

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**

### **Sexual Assault Prevention and Response Program**

July 7<sup>th</sup> - 11<sup>th</sup> 2025 8:00am - 4:30pm  
40-hour Initial Victim Advocate Course

Outreach Table events: Stop by, say hello, ask questions  
and get valuable resources from our SAPR team!

July 16<sup>th</sup> 11:00 – 1:00pm at the Galley

July 24<sup>th</sup> 4:00pm – 5:30pm at Chafee Fitness Center

For more information on how to become an Advocate email  
[theo.greenblatt.naf@us.navy.mil](mailto:theo.greenblatt.naf@us.navy.mil) or  
[stephanie.n.martinez21.civ@us.navy.mil](mailto:stephanie.n.martinez21.civ@us.navy.mil)

### **Transition Assistance Program**

July 28<sup>th</sup> – August 1<sup>st</sup>, 2025

September 22<sup>nd</sup> – 26<sup>th</sup>, 2025

November 17<sup>th</sup> – 31<sup>st</sup>, 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](mailto:stephanie.a.westbrook2.naf@us.navy.mil)

## **FFSC Virtual Clinical Counseling** **CONNECT to GET CARE**

The Fleet and Family Support Center (FFSC) now provides in-person and virtual clinical counseling! Sailors and families can access virtual clinical counseling from the privacy of their own homes. Virtual clinical counseling is a nonmedical, clinical, short-term solution-focused service. It is available to individuals, couples and families.

**To schedule an appointment, call 1-855-205-6749.** If calling outside of regular business hours, leave a message. Your call will be returned within one business day.

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

### **EFMP**

Please make sure if you are PCSing out or have PCS'd in, to check in with your EFMP liaison. We are on your orders for check-in and with all the changes occurring, we want to ensure your case follows you.

For more information email  
[Jessica.L.Hebert19.naf@us.navy.mil](mailto:Jessica.L.Hebert19.naf@us.navy.mil)

**SAVE THE**  
**DATE!**

**FFSC Summer Social**

**Wednesday August 6<sup>th</sup>**

**4:30pm- 7:00pm**

**Officer's Club**

New to NAVSTA, Newport Rhode Island or just want more information? Come on down and meet base support services and Community Resources!

For more information call  
Fleet & Family Support Center  
(401) 841- 2283

July 1<sup>st</sup> 10:00am – 12:00pm

MBMF Module 5 Problem Solving

Participants learn how to work through obstacles effectively, practice dynamic team building, and discuss new problem-solving techniques.

July 15<sup>th</sup> 1:00pm – 3:00pm

MBMF Module 2 Mindfulness and Meditation

Shows participants how to strengthen focus and awareness and decreasing harmful reactivity to external events.



## Life Skills

July 17<sup>th</sup> 12pm-1pm (lunch & learn)

Resume Writing Workshop

Bring your resume, job ads, and lunch as we tailor and edit your application package to succeed on the civilian job market



July 23<sup>rd</sup> 1:00pm – 3:00pm

Anger Management

Is designed to prevent anger and conflict from escalating to violence. Participants learn to develop new & effective coping strategies to deal effectively with difficult situations or people.

July 29<sup>th</sup> 1:00pm – 3:00pm

Effective Communication

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](mailto:katherine.e.goktepe.naf@us.navy.mil)

Strategize, design, and learn during the 2025 reading challenges!

May 27-Sept 2 • [Beanstack.com/DoD](https://beanstack.com/DoD)

DoD MWR LIBRARIES  
Lending Ideas, People & Connections

DoD MWR LIBRARIES  
2025 SUMMER READING PROGRAM  
on Military Installations Worldwide

### RESOURCES



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

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

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)

# YOUR *Virtual* FFSC WEBINAR SCHEDULE

JULY 2025

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

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

## DEPLOYMENT SUPPORT

**Looking for deployment training?** Click Deployment on the LMS for the following trainings.

- 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



## EMPLOYMENT

AI Resume Building - A Paradigm Shift	7/2/25	9:00 AM EDT	6:00 AM PDT
AI Job Search Optimization 2025	7/3/25	12:00 PM EDT	9:00 AM PDT
The Road to Remote Job Success	7/9/25	1:00 PM EDT	10:00 AM PDT
PAIN FREE - Resume Writing	7/9/25	1:00 PM EDT	10:00 AM PDT
USAJOBS 2025	7/11/25	9:00 AM EDT	6:00 AM PDT
Mock Interview	7/15/25	1:00 PM EDT	10:00 AM PDT
Innovative Interviewing	7/15/25	9:30 AM EDT	6:30 AM PDT
Are you Prepared for the Next Job Fair?	7/17/25	2:00 PM EDT	11:00 AM PDT
Navigating LinkedIn	7/28/25	4:00 PM EDT	1:00 PM PDT

**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)

Demystifying the Acronyms and Supports for Students with Behavioral Needs	7/17/25	1:00 PM EDT	10:00 AM PDT
Navigating Employment: A Resource Guide for Exceptional Family Members	7/3/25	12:00 PM EDT	9:00 AM PDT
The Transition From High School to College for Students with Disabilities	7/16/25	1:00 PM EDT	10:00 AM PDT

## MENTAL WELL-BEING

Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	7/16/25	11:00 AM EDT	8:00 AM PDT
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## PARENTING



Healing Through Parenting	7/21/25	1:30 PM EDT	10:30 AM PDT
Parenting and Sexual Development (SHAPE Module 1)	7/15/25 7/31/25	11:00 AM EDT 9:00 AM EDT	8:00 AM PDT 6:00 AM PDT
Raising Siblings	7/15/25	12:00 PM EDT	9:00 AM PDT
What About the Kids?	7/17/25	1:00 PM EDT	10:00 AM PDT

**Join us for these webinars offered throughout July:**

- Helping Kids Thrive Through Change
- Nine Steps to Positive Parenting
- Spotting the Signs of Youth Suicide



**1** Go to [MyNavyFamily.com](https://MyNavyFamily.com) to log in or create a free account. Select the category on the

**2** 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	7/8/25	10:00 AM EDT	7:00 AM PDT
College Bound - Survivor Secrets	7/9/25	6:00 PM EDT	3:00 PM PDT
New Spouse Orientation	7/15/25	12:00 PM EDT	9:00 AM PDT
Stress Management	7/15/25	11:00 AM EDT	8:00 AM PDT
	7/22/25	10:00 AM EDT	7:00 AM PDT
Conflict Management	7/31/25	11:00 AM EDT	8:00 AM PDT

## PERSONAL FINANCIAL MANAGEMENT

Christmas in July: Saving Money for the Holidays	7/11/25	10:00 AM EDT	7:00 AM PDT
Are You Home Buying Ready?	7/17/25	1:00 PM EDT	10:00 AM PDT
Money Munchkins: Raising Money-Savvy Kids	7/23/25	1:00 PM EDT	10:00 AM PDT
Home Selling	7/24/25	1:00 PM EDT	10:00 AM PDT
Couples Communication: Communicating About Finance	7/24/25	2:00 PM EDT	11:00 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 June for your convenience!

## EMERGENCY PREPAREDNESS

Emergency Preparedness	7/10/25	3:00 PM EDT	12:00 PM PDT
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## RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 2: Mindfulness and Meditation	7/1/25	1:00 PM EDT	10:00 AM PDT
Module 3: Living Core Values	7/8/25	1:00 PM EDT	10:00 AM PDT
Module 4: Flexibility	7/15/25	1:00 PM EDT	10:00 AM PDT
Module 5: Problem Solving	7/22/25	1:00 PM EDT	10:00 AM PDT
Module 6: Connection	7/29/25	1:00 PM EDT	10:00 AM PDT
Stoicism Principles and Stress Management	7/18/25	9:00 AM EDT	6:00 AM PDT



Want to learn more about resilience? Join us for Bounce Back Better. See the LMS for times in your time zone.

