July Class Schedule:
06 July: Sponsor Class: 0830-0930: The Sponsor Orientation Class is designed to facilitate the adaption of service members and their families into new working and living environments. Sailors are integrated into a command when they are fully cognizant of all policies, programs, services and responsibilities.
11 July: Pre-Deployment Brief, 0800-0900. Deployments are in inevitable part of military life. Despite the challenges of separation and change, deployments can be managed. Information and skill building is key to managing deployments.
13 Jul, Ombudsman Assembly & Advanced Training, 1800-2000. Monthly meetings offering advanced training, networking opportunities and community resource information. Open to all Ombudsmen and Command Support Team Members. Register by email to christina.m.gonzalez12.naf@us.navy.mil.
18 July, Blended Retirement System, 0900-1000. Designed to provide sailors and family members the information they need to make informed decisions.
21 July, Resume Writing, 1300-1500. This course is open to military and family members.
21 July, Family Advocacy Leadership Training, 1300-1600. This is an introductory course that emphasizes leadership’s role in all aspects of the FAP program.
25 July, Thrift Savings Plan, 1300-1400. Learn how TSP can contribute financial security during retirement.
28-29 July, Managing Your Education, 0800-1600 each day. Instructor guides you through determining your career path, selecting a degree program, comparing accredited colleges; examining funding; and college application requirements. A computer is required for this class. Register by email to francis.a.soal.civ@us.navy.mil.
As the Clinical Supervisor at Fleet and Family Support Center Newport, I am proud of the non-medical counseling services we provide to our active duty service members and their families on board Naval Station Newport. Non-medical counseling at Fleet and Family Support Center is another resource available to you when stressors build and start impacting your home and work life. We are trained, experienced licensed clinicians, whose sole purpose is to help service members and their families navigate the stressors that impact their daily lives.

We have many tools available to help you identify areas of stress, organize the often flood of emotions and thoughts that become negative and self-defeating and perhaps most importantly, help identify additional options that help support your deepest goals and values. Let me address an issue that prevents many from coming into counseling in the first place. Some may think going to counseling is a sign of weakness, and they just need to tough it out. Let me assure you, counseling takes tremendous courage. I have seen the hard work others have done in the past, we will look ‘square in the eye’ so to speak, some of the most difficult issues that you may be facing. Together we will explore them, evaluate them, talk about where they came from, how they developed, what you have already done about them and finally from a context of values, we will look at options that build on your strengths. Trust me, that is not done out of weakness. And if those challenges require resources in addition to Fleet and Family, we will make sure you get to the right place.

After that process, not only will you come out stronger and better able to manage issues that brought you here in the first place, but similar issues in the future. Counseling at Fleet and Family is non-medical, meaning it is not included in your medical file and is private, with a few safety related exceptions. In context of suicide prevention it’s always better and safer to address stressors as they are developing rather than when options seem limited and thoughts start going toward self-harm. We are part of a broad mental health team, whose sole purpose is to be here for you. We hope to see you soon.
Exceptional Family Member Program (EFMP)
Deployment Support Program
Relocation Assistance Program
Ombudsman Program
Life Skills Education Program
Family Employment Readiness Program
Personal Financial Management Program
Clinical Counseling (non-medical)
Family Advocacy Program
Transition Assistance Management Program
SAIL "Sailor Assistance and Intercept for Life"
Sexual Assault Prevention and Response (SAPR)

**NS Newport Fleet & Family Support Center**

1260 Peary Street
Newport, RI 02841

COM: 401-841-2283
DSN: 312-841-2283
ffsc_nwpt@navy.mil

**SAPR Unit Victim Advocate 24/7**

401-450-2327

**National Resources**

Military OneSource
1-800-342-9647
www.militaryonesource.mil

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