>3/25/26</b>	1:00 PM EDT	10:00 AM PDT
Personalized Pathway, Your Compass to a Robust IEP	<b>3/31/26</b>	1:00 PM EDT	10:00 AM PDT



## RESILIENCE

Understanding Anger	<b>3/10/26</b>	10:00 AM EDT	7:00 AM PDT	Click Resilience for webinars on: <ul style="list-style-type: none"> <li>• Bounce Back Better</li> <li>• Run Resilience</li> <li>• Mission Ready, Mentally Strong</li> </ul>
Stress Management	<b>3/10/26</b> <b>3/24/26</b>	10:00 AM EDT	7:00 AM PDT	
Stoicism Principles and Stress Management	<b>3/20/26</b>	10:00 AM EDT	7:00 AM PDT	

## DEPLOYMENT SUPPORT

IA Deployment	<b>3/18/26</b>	4:00 PM EDT	1:00 PM PDT
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**VIRTUAL  
WORK and  
FAMILY LIFE  
PROGRAM**



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



# VTAP

## Navy Virtual Transition Assistance Program

Can't attend an in-person TAP?  
 Are you waiting for availability?

The Navy offers interactive virtual webinars through the Virtual Transition Assistance Program (VTAP) to all eligible service members and their spouses. Service members are strongly encouraged to contact their command career counselors to ensure a smooth transition to civilian life.

VTAP is primarily intended for, but not limited to, Sailors and spouses whose duty stations are in remote or isolated geographical areas, those undergoing short-notice separations or according to chapter 58 of title 10, U.S.C., those unable to access in-person curricula in a timely manner. Regardless of a sailor's career stage or time zone, VTAP webinar classes are available.

For additional information, visit YOUR local Fleet & Family Support Center (FFSC) or consult the FFSC directory at <https://ffr.Cnic.Navy.Mil/family-readiness/fleet-and-family-support-program/ffsc-directory/>.

The webinars can be accessed via the CNIC's Learning Management System (LMS) at <https://mynavyfamily.Com/login/index.Php>.



[www.ffsp.navy.mil](http://www.ffsp.navy.mil)



The Transition Assistance Program is a congressionally-mandated program to prepare service members for transition back to civilian life. Service members commence the TAP process no later than 365 days prior to their anticipated separation, retirement, or release from active duty.

To register for these sessions, log in to:  
[MyNavyFamily.com](https://www.mynavyfamily.com).

1. Click “Live Webinars” at the top of the page to view the list of offerings.
2. Click the title of a session to view the information and description.
3. Click “Register Now” to register for the course.

Date	Name	Length	Eastern Time	Pacific Time	Hawaii Time	Guam	
						Date	Time
9 Mar	Pre-Separation Brief	2 hrs	2:00 PM	11:00 AM	9:00 AM	10 Mar	5:00 AM
9 Mar	Managing Your Transition	1 hr	4:15 PM	1:15 PM	11:15 AM	10 Mar	6:15 AM
9 Mar	MOC Crosswalk	1.5 hrs	5:30 PM	2:30 PM	12:30 PM	10 Mar	7:30 AM
10 Mar	Financial Planning for Transition	4 hrs	2:00 PM	11:00 AM	9:00 AM	11 Mar	4:00 AM
11 Mar	DOL Employment Fundamentals for Career Transition	8 hrs	2:00 PM	11:00 AM	9:00 AM	12 Mar	5:00 AM
17 Mar	Pre-Separation Brief	2 hrs	8:00 AM	5:00 AM	3:00 AM	17 Mar	10:00 PM
17 Mar	Managing Your Transition	1 hr	10:15 AM	7:15 AM	5:15 AM	18 Mar	12:15 AM
17 Mar	MOC Crosswalk	1.5 hrs	11:30 AM	8:30 AM	6:30 AM	18 Mar	1:30 AM
17 Mar	Financial Planning for Transition	4 hrs	1:15 PM	10:15 AM	8:00 AM	18 Mar	3:15 AM
18 Mar	DOL Employment Fundamentals for Career Transition	8 hrs	8:00 AM	5:00 AM	3:00 AM	18 Mar	10:00 PM
19 Mar	Managing My Education Day 1	31 hr	8:00 AM	5:00 AM	3:00 AM	19 Mar	10:00 PM
20 Mar	Managing My Education Day 2	31 hr	8:00 AM	5:00 AM	3:00 AM	20 Mar	10:00 PM
24 Mar	Pre-Separation Brief	2 hrs	9:00 AM	6:00 AM	4:00 AM	24 Mar	11:00 PM
24 Mar	Managing Your Transition	1 hr	11:15 AM	8:15 AM	6:15 AM	25 Mar	1:15 AM
24 Mar	MOC Crosswalk	1.5 hrs	12:30 PM	9:30 AM	7:30 AM	25 Mar	2:30 AM
24 Mar	Financial Planning for Transition	4 hrs	2:15 PM	11:15 AM	9:15 AM	25 Mar	4:15 AM
25 Mar	DOL Employment Fundamentals for Career Transition	8 hrs	9:00 AM	6:00 AM	4:00 AM	25 Mar	11:00 PM