

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



DOMESTIC VIOLENCE
— ♥ AWARENESS ♥ —

You are not alone.

Break the Silence. End the Violence.
Together, we can create a safer future.

*You Matter. ♥
You Are Not Alone.*

National DV Hotline
1 (800) 799-7233

Confidential 24/7 Support Free Help

WAYS YOU CAN HELP

- LISTEN WITHOUT JUDGMENT**
Let them share when they are ready. Your listening ear can make a world of difference.
- BELIEVE AND SUPPORT**
Let them know it's not their fault. Your support helps build their strength and confidence.
- RESPECT THEIR CHOICES**
They know their situation best. Support their decisions without pressure or blame.
- HELP THEM FIND RESOURCES**
Share information about local services, hotlines, and safe spaces.
- STAND UP & SPEAK OUT**
Challenge harmful attitudes and behaviors. Together, we can change the culture.

LOVE SHOULDN'T HURT

Every relationship should be built on
Respect. ♥ Trust. ♥ Safety.

TOGETHER, WE CAN END DOMESTIC VIOLENCE.

If you or someone you know is in immediate danger, call 911.
Help is available. Hope is real. You are not alone.

Everyone deserves to feel safe and respected in their relationships. This October we invite Naval Station Newport's military and civilian community to help raise awareness, support survivors, and remind one another that asking for help is a sign of strength. Whether you have concerns about your own relationship or about someone you care for, the counselors and advocates at Fleet and Family Support Center's Family Advocacy Program are here to listen, offer support, and connect you with valuable resources.



Healthy relationships start with respect – and support is always within reach.

Relationship Series

The Secure Couple:
Understanding relationships,
connection, and attachment



October 13, 2026
4:00 - 5:00
Attachment 101

October 26, 2026
4:00-5:00
Communication

November 16, 2026
4:00-5:00
Needs & Boundaries

Ever wonder why you and your partner respond so differently during conflict - or why the same arguments seem to keep showing up?

Join us for an interactive couples workshop series exploring attachment styles and the ways they shape connection and communication in our relationships. Gain insight into your relationship patterns and learn practical ways to strengthen understanding and connection.

Come learn a little more about the way you connect- and the way you connect with each other.

Register by October 7
401-841-2283 or
colleen.d.schwesinger.civ@us.navy.mil



October is
EFMP Exceptional Family Member Program
Awareness Month
Stronger TOGETHER
SUPPORTING OUR FAMILIES. STRENGTHENING OUR NAVY.

The Exceptional Family Member Program (EFMP) ensures Sailors and their families with special medical, educational, or mental health needs receive the support and services they need —wherever the Navy takes them.

WHY EFMP ENROLLMENT IS SO IMPORTANT:

- ✓ Ensures your family's needs are considered in assignments and deployments
- ✓ Provides access to vital resources and community support
- ✓ Helps reduce stress by connecting you with the right services early
- ✓ Empowers families to thrive —together, wherever duty calls

Every family is different.
Every family **MATTERS.**

WHO CAN ENROLL?

Family members with special medical, educational, or mental health needs, including but not limited to:

- Physical & Medical Conditions
- Behavioral Health Needs
- Developmental or Learning Differences
- And Many More!

ENROLL TODAY. CONNECT. THRIVE.



The
Fleet & Family Support
Center

HAVE QUESTIONS? WE'RE HERE TO HELP!
Contact your EFMP Family Support Liaison:

CALL: (401) 841-2283
EMAIL: Jessica.L.Hebert19.naf@us.navy.mil

*You are **NOT** alone.
We've got your six!*



Supporting our Sailors. Strengthening our Families. Mission Ready.



EFMP POC Training

Thursday October 1st, 2026

8:30am-10:30am

Fleet and Family Support Center

Training Includes:

- OPNAVINST requirements
- Enrollment Process
- Eligibility Criteria
- POC Responsibilities
- Myths vs. Facts
- EFMP Program Updates

For more information or to register email

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



HOMESCHOOL HANGOUT

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

Tuesday October 6th, 2026

9:30am-11:30am

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

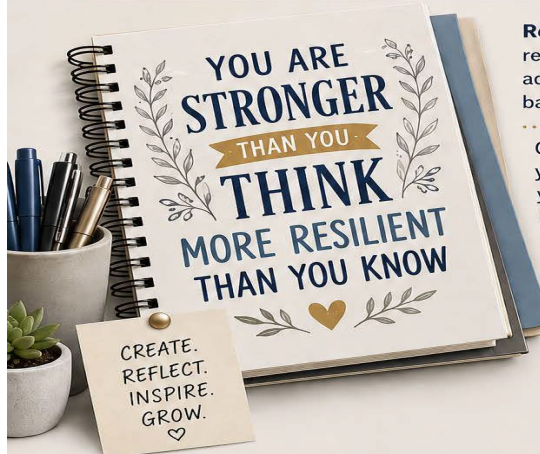
For more information call

(401) 841 – 2283



RESILIENCE Bookshop

♥ A CREATIVE WORKSHOP FOR MIND, HEART & SOUL ♥



Resilience is the capacity to recover quickly from tough times, adapt to change, and bounce back from adversity.

Create a custom booklet for your own use, that will inspire you to challenge yourself or help keep you grounded when facing tough times.



INSPIRE MOTIVATION & CHANGE FROM WITHIN



CONNECT TO YOUR INNER SELF



DISCOVER JUST HOW RESILIENT YOU ARE



**THURSDAY
OCTOBER 22ND,
2026**



**12:00PM
TO 1:00PM
(BRING YOUR LUNCH)**



**SUPPLIES
PROVIDED**



**OPEN TO ALL
WITH BASE ACCESS**



FOR MORE INFORMATION
AND TO RSVP



CALL (401) 841 -2283

EMAIL
Jessica.L.Hebert19.naf@us.navy.mil
or Katherine.E.Goktepe.naf@us.navy.mil

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
OCTOBER 15TH 2026**

**TIME:
9:00AM - 10:00AM**

**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

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. ★

Ready to land a government career?

Join this class to stop guessing and start getting referred!

October 22nd, 2026, 9:30am – 11:00am

Navigating USAJOBS and federal resumes can feel overwhelming. That is why our Ten Steps to a Federal Job class breaks the entire process down into simple, manageable pieces.

Here is a quick look at the 10 vital steps we cover in the course:

- Step 1: Review the Federal Job Process – Understand official job titles, series, and the GS pay scale.
- Step 2: Networking & Special Authorities – Learn how to leverage veteran preference and special hiring paths.
- Step 3: Search on USAJOBS – Learn how to filter through thousands of postings to find the right fit.
- Step 4: Find Keywords – Identify critical target words hidden in job announcements.
- Step 5: Core Competencies – Match your core skills directly to what hiring managers need.
- Step 6: Federal Resume Writing – Master the modern federal resume format.
- Step 7: Write Your Accomplishments – Tell your professional stories and conquer application questionnaires.
- Step 8: Apply Online – Compare the USAJOBS Builder format versus uploading your own document.
- Step 9: Track and Follow-Up – Learn how to monitor your application status and see if you were referred.
- Step 10: Interview and Negotiate – Ace the structured interview and learn how to negotiate your step and grade.

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

DEPARTMENT OF LABOR (DOL) CAREER AND CREDENTIAL EXPLORATION (C2E)

This class offers participants an opportunity to complete a personalized career development assessment of occupational interests and abilities and be guided through a variety of career considerations, including labor market projections, education, certifications, apprenticeships, and licensure requirements.

October 20th – 21st 2026
8:00am-4:00pm

Classes are held at Fleet and Family Support Center 1260 Peary Street on Naval Station Newport
All base access patrons are welcome.

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



SMALL BUSINESS ADMINISTRATION (SBA)

BOOTS TO BUSINESS (B2B) 2-DAY TRACK

Provides participants with an introductory understanding of business ownership.

October 27th – 28th 2026
8:00am-4:00pm

Classes are held at Fleet and Family Support Center 1260 Peary Street on Naval Station Newport
All base access patrons are welcome.

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





LIFE SKILLS

Mind-Body Mental Fitness

Module 4 Flexibility

Wednesday October 7th, 2026, 9:00am - 11:00am

Participants learn to transition from a *reactionary* approach to stressors to a thoughtful, proactive stance.

Mind-Body Mental Fitness

Module 5 Problem Solving



Wednesday October 14th, 2026, 11:30pm – 1:30pm

A practical workshop that teaches the basic steps of effective problem-solving for both home and work

Mind-Body Mental Fitness

Module 6 Connection



Friday October 23rd, 2026, 11:00am-12:30pm

Learn how building strong social networks and using healthy communication skills can directly mitigate stress, prevent burnout, and foster long-term mental toughness

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

Become a SAPR VICTIM ADVOCATE

SUPPORT ♦ PREVENTION ♦ EDUCATION

We are seeking E-6 and above to join the SAPR team and take on this collateral duty for your command! As a certified Victim Advocate, you will play a pivotal role in providing trauma-informed support to victims of sexual assault.

Next 40-Hour Class

December 7th – 11th 2026
8:00am – 4:30pm

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

If you are interested, please reach out to our team for an application and set up an interview prior to attending the class.

SARC
Julianna.k.hamor.naf@us.navy.mil

Civilian Victim Advocate
theo.greenblatt.naf@us.navy.mil

NAVSTA Newport SAPR 24/7 Hotline
(401) 450-2327



Ombudsman Basic Training

Saturday October 3rd & 4th 2026

8:00am-4:00pm

For more information on the Ombudsman Program or how to become a Commands Volunteer Ombudsman email

katherine.e.goktepe.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



Training in Your Time

EASTERN AND CENTRAL TIMES

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.

OCTOBER 2026

DEPLOYMENT



Eastern Central

Deploy Solo and Deploy Strong	10/15	9:00 PM	8:00 PM
Deployment Extended: What's Next?	10/19	8:00 PM	7:00 PM
	10/21	9:00 AM	8:00 AM
	10/22	1:00 PM	12:00 PM
Deployment-Ready Finances: Securing Your Future	10/12	8:00 PM	7:00 PM
	10/14	9:00 AM	8:00 AM
	10/15	1:00 PM	12:00 PM
Equipping Your Kids During Deployment	10/26	8:00 PM	7:00 PM
	10/28	9:00 AM	8:00 AM
	10/29	1:00 PM	12:00 PM
Holding Down the Fort	10/6	12:00 PM	11:00 AM
Miles Apart, Close at Heart	10/8	10:00 AM	9:00 AM
NRNW IA Deployment 101	10/21	4:00 PM	3:00 PM
Operation Homefront Ready	10/20	12:00 PM	11:00 AM
Plan. Prepare. Deploy.	10/5	8:00 PM	7:00 PM
	10/7	9:00 AM	8:00 AM
	10/8	1:00 PM	12:00 PM

EMPLOYMENT



Eastern Central

Building the Modern Resume	10/5	1:00 PM	12:00 PM
	10/6	2:00 PM	1:00 PM
	10/13	4:00 PM	3:00 PM
Job Search Hacks	10/9	2:00 PM	1:00 PM
	10/21	1:00 PM	12:00 PM
	10/23	9:00 AM	8:00 AM
	10/29	9:00 PM	8:00 PM
Leveraging Websites for Career Transition Research	10/16	1:00 PM	12:00 PM
	10/30	1:00 PM	12:00 PM
Mastering Virtual Interviews	10/7	2:00 PM	1:00 PM
Power Up Your Resume for Remote Jobs	10/7	1:00 PM	12:00 PM
The Road to Remote Job Success	10/21	1:00 PM	12:00 PM
Remote Ready: A Spouse's Roadmap to a Virtual Career!	10/9	4:00 PM	3:00 PM
Resume Lab: From Draft to Finished Product	10/9	10:30 AM	9:30 AM
Resumes: The Science, the Grammar, the Content	10/2	10:30 AM	9:30 AM
Transferable Skills: Your Key to Career Mobility	10/16	11:00 AM	10:00 AM
Volunteer to Career	10/26	9:00 AM	8:00 AM
Volunteerism: Investing in Your Professional Power	10/15	2:00 PM	1:00 PM

EXCEPTIONAL FAMILY MEMBER



Eastern Central

CLIFF Notes to Visual Impairments Under IDEA	10/22	2:00 PM	1:00 PM
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EMERGENCY PREPAREDNESS



Eastern Central

Resolve to Be Ready: Evacuation Planning	10/2	9:00 AM	8:00 AM
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NAVY LIFE



Eastern Central

Motivating by Appreciation	10/26	12:00 PM	11:00 AM
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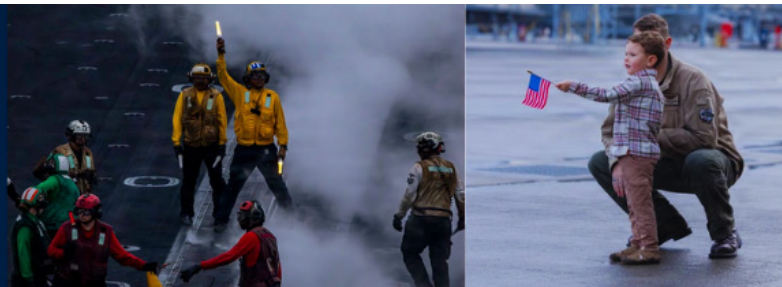
Go to **MyNavyFamily.com** to register.

Find a Fleet and Family Support Center near you at

<https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory>

READY FOR WHAT DEPLOYMENT BRINGS

Supporting service members and families before, during, and after deployment. Join us for virtual workshops this October designed to help you prepare, stay connected, and thrive through every stage of deployment.



WHAT YOU'LL LEARN

Prepare for deployment with confidence

Build financial readiness for deployment

Navigate changes and unexpected challenges for yourself and family

MONDAYS | 8PM EDT

JAPAN TUESDAY 9AM

- Plan. Prepare. Deploy. (10/5)
- Deployment-Ready Finances: Securing Your Future (10/12)
- Deployment Extended: What's Next? (10/19)
- Equipping Your Kids During Deployment (10/26)

TUESDAYS | 7AM EDT

ITALY 1 PM | JAPAN 8PM

- Plan. Prepare. Deploy. (10/6)
- Deployment-Ready Finances: Securing Your Future (10/13)
- Deployment Extended: What's Next? (10/20)
- Equipping Your Kids During Deployment (10/27)

WEDNESDAYS | 9AM EDT

ITALY 3:00 PM

- Plan. Prepare. Deploy. (10/7)
- Deployment-Ready Finances: Securing Your Future (10/14)
- Deployment Extended: What's Next? (10/21)
- Equipping Your Kids During Deployment (10/28)

THURSDAYS | 1PM EDT

ITALY 7:00 PM

- Plan. Prepare. Deploy. (10/8)
- Deployment-Ready Finances: Securing Your Future (10/15)
- Deployment Extended: What's Next? (10/22)
- Equipping Your Kids During Deployment (10/29)

PARENTING



Eastern Central

Equipping Your Kids During Deployment	10/26	8:00 PM	7:00 PM
	10/28	9:00 AM	8:00 AM
	10/29	1:00 PM	12:00 PM
Exploring Through the Senses	10/14	2:30 PM	1:30 PM
Hard Headlines, Steady Parenting	10/26	3:00 PM	2:00 PM
Nine Steps To Positive Parenting	10/20	1:00 PM	12:00 PM
Parenting and Sexual Development (SHAPE Module 1)	10/29	7:00 PM	6:00 PM
Proactive Parenting Strategies for Healthy Sexual Development	10/22	6:00 PM	5:00 PM
Tear Free Dinner	10/21	2:00 PM	1:00 PM
Understanding ACES	10/6	12:00 PM	11:00 AM
What About the Kids?	10/15	1:00 PM	12:00 PM

PERSONAL FINANCE



Eastern Central

Back Home and Bank Ready	10/7	9:00 AM	8:00 AM
	10/5	3:00 PM	2:00 PM
	10/12	8:00 PM	7:00 PM
	10/14	9:00 AM	8:00 AM
	10/15	1:00 PM	12:00 PM
Home Buying	10/16	8:00 AM	7:00 AM
Home Selling	10/13	1:00 PM	12:00 PM
Let's Get Financially Fit	10/7	4:30 PM	3:30 PM
Making the Most of Your Overseas Pay	10/19	8:00 AM	7:00 AM
	10/23	6:00 PM	5:00 PM
	10/28	9:00 PM	8:00 PM
Stretching Budgets and Maximizing Nutrition	10/23	9:00 AM	8:00 AM
Take a Bite Out of College Costs	10/28	9:00 AM	8:00 AM
The Good Life: Saving & Investing for Your Future Self	10/22	1:00 PM	12:00 PM
Thrift Savings Plan: Choosing the Right Path	10/1	9:00 PM	8:00 PM
	10/8	8:00 AM	7:00 AM
	10/19	2:00 PM	1:00 PM
Tools to Grow Your Money	10/29	8:00 AM	7:00 AM
TSP Basics for Navy Life	10/1	3:00 PM	2:00 PM

RELOCATION



Eastern Central

PCS Like a Pro: Strategies for a Seamless Transition	10/14	12:00 PM	11:00 AM
	10/27	11:00 AM	10:00 AM
Smooth Transitions: Managing the Logistics and Emotional Cycle of a PCS	10/1	1:00 PM	12:00 PM
Stepping up Support: Sponsorship Training	10/22	3:00 PM	2:00 PM
	10/27	2:00 PM	1:00 PM
The PCS Process	10/14	12:00 PM	11:00 AM

TRANSITION



Eastern Central

Leveraging Websites for Career Transition Research	10/16	1:00 PM	12:00 PM
	10/30	1:00 PM	12:00 PM
Life After Tricare	10/26	12:00 PM	11:00 AM
Retirement Ready Navy Spouse	10/9	11:00 AM	10:00 AM
	10/30	11:00 AM	10:00 AM
Skillbridge Simplified	10/2	8:00 AM	7:00 AM
	10/4	9:00 PM	8:00 PM
	10/20	4:00 PM	3:00 PM
Transferable Skills: Your Key to Career Mobility	10/16	11:00 AM	10:00 AM
VTAP DOL Employment Fundamental for Transition	10/7	8:00 AM	7:00 AM
	10/28	11:00 AM	10:00 AM
VTAP Financial Planning for Transition	10/5	1:00 PM	12:00 PM
	10/27	4:00 PM	3:00 PM
VTAP Managing Your Transition	10/5	10:15 AM	9:15 AM
	10/19	9:15 AM	8:15 AM
	10/27	1:15 PM	12:15 PM
VTAP MOC Crosswalk	10/5	11:00 AM	10:00 AM
	10/19	10:00 AM	9:00 AM
	10/27	2:00 PM	1:00 PM
VTAP Pre-Separation Brief	10/5	8:00 AM	7:00 AM
	10/27	11:00 AM	10:00 AM
VTAP SBA Entrepreneurship Day 1	10/22	11:00 AM	10:00 AM
	10/23	11:00 AM	10:00 AM

WARRIOR AND FAMILY RESILIENCE



Eastern Central

Achieving Financial Empowerment While Experiencing IPV	10/23	2:30 PM	1:30 PM
	10/19	1:00 PM	12:00 PM
Bounce Back Better	10/13	2:00 PM	1:00 PM
Do You Want Healthy Relationships?	10/21	11:00 AM	10:00 AM
	10/6	4:00 PM	3:00 PM
	10/15	3:00 PM	2:00 PM
Finding the Good in Conflict	10/22	7:00 PM	6:00 PM
	10/27	10:00 AM	9:00 AM
Intimate Partner Violence: Identification and Reporting	10/7	12:00 PM	11:00 AM
Learn to Use Your Coping Skills	10/7	11:00 AM	10:00 AM
Mind Body Mental Fitness (MBMF)			
Mod 1: Stress Resilience	10/12	8:00 PM	7:00 PM
Mod 2: Mindfulness & Meditation	10/13	8:00 PM	7:00 PM
Module 3: Living Core Values	10/14	8:00 PM	7:00 PM
Mod 4: Flexibility	10/19	8:00 PM	7:00 PM
Mod 5: Problem Solving	10/20	8:00 PM	7:00 PM
Mod 6: Connection	10/21	8:00 PM	7:00 PM
Mindful Practices During Stressful Times	10/2	5:00 PM	4:00 PM
	10/29	3:00 PM	2:00 PM
Run for Resilience	10/28	1:00 PM	12:00 PM
Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	10/26	9:00 AM	8:00 AM
	10/15	2:00 PM	1:00 PM
Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	10/27	10:00 AM	9:00 AM
Stress Management	10/27	10:00 AM	9:00 AM
The Power of Connection: Building Support Systems	10/7	9:00 PM	8:00 PM
	10/27	2:00 PM	1:00 PM
Understanding Anger	10/13	10:00 AM	9:00 AM

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

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



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

