



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 are in-person.

**Please join us for our Holiday Open House,
Monday, December 8th, 1130-1330. Enjoy
holiday treats and meet the staff!**

Life Skills Classes:

Managing Holiday Stress (new class!)

Wednesday, December 10th 1030am – 1130am

The holidays can be a lonely, difficult, stressful time.
Learn tools to make the best of your break from work.

Dealing with Difficult People

Monday, December 1st 1pm – 3pm

Learn how to create peace of mind, make your
environment more harmonious,
and inspire respect in others.

Time Management

Thursday, December 4th 1pm – 3pm

Acquire strategies for controlling your time to increase
productivity, reduce stress, and achieve goals.

Mind-Body Mental Fitness: Stress Resiliency

Thursday, December 11th 2pm – 4pm

Learn how to use stress to your benefit.

Mind-Body Mental Fitness: Mindfulness and Meditation

Friday, December 12th 11am – 1pm

Strengthen focus and awareness and decrease harmful
reactivity to external events.

**To register, please email
katherine.e.goktepe.naf@us.navy.mil**

What We Offer:



Counseling Services
Family Advocacy Program
SAPR Program
Transition Assistance
Exceptional Family Member Program
Ombudsman/Life Skills Education Program
Relocation Assistance/Deployment Support
Personal Financial Management
Family Employment Readiness
Command Support

Sexual Assault Prevention and Response Program

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

Dec 10, 0900-1000 at FFSC
SAPR VA Appreciation Coffee Hour

Dec 10, 1100-1300 at Ney Hall Galley

December 1st - 5th, 2025 8:00am - 4:30pm
40-hour Initial Victim Advocate Course at FFSC

Dec 11, 0900-1100, Administrative Victim
Advocate training at FFSC

For more information on how to become an
Advocate, please email
theo.greenblatt.naf@us.navy.mil or
SARC, julianna.k.hamor.naf@us.navy.mil

Transition Assistance Program

January 26th – 30th 2026

March 9th – 13th 2026

May 11th – 15th 2026

July 20th – 24th 2026

September 21st – 25th 2026

November 16th – 20th 2026

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

For more information or to register call
401.841.2283 or email
brittany.m.clark20.civ@us.navy.mil

**Need help preparing your resume? Are you an
active-duty service member, reservist, spouse,
dependent or transitioning service member?**

Call Fleet and Family or email Brittany.m.clark20.civ@us.navy.mil
to schedule an appointment to tailor your resume to the jobs you
want!

Looking to teach your sailors skills to prepare them to
be more effective communicators? Lessen
workplace conflicts? Or help them manage their time
better? Any Life Skills classes can be offered on site
at your location. Call us today to book a training at
your command! Or email
Katherine.e.goktepe.naf@us.navy.mil

Developed for Navy spouses and Sailors' families, the
MyNavy Family app combines authoritative information
from Navy websites into a single, convenient location.
In addition to a wealth of useful content, the app offers
a military installation search, career center, and
emergency contact list.

Download with the QR code:



EFMP Exceptional Family Member Program

The Exceptional Family Member Program is a
mandatory program that provides support to
service members' families with special medical or
educational needs lasting longer than six months.

With the holidays here, EFMP would like to wish
you and your family a happy and safe holiday
season. Routines will be inconsistent, so give
yourself and your kids extra grace and remember
that setting boundaries around the needs of your
family is not only good, but also healthy.

Also, consider registering for the new class on
Managing Holiday Stress taught by our Clinical
Supervisor and Life Skills Educator on December
10th at FFSC.

Happy holidays!

-- Exceptional Family Member Case Liaison
Jessica Hebert, 401-595-6897
Jessica.L.Hebert19.naf@us.navy.mil

RESOURCES

Military OneSource
www.militaryonesource.mil

1 (800) 342-9647

SAPR Unit Victim Advocate
24/7: (401) 450-2327

DoW Safe Helpline 1 (877) 995-5247

Suicide/Crisis 24 Hotline Dial – 988

www.988lifeline.org

Military Crisis Line

1-800-273-TALK (option 1)

Text 838255

or live chat www.militarycrisisline.net

CNRMA FAP Victim Advocate

24/7: (812) 296-8252



1260 Peary Street, NAVSTA Newport
401.841.2283

Managing Holiday Stress: Finding Calm and Connection

Tips from our Counselors

Reach Out and Give Back

Connection helps ease stress. Participate in base or community events, call or video chat with family, or volunteer your time. Helping others often lifts your mood and strengthens your sense of purpose.

Be Realistic

Holidays don't have to be perfect. Traditions can evolve with each new PCS or deployment. Honor what matters most and be open to creating new ways to celebrate.

Set Aside Differences

Family gatherings can be challenging. Focus on what connects you, avoid "hot topics," and remember others may also be feeling stressed. A little patience and kindness go a long way.

Stick to a Budget

Financial strain adds to stress. Decide what you can spend before shopping. Consider simple alternatives - homemade gifts, charitable donations, or a gift exchange.

Plan and Prioritize

Schedule time for what's meaningful to you—rest, connection, exercise, etc. Setting boundaries helps you stay balanced and reduces burnout.

Know When to Say No

You don't have to attend every event or take on every request. Protect your time and energy - it's okay to decline politely.

Keep Healthy Habits

Enjoy the season's treats in moderation. Eat well, sleep enough, stay active, and limit alcohol. Try relaxation techniques like deep breathing, yoga, or mindfulness.

Acknowledge Your Feelings

If you're far from loved ones or missing someone, it's normal to feel sadness or grief. Let yourself feel those emotions. Talk with a friend, chaplain, or counselor. You're not alone.

Take Breaks

Even short pauses can help you recharge. Step outside, listen to music, or take a quiet walk. Small moments of calm make a big difference.

Seek Support When Needed

If sadness or anxiety persist, reach out to your chaplain, the Fleet & Family Support Center, or a mental health professional. Asking for help shows strength, not weakness.

Resources for Support

- **Fleet & Family Support Center:** 401-841-2283
 - **Chaplains' Office:** 401-841-2298
 - **Military OneSource:** 1-800-342-9647



YOUR *Virtual* FFSC WEBINAR SCHEDULE

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

Visit MyNavyFamily.com, select a topic, and view available sessions with times automatically converted to your local time.

EMPLOYMENT

AI Resume Building - A Paradigm Shift	12/3/25	9:00 AM EST	6:00 AM PST
Leveraging AI For Your 2025 Job Search	12/5/25	9:00 AM EST	6:00 AM PST
Power Up Your Resume for Remote Jobs	12/10/25	1:00 PM EST	10:00 AM PST
Acing the Interview!	12/10/25	1:00 PM EST	10:00 AM PST
USAJobs 2025	12/12/25	9:00 AM EST	6:00 AM PST

Want more? Click on Employment for dates and times for:

- Becoming Federal Resume Savvy
- Job Search Hacks
- Mastering the Modern Resume
- Mastering Virtual Interviews

NAVY LIFE

New Spouse Orientation	12/2/25	1:00 PM EST	10:00 AM PST
	12/16/25	12:00 PM EST	9:00 AM PST

Click Navy Life for webinars like:

- Navy Family Connection
- Family Operations Security made Easy and more

PARENTING

Tear Free Dinner	12/3/25	12:00 PM EST	9:00 AM PST
Parenting to Prevent PSB: Teens (SHAPE Module 5)	12/3/25	7:00 PM EST	4:00 PM PST
What About the Kids?	12/11/25	1:00 PM EST	10:00 AM PST
Exploring Through the Senses	12/12/25	12:00 PM EST	9:00 AM PST
Self-Care: Parent Edition	12/16/25	2:00 PM EST	11:00 AM PST

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

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

EXCEPTIONAL FAMILY MEMBER PROGRAM

Permanent Change of Station from Special Education into Adulthood; The Transition Process	12/3/25	1:00 PM EST	10:00 AM PST
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EMERGENCY PREPAREDNESS

Preparedness: Your Piece of Mind	12/5/25	3:00 PM EST	12:00 PM PST
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MENTAL WELL-BEING

Understanding Anger	12/2/25	10:00 AM EST	7:00 AM PST
Stress Management	12/2/25	11:00 AM EST	8:00 AM PST
	12/9/25	10:00 AM EST	7:00 AM PST
Staying Safe: Vigilance and Awareness in Preventing Stalking in Intimate Partner Relationships	12/4/25	11:00 AM EST	8:00 AM PST
Achieving Financial Empowerment while Experiencing Intimate Partner Violence	12/9/25	2:00 PM EST	11:00 AM PST

PERSONAL GROWTH

5 Love Languages 101	12/9/25	1:30 PM EST	10:30 AM PST
Conflict Management	12/11/25	11:00 AM EST	8:00 AM PST



- 1 Go to 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

Now I'm the Landlord	12/4/25	1:00 PM EST	10:00 AM PST
Let's Get Financially Fit!	12/15/25	5:00 PM EST	2:00 PM PST
Military Marriage 101: Building Stronger Bonds & Financial Security	12/17/25	1:00 PM EST	10:00 AM PST
The Fundamentals of Saving and Investing	12/18/25	11:00 AM EST	8:00 AM PST
How to Survive the Holidays Financially	12/18/25	1:00 PM EST	10:00 AM PST

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 and more!



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 December for your convenience!

Beyond the Move: Understanding Relocation's Impact on Your EFM	12/1/25	12:00 PM EST	9:00 AM PST
Unlock New Opportunities: Learn Cultural Adaptation	12/8/25	12:00 PM EST	9:00 AM PST
Smooth Move	12/16/25	12:00 PM EST	9:00 AM PST

RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 5: Problem Solving	12/2/25	1:00 PM EST	10:00 AM PST
Module 6: Connection	12/9/25	1:00 PM EST	10:00 AM PST
Holiday Blues	12/18/25	5:00 PM EST	2:00 PM PST
Stoicism Principles and Stress Management	12/19/25	9:00 AM EST	6:00 AM PST

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.

