

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

LIFE SKILLS

MBMF Module 1 Stress Resiliency

September 2nd 9:00am – 11:00am

Discover 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.



MBMF Module 2

Mindfulness & Meditation

September 9th 11:30am - 1:30pm

Participants acquire skills to strengthen focus, awareness, and decreasing harmful reactivity to external events

MBMF Module 3

Living Core Values

September 18th 12:00pm – 2:00pm



Gain knowledge to better understand your own thoughts, emotions, and behaviors through practical skills that can be put to immediate use.

For more information or
to register email

katherine.e.goktepe.naf@us.navy.mil



NAVY FAMILY OMBUDSMAN PROGRAM
Appreciation

★ SEPTEMBER 14, 2026 ★
(56th Anniversary)

56 YEARS of CONNECTING COMMANDS AND FAMILIES

The Navy Family Ombudsman Program has been a vital link between Navy commands and military families for 56 years—offering support, sharing information, and building strong connections.

NAVSTA Newport, RI Fleet and Family Support Center is honored to have such dedicated Ombudsman volunteers supporting our Navy families.

- CONNECTING Families with Resources
- COMMUNICATING Important Information
- SUPPORTING Through Every Stage of Military Life
- STRENGTHENING Readiness and Resilience
- BUILDING A Stronger Navy Community

For more information or to learn how to support a Command as a volunteer Ombudsman representative contact:
Katherine Goktepe
(401) 841 - 2283 | katherine.e.goktepe.naf@us.navy.mil

★★ **THANK YOU** ★★
FOR SUPPORTING OUR NAVY FAMILIES!

SUICIDE AWARENESS MONTH

You Are Not Alone.



Your life matters.
Your story is important.
Help is available.

RECOGNIZE THE WARNING SIGNS

- Talking about wanting to die or kill themselves
- Feeling hopeless, trapped, or having no reason to live
- Withdrawing from friends, family and activities
- Extreme mood swings, anxiety, agitation, or rage
- Changes in sleep, appetite, or giving away possessions
- Increased use of alcohol or drugs

Trust your instincts. If something doesn't seem right, reach out.

QUESTIONS TO ASK

- Are you thinking about hurting yourself?
- Have you thought about how you might do it?
- Do you have access to the means you would use?
- Have you felt this way before?

ACT: A SIMPLE WAY TO HELP

ACT is a simple memory tool used to teach people how to recognize warning signs and help someone who may be thinking about suicide. It stands for:

- A** Acknowledge – Notice the signs and don't be afraid to ask.
- C** Care – Show you care and listen without judgment.
- T** Treat – Connect them to help and resources.

REDUCE THE STIGMA. START THE CONVERSATION.



Mental health struggles can affect anyone.

Encourage open conversations.

Listen with empathy.

Support without judgment.

Seeking help is a sign of strength.

Together, we can save lives.

RESOURCES ARE AVAILABLE – YOU ARE NEVER ALONE

988

Call or text 988
or chat 988lifeline.org



Fleet and Family Support Center
(401) 841-2283



Chaplain
On base 24/7 for support
Chapel of Hope Office:
(401) 841-2234 (Mon-Fri 0730-1600)
After-Hours / Duty Chaplain:
(401) 862-8408



Military Crisis Line
1-800-273-TALK (option 1)
Text 838255 or live chat
www.militarycrisisline.net

★ ★ **REACH OUT. BE THERE. SAVE A LIFE.** *You have the power to make a difference.*

Why Teal and Purple?



Purple represents hope and courage.

Teal represents healing, awareness, and support.

Millions of people seek professional assistance to receive support for common life problems. At the Fleet and Family Support Centers, service members and their dependents can receive free individual non-medical, short-term counseling for many areas including but not limited to:

- Relationship/Marital issues
- Adjustment related stressors
- Loss & Grief
- Parenting difficulties
- Self esteem issues

Virtual Fleet & Family Support Center Counseling Services

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



NAVY WOUNDED WARRIOR

Supporting **seriously wounded, ill and injured Sailors and Coast Guardsmen, their families and caregivers.**



Through proactive leadership, NWW provides individually tailored assistance designed to optimize the success of the wounded warriors' recovery rehabilitation and reintegration activities.



WHO IS ELIGIBLE FOR NWW ENROLLMENT?

Seriously wounded, ill and injured Sailors and Coast Guardsmen including:

- ★ OIF/OEF/OND casualties
- ★ Shipboard and training accidents
- ★ Liberty accidents (e.g. motorcycle or automobile accidents)
- ★ Serious medical and psychological conditions (e.g. Cancer, PTSD, MST, etc.)



LOCAL POINT OF CONTACT:

For additional questions, to schedule a face-to-face presentation, or obtain a referral form, call or email:

CNIC

★ FLEET ★ FIGHTER ★ FAMILY



Jeremy Horsley
Recovery Care Coordinator

Cell: (206) 930-9332

jeremy.e.horsley.civ@us.navy.mil



CARE ★ COORDINATE ★ COMMUNICATE ★ SUPPORT

HOMESCHOOL HANGOUT



★ **CONNECT, ENGAGE, AND GROW TOGETHER!**

Join us for a fun, relaxed morning of community, friendship, and connection.

This is a welcoming space designed for homeschooling families to come together and let kids interact in a fun, engaging, and supportive environment.

WHEN & WHERE



When: The First Tuesday of every Month!



Time: 9:30 AM – 11:30 AM



Where: Fleet and Family Support Center (FFSC)
1260 Peary Street,
NAVSTA Newport, RI



★ OUR CORE PILLARS



COMMUNITY CONNECTION

Meet and build meaningful relationships with other military homeschooling families. Share experiences, exchange teaching tips, and find your village!



SOCIAL & EMOTIONAL GROWTH

Through arts and crafts, games, and more fun kids, tweens, and teens will experience positive interactions with peers and build upon their existing social-emotional tool kits.



INCLUSION FOR ALL

We warmly welcome all homeschool families, learning styles, age groups, and abilities. Our space is structured to be safe, supportive, accessible, and engaging for everyone.



GET IN TOUCH!

Have questions or want to learn more?

We'd love to hear from you!



(401) 841-2283



Email Jessica Hebert:

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



Email Kaisa Clark:

Kaisa.E.Clark.naf@us.navy.mil



Mugs & Masterpieces

A warm, creative, social hour designed just for grown-ups.

Come sip, create, and connect in a relaxed, welcoming space.



WHEN:

The Third Monday of every Month!

10:00 AM - 11:00 AM



WHERE:

Fleet and Family Support Center
1260 Peary St
NAVSTA Newport, RI

WHAT TO EXPECT



Friendly conversation and a cozy atmosphere



Easy, enjoyable crafts for all skill levels



A chance to unwind and meet new people

QUESTIONS?

Reach out anytime:



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



Kaisa E. Clark -
Kaisa.E.Clark@us.navy.mil

JOIN US!

Bring your creativity, curiosity, and love of good company.

We'll take care of the rest.



BUILD IT RIGHT. ★ SHARE IT PROUD. ★ GET HIRED.

RESUMES THAT GET RESULTS

A WORKSHOP TO HELP YOU STAND OUT, GET NOTICED & LAND OPPORTUNITIES.

DATE: THURSDAY SEPTEMBER 10TH 2026

TIME: 10:00AM - 11:00AM

LOCATION: 1260 PEARY STREET, NAVSTA NEWPORT, RI 02841

COURSE OUTLINE

Designed to teach job seekers how to transform passive, task-oriented resumes into compelling, achievements-based documents. This workshop emphasizes using metrics, action verbs, and Applicant Tracking System (ATS) optimization to secure interviews.

THE FLEET & FAMILY SUPPORT CENTER

QUESTIONS? CONTACT US!
(401) 841-2283
EMAIL: Brittany.M.Clark20.civ@us.navy.mil

SUCCESS STARTS WITH A STRONG RESUME.

PROFESSIONAL EXPERIENCE

EDUCATION

SKILLS

YOUR RESUME. YOUR FUTURE. MAKE IT COUNT!

TYPES OF RESUMES

- CHRONOLOGICAL RESUME**
Highlights your work history in order of date.
- FUNCTIONAL RESUME**
Focuses on skills and experience rather than dates.
- COMBINATION RESUME**
Combines skills and work history for maximum impact.
- TARGETED / CUSTOMIZED RESUME**
Tailored to a specific job or industry for better results.

WALK AWAY WITH A STRONGER RESUME AND MORE CONFIDENCE!

PREPARE TODAY. SUCCEED TOMORROW.

★ YOUR SERVICE. YOUR SKILLS. YOUR NEXT OPPORTUNITY. ★

NAVIGATING FEDERAL EMPLOYMENT

The Fleet & Family Support Center

AN INTERACTIVE WORKSHOP DESIGNED TO DEMYSTIFY THE FEDERAL HIRING PROCESS!

DATE: Wednesday September 16th 2026

TIME: 10:00am - 11:30am

LOCATION: Fleet and Family Support Center 1260 Peary Street NAVSTA Newport, RI 02841

LEARN
how to effectively use the USAJOBS platform.

COMPLETE
the federal application with confidence.

UNDERSTAND
job announcements and what agencies are really looking for.

DECODE
job requirements and match your experience to the job.

TAKE CONTROL OF YOUR FEDERAL CAREER! YOUR FUTURE STARTS HERE.

FOR MORE INFORMATION CONTACT:
(401) 841-2283
or email
Brittany.M.Clark20.civ@us.navy.mil

U.S. Department of Labor
Veterans' Employment and Training Service

new

TEAMS

Transition Employment Assistance for Military Spouses



PLAN FOR SUCCESS

Transition Employment Assistance for Military Spouses and Caregivers (TEAMS) is a series of employment training workshops, offered at no cost, that helps military spouses and caregivers find success in their job search.

For more information or to register email
Brittany.M.Clark20.civ@us.navy.mil or
call (401) 841-2283

Flexible Job Options

Tuesday Sept. 22nd, 2026
9:30am-11:30am

Secure flexible work to suit your life.

Linkedin Job Search

Tuesday Sept. 22nd, 2026
12:00pm-2:00pm

Boost your job search with insider knowledge.

Classes conducted at FFSC, open to everyone with base access



Transition Assistance Program

September 21st-25th 2026

November 16th -20th 2026

TAP classes are conducted in the MWR Conference
Room at 656 Whipple Street
NAVSTA Newport, RI 02841

For more information or to register email
Brittany.M.Clark20.civ@us.navy.mil



TAP

TRANSITION ASSISTANCE PROGRAM

PREPARE TODAY. SUCCEED TOMORROW.

YOUR MISSION DOESN'T END.
Your Next One Starts Here.



Transition Assistance Program (TAP) is a cohesive, modular, outcome-based program that bolsters and standardizes the opportunities, services and training that Service members receive to better prepare them to pursue their post-military goals.



The mandatory components of TAP are applicable for all Service members who have at least 180 continuous days or more on active duty, including the National Guard and Reserve.

TRANSITION ASSISTANCE PROGRAM (TAP) CORE CURRICULUM



**DEPARTMENT OF WAR
TRANSITION DAY**
Understand the transition process, entitlements, and resources available to you.



**VA
BENEFITS AND SERVICES**
Learn about VA health care, disability benefits, education, home loans and more.



**DEPARTMENT OF LABOR (DOL)
ONE-DAY EMPLOYMENT
FUNDAMENTALS OF
CAREER TRANSITION (EFCT)**
Build essential tools and strategies for a successful career transition.

★ QUESTIONS? ★

Contact your Command Career Counselor (CCC) or the Fleet and Family Support Center (FFSC) Transition Assistance Program Coordinator

(401) 841-2283

Brittany.M.Clark20.civ@us.navy.mil

**TAKE THE FIRST STEP
TOWARD YOUR FUTURE!
CONTACT YOUR CCC OR FFSC
TAP COORDINATOR TODAY!**

NAVAL STATION NEWPORT

2027 MANDATORY TAP CORE CURRICULUM DATES

JANUARY 25 TH -27 TH , 2027	JULY 12 TH -14 TH , 2027
MARCH 1 ST -3 RD , 2027	SEPTEMBER 20 TH -22 ND , 2027
MAY 17 TH -19 TH , 2027	NOVEMBER 1 ST -3 RD , 2027



YOUR SERVICE. YOUR FUTURE. OUR COMMITMENT.
TRANSITION WITH CONFIDENCE.

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

Download the
MyNavy Family app



TRANSITION STARTS HERE!

PREPARE TODAY. SUCCEED TOMORROW.



★ YOU SERVED. WE SUPPORT. YOUR FUTURE MATTERS. ★

The DoW Transition Assistance Program (TAP) offers several two-day track workshops tailored to your post-military goals. These specific classes are designed to build directly upon the foundational TAP Core Curriculum and require **advance registration**.

TWO-DAY TAP TRACK OPTIONS

Depending on your Individual Transition Plan (ITP) and tier level, you can choose one or more of these specialized workshops:



**DEPARTMENT OF LABOR
EMPLOYMENT TRACK -
DEPARTMENT OF LABOR
EMPLOYMENT WORKSHOP
(DOLEW)**

Focuses on resume writing, networking, federal hiring, interviewing, and salary negotiation.



- January 28-29
- March 4-5
- May 20-21
- July 15-16
- September 23-24
- November 4-5



**DEPARTMENT OF LABOR
VOCATIONAL TRACK -
CAREER AND CREDENTIAL
EXPLORATION (C2E)**

Provides personalized career development assessments, vocational training guidance, and credential exploration.



- February 2-3
- April 7-8
- October 19-20
- December 1-2



**SMALL BUSINESS
ADMINISTRATION
ENTREPRENEURSHIP TRACK -
BOOTS TO BUSINESS (B2B)**

Teaches the realities of small business ownership and helps you develop the initial components of a business plan.



- February 24-25
- May 19-20
- August 17-18
- November 3-4



**DoW EDUCATION TRACK -
MANAGING YOUR (MY)
EDUCATION**

Helps identify educational goals, navigate the admissions process, compare institutions, and utilize funding.



Offered live, virtually via vTAP at MyNavyFamily.com

HOW TO REGISTER AND ATTEND



To sign up for any of these two-day tracks, contact your Command Career Counselor or the Fleet and Family Support Center Transition Assistance Program Coordinator.



Fleet and Family Support Center
1260 Peary Street
NAVSTA Newport, RI
(401) 841-2283
Brittany.M.Clark20.civ@us.navy.mil

★ ★ PLAN TODAY. TRANSITION WITH CONFIDENCE. SUCCEED ALWAYS. ★ ★

RESOURCES

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

Training in Your Time

Zone

Wherever you are in the world, access valuable programs and services to support your personal and professional growth. We're bringing the resources to your screen — anytime, anywhere. FFSP is just a click away.

EASTERN AND CENTRAL TIMES

September 2026

DEPLOYMENT



		Eastern	Central
Deployment-Ready Finances: Securing Your Future	9/22	10:00 AM	9:00 AM
Deploy Solo and Deploy Strong	9/15	9:00 AM	8:00 AM
Equipping Your Kids During Deployment	9/10	11:00 AM	10:00 AM
Homefront Ready: Family Care Planning	9/29	8:00 AM	7:00 AM
IA Deployment 101	9/9	4:00 PM	3:00 PM
Keeping it Together During Deployment	9/1	1:00 PM	12:00 PM
	9/18	8:00 AM	7:00 AM
Plan. Prepare. Deploy.	9/8	9:00 PM	8:00 PM
	9/23	2:00 PM	1:00 PM
Single.Serving.Parent: Deployed	9/16	4:00 PM	3:00 PM

EMPLOYMENT



		Eastern	Central
AI Prompt Engineering: From Idea to Output	9/9	10:30 AM	9:30 AM
AI Resume Building: A Paradigm Shift	9/2	10:30 AM	9:30 AM
Bounce Back From Job Rejection	9/2	8:30 AM	7:30 AM
Building the Modern Resume	9/1	9:00 PM	8:00 PM
	9/28	2:00 PM	1:00 PM
Conquering Civilian Interviews	9/3	7:00 PM	6:00 PM
	9/18	2:00 PM	1:00 PM
Demystifying Unemployment Compensation	9/14	9:00 AM	8:00 AM
Job Search Hacks	9/8	1:00 PM	12:00 PM
Leveraging AI for your 2026 Job Search	9/4	10:30 AM	9:30 AM
Mastering the Civilian Resume	9/24	11:00 AM	10:00 AM
Mastering Virtual Interviews	9/1	3:00 PM	2:00 PM
Remote Ready: A Spouse's Roadmap to a Virtual Career!	9/10	2:00 PM	1:00 PM
Transferable Skills: Your Key to Career Mobility	9/25	4:00 PM	3:00 PM

NAVY LIFE



		Eastern	Central
Ombudsman Hot Topics - Supporting Navy Families Through Education: The School Liaison Program	9/30	6:00 PM	5:00 PM
Who Is an Ombudsman?	9/9	11:00 AM	10:00 AM

EMERGENCY PREPAREDNESS



		Eastern	Central
Be Ready, Be Confident: Emergency Preparedness	9/23	11:00 AM	10:00 AM
Financial Preparation for Disasters	9/3	1:00 PM	12:00 PM

RELOCATION



		Eastern	Central
Operation: Family Move	9/10	11:00 AM	10:00 AM
PCS Smooth Track	9/22	12:00 PM	11:00 AM
Smooth Move	9/15	1:00 PM	12:00 PM
Stepping up Support: Sponsorship Training	9/2	5:00 PM	4:00 PM
	9/15	9:00 PM	8:00 PM
The PCS Process	9/21	5:00 PM	4:00 PM

**Go to
MyNavyFamily.com**
**Log in or make a
new account to register
for any of these sessions.**



EXCEPTIONAL FAMILY MEMBER



		Eastern	Central
CLIFF Notes to Hearing Impairments/Deafness Under IDEA	9/15	2:00 PM	1:00 PM
Single.Serving.Parent: Special Needs	9/29	9:00 PM	8:00 PM
The Road Ahead - Special Needs Future Planning	9/3	11:00 AM	10:00 AM

PARENTING



		Eastern	Central
Equipping Your Kids During Deployment	9/10	11:00 AM	10:00 AM
Helping Kids Thrive Through Change	9/28	8:00 PM	7:00 PM
	9/30	9:00 AM	8:00 AM
Healing Through Parenting: Strategies for Co-parenting with DV	9/3	2:00 PM	1:00 PM
How to Protect the Next Generation in the Digital Age	9/23	1:00 PM	12:00 PM
Nine Steps To Positive Parenting	9/28	11:00 AM	10:00 AM
Parenting and Sexual Development (SHAPE Module 1)	9/17	7:30 PM	6:30 PM
Problematic Sexual Behavior in Children and Youth	9/15	1:00 PM	12:00 PM
Single.Serving.Parent: Deployed	9/16	4:00 PM	3:00 PM
Single.Serving.Parent: Special Needs	9/29	9:00 PM	8:00 PM
Spotting the Signs of Youth Suicide	9/2	9:00 AM	8:00 AM
	9/3	1:00 PM	12:00 PM
What About the Kids?	9/17	1:00 PM	12:00 PM
Operation: Family Move	9/10	11:00 AM	10:00 AM

Scan to schedule a one on one appointment to discuss personal financial management, employment, deployment, relocation, parenting, and more.



PERSONAL
FINANCE

		Eastern	Central
Achieving Financial Empowerment while Experiencing IPV	9/28	12:00 PM	11:00 AM
Banking and Financial Services	9/4	9:00 AM	8:00 AM
	9/22	1:00 PM	12:00 PM
Birth & Adoption of a Child Financial Workshop	9/24	1:00 PM	12:00 PM
Car Buying Strategies	9/2	8:00 AM	7:00 AM
	9/18	2:00 PM	1:00 PM
Command Your Credit	9/2	9:00 PM	8:00 PM
Consumer Awareness	9/9	8:00 AM	7:00 AM
	9/17	11:00 AM	10:00 AM
	9/28	8:00 AM	7:00 AM
Deployment-Ready Finances: Securing Your Future	9/22	10:00 AM	9:00 AM
Financial Preparation for Disasters	9/3	1:00 PM	12:00 PM
Home Buying	9/4	5:00 PM	4:00 PM
	9/21	1:00 PM	12:00 PM
Making the Most of Your Overseas Pay	9/25	9:00 AM	8:00 AM
Maximize Your GI Bill	9/11	11:00 AM	10:00 AM
Military Retirement Planning: Know the Facts	9/24	9:00 AM	8:00 AM
Million Dollar Sailor Day 1	9/16	8:00 AM	7:00 AM
Million Dollar Sailor Day 2	9/17	8:00 AM	7:00 AM
(Must attend both sessions)			
Money Prep: Baby on Board	9/8	2:00 PM	1:00 PM
	9/30	8:00 AM	7:00 AM
Planning your Financial Future	9/23	7:00 PM	6:00 PM
The Financially Fit Holiday Blueprint	9/17	2:00 PM	1:00 PM
Thrift Savings Plan: Choosing the Right Path	9/14	11:00 AM	10:00 AM
TSP Basics for Navy Life	9/3	3:00 PM	2:00 PM
Virtual Million Dollar Sailor Day 1	9/1	8:00 AM	7:00 AM
Virtual Million Dollar Sailor Day 2	9/2	8:00 AM	7:00 AM
(Must attend both sessions)			
Your Money and Your Mindset	9/29	1:00 PM	12:00 PM

**Need to talk? For virtual clinical counseling services
Call 1-855-205-6749
to book an appointment.**

TRANSITION



		Eastern	Central
Civilian Healthcare Foundations	9/14	4:00 PM	3:00 PM
	9/30	9:00 PM	8:00 PM
Conquering Civilian Interviews	9/3	7:00 PM	6:00 PM
	9/18	2:00 PM	1:00 PM
Demystifying Unemployment Compensation	9/14	9:00 AM	8:00 AM
Leveraging the VMET in Your Job Search	9/15	12:00 PM	11:00 AM
Life After Tricare	9/4	2:00 PM	1:00 PM
Mastering the Civilian Resume	9/24	11:00 AM	10:00 AM
Skillbridge Simplified	9/9	5:00 PM	4:00 PM
Transferable Skills: Your Key to Career Mobility	9/25	4:00 PM	3:00 PM
VTAP DOL Employment Fundamentals for Career Transition	9/16	2:00 PM	1:00 PM
	9/23	8:00 AM	7:00 AM
	9/30	9:00 AM	8:00 AM
VTAP DOL Vocational Track Day 1	9/24	8:00 AM	7:00 AM
VTAP DOL Vocational Track Day 2	9/25	8:00 AM	7:00 AM
VTAP Financial Planning for Transition	9/15	2:00 PM	1:00 PM
	9/22	1:00 PM	12:00 PM
	9/29	2:00 PM	1:00 PM
VTAP Managing Your Transition	9/14	4:15 PM	3:15 PM
	9/22	10:15 AM	9:15 AM
	9/29	11:15 AM	10:15 AM
VTAP MOC Crosswalk	9/14	5:00 PM	4:00 PM
	9/22	11:00 AM	10:00 AM
	9/29	12:00 PM	11:00 AM
VTAP Pre-Separation Brief	9/14	2:00 PM	1:00 PM
	9/22	8:00 AM	7:00 AM
	9/29	9:00 AM	8:00 AM

**Find a Fleet and Family
Support Center near you at**

[https://ffr.cnmc.navy.mil/Family-Readiness/
Fleet-And-Family-Support-Program/
FFSC-Directory](https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory)

WARRIOR AND
FAMILY RESILIENCE

		Eastern	Central
Anger Management	9/10	3:00 PM	2:00 PM
Better Reactions, Better Outcomes	9/7	8:00 PM	7:00 PM
	9/9	9:00 AM	8:00 AM
	9/10	1:00 PM	12:00 PM
Bounce Back Better	9/13	7:00 PM	6:00 PM
	9/25	2:00 PM	1:00 PM
	9/30	3:00 PM	2:00 PM
Can I Communicate Without Conflict?	9/23	11:00 AM	10:00 AM
Healing Through Parenting: Strategies for Co-parenting with DV	9/3	2:00 PM	1:00 PM
Healthy Behaviors: Expanded Operational Stress Control for Caregivers (EOSC_C)	9/9	2:00 PM	1:00 PM
How to Protect the Next Generation in the Digital Age	9/23	1:00 PM	12:00 PM
Mind Body Mental Fitness (MBMF)			
Mod 1: Stress Resilience	9/15	9:00 AM	8:00 AM
Mod 2: Mindfulness & Meditation	9/16	9:00 AM	8:00 AM
Mod 3: Living Core Values	9/17	9:00 AM	8:00 AM
Mod 4: Flexibility	9/22	9:00 AM	8:00 AM
Mod 5: Problem Solving	9/23	9:00 AM	8:00 AM
Mod 6: Connection	9/24	9:00 AM	8:00 AM
Mindful Practices During Stressful Times	9/21	8:00 PM	7:00 PM
	9/23	9:00 AM	8:00 AM
	9/24	1:00 PM	12:00 PM
Navy Spouse Life 101	9/21	10:00 AM	9:00 AM
Run for Resilience	9/16	9:00 PM	8:00 PM
Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	9/15	12:30 PM	11:30 AM
Stoicism Principles and Stress Management	9/18	10:30 AM	9:30 AM
Strangulation Training	9/10	12:00 PM	11:00 AM
Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	9/10	9:00 AM	8:00 AM
Stress Management	9/29	10:00 AM	9:00 AM
Spotting the Signs of Youth Suicide	9/2	9:00 AM	8:00 AM
	9/3	1:00 PM	12:00 PM
Suicide Prevention	9/17	11:00 AM	10:00 AM
	9/23	2:00 PM	1:00 PM
The Power of Connection: Building Support Systems	9/14	8:00 PM	7:00 PM
	9/16	9:00 AM	8:00 AM
	9/17	1:00 PM	12:00 PM
Understanding Anger	9/15	10:00 AM	9:00 AM
Why Do I Get so Angry and Emotional?	9/9	11:00 AM	10:00 AM