

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



Mark Your Calendars!

**SUMMER
SOCIAL
RESOURCE FAIR**

**WEDNESDAY
AUGUST
5TH
2026**

4:30PM – 7:00PM

**AT
NAVSTA
NEWPORT, RI**

★ OFFICERS CLUB ★

**★ OPEN TO ALL MILITARY AND CIVILIAN
WITH BASE ACCESS ★**

**★ FEATURING INSTALLATION,
STATE AND COMMUNITY RESOURCES**

**Are you
NEW
to NAVSTA
NEWPORT
or the
East Coast?
DON'T MISS OUT!**

**FUN
GAMES!**

**TOUCH
A TRUCK!**

**FOAM
PIT!**

**AND SO
MUCH
MORE!**

CONNECT. ★ DISCOVER. ★ BELONG.
BUILDING STRONGER FLEET & FAMILY CONNECTIONS!

FOR MORE INFORMATION CALL (401) 841-2283

FLEET AND FAMILY SUPPORT CENTER

Celebrating

47

YEAR ANNIVERSARY!

47 Years Strong.

**— ONE MISSION —
ENDLESS SUPPORT.**

Thank You!

To our dedicated team and the
resilient families we serve –
your strength, commitment, and
partnership are the foundation
of our success.

★★ PROUDLY SERVING ★★
THOSE WHO SERVE
SINCE 1979



SUPPORT



GUIDANCE



RESOURCES



RESILIENCE



COMMUNITY



Looking for a fun way to beat the
heat and spend quality time
together?

Join us for an exclusive **Exceptional
Family Member Program (EFMP)
Family Open Swim!**

Wednesday, July 22, 2026

10:00 AM – 11:00 AM

John H. Chafee Fitness Center

★ Enjoy family fun in the pool
Connect with other EFMP families
Relax, play, and make a splash!



**Registration Required by emailing:
Jessica.L.Hebert19.naf@us.navy.mil
Registration closes July 17, 2026**

LIFE SKILLS

Mind-Body Mental Fitness Module 1

Stress Resiliency

Thursday July 9th 1:00pm – 3:00pm

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.

Finding the Good in Conflict

Monday July 20th 11:00am-12:00pm

Discover how to transform conflict from a
destructive force to a catalyst for growth and
progress

Mind-Body Mental Fitness Module 2

Mindfulness Meditation

Friday July 17th 11:00am – 1:00pm

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



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

Navy Transition Assistance Program (TAP) Preparing Sailors for Success Beyond Service

As Sailors prepare to transition from military service to civilian life, the Navy Transition Assistance Program (TAP) plays a critical role in helping them navigate the next chapter of their careers and lives. TAP provides comprehensive resources, training, and guidance to ensure Service Members are well-equipped for a successful transition, whether they plan to pursue higher education, vocational training, entrepreneurship, and/or civilian employment. The TAP program offers workshops on career planning, resume development, job-search strategies, financial management, Veterans Affairs benefits, and more. By connecting Sailors with valuable tools and support networks, TAP helps reduce uncertainty and empowers Service Members to make informed decisions about their future. The importance of TAP cannot be overstated. Transitioning from military service is a significant life change, and early preparation can make a meaningful difference in long-term success. Through TAP, the Navy demonstrates its continued commitment to supporting Service Members not only during their time in uniform but also as they move forward into rewarding civilian careers and communities. All transitioning Sailors are encouraged to engage with the TAP program as early as possible to take full advantage of the opportunities and resources available to them. If you are retiring, you should engage with the TAP program around 24 months out from your retirement and if you are separating you should engage with the TAP program around 12 months out from your separation. Take the first step and contact your Command Career Counselor (CCC) or the Transition Assistance Program (TAP) Coordinator at the FFSC today!

Transition Assistance Program

July 13th -17th 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 email
brittany.m.clark20.civ@us.navy.mil

Ace the Interview: Stand Out and Get Hired!

Date: Thursday, July 23, 2026

Time: 11:00 a.m. – 12:00 p.m.

Location: FFSC

1260 Peary Street, NAVSTA Newport

Open to all individuals with base access.

**Don't miss this opportunity to gain the
confidence and techniques needed to ace
your next interview!**

RESUMES THAT GET RESULTS



WORKSHOP

COURSE OUTLINE

Purpose of the Resume
Types of Resumes
Resume Components
Targeting Your Resume
Accomplishment Statements
Formatting Your Resume
Marketing Your Resume

FFSC Conference Room
1260 Peary Street
Newport, RI 02841

22 July 2026
30 July 2026

10:00-11:00 AM
1:00-2:00 PM

For more information or to sign up please contact Family Employment Readiness Program (FERP) Coordinator Brittany Clark at Brittany.M.Clark20.civ@us.navy.mil or call 401-841-2283 today!

NAVIGATING FEDERAL EMPLOYMENT



RESUME LET US HELP YOU TO GET HIRED!

Workshop Content:

The Federal Employment System
Getting Started with USA Jobs
Searching for Jobs
The Federal Application
Assessments
Completing the Application

For more information or to sign up please
contact Family Employment Readiness
Program Coordinator Brittany Clark at
Brittany.M.Clark20.civ@us.navy.mil or call
(401) 841-2283 today!

Wednesday July 29th
10:00-11:30 AM
1260 Peary Street
Newport, RI 02841

CHILD AND FAMILY COUNSELING



offers confidential child and family counseling services designed to support military families through life transitions, strengthen resilience, and promote healthy family relationships.



**FFSC HAS A CHILD/TEEN AND FAMILY COUNSELOR
WHO IS HERE TO HELP.**



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



(401) 841 - 2283



ffsc_nwpt@navy.mil



SUPPORTING
OUR NAVY FAMILY-
TOGETHER.



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

RESOURCES

1260 Peary Street,
NAVSTA Newport
(401) 841 - 2283
Ffsc_nwpt@navy.mil

Download the
MyNavy Family app



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



VTAP

Navy Virtual Transition Assistance Program



TRANSITION ASSISTANCE PROGRAM



The Navy provides interactive virtual webinars through the Virtual Transition Assistance Program (VTAP) for all eligible service members preparing to transition back to civilian life. Service members must complete their required congressional-mandated training at no less than 365 days before their official retirement or separation from military service. VTAP is designed for Service members who are unable to attend in-person training sessions in a timely manner. VTAP webinar classes are available to Service members and their spouses at any stage of their career and at any time zone.

JULY 2026

Schedule is Subject to Change

WEEK of 6-10 Jul		Date	EDT	Millington	San Diego	Hawaii		Bahrain		Japan	
2 hrs.	Pre-Separation Briefing	6 Jul	7:00 AM	6:00 AM	4:00 AM	6 Jul	1:00 AM	6 Jul	2:00 PM	6 Jul	8:00 PM
30 mins.	Managing Your Transition	6 Jul	9:15 AM	8:15 AM	6:15 AM	6 Jul	3:15 AM	6 Jul	4:15 PM	6 Jul	10:15 PM
1.5 hrs.	MOC Crosswalk	6 Jul	10:00 AM	9:00 AM	7:00 AM	6 Jul	4:00 AM	6 Jul	5:00 PM	6 Jul	11:00 PM
4 hrs.	Financial Planning for Transition	7 Jul	7:00 AM	6:00 AM	4:00 AM	7 Jul	1:00 AM	7 Jul	2:00 PM	7 Jul	8:00 PM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	8 Jul	7:00 AM	6:00 AM	4:00 AM	8 Jul	1:00 AM	8 Jul	2:00 PM	8 Jul	8:00 PM
WEEK of 13-17 Jul		Date	EDT	Millington	San Diego	Hawaii		Bahrain		Japan	
2 hrs.	Pre-Separation Briefing	14 Jul	8:00 AM	7:00 AM	5:00 AM	14 Jul	2:00 AM	14 Jul	3:00 PM	14 Jul	9:00 PM
30 mins.	Managing Your Transition	14 Jul	10:15 AM	9:15 AM	7:15 AM	14 Jul	4:15 AM	14 Jul	5:15 PM	14 Jul	11:15 PM
1.5 hrs.	MOC Crosswalk	14 Jul	11:00 AM	10:00 AM	8:00 AM	14 Jul	5:00 AM	14 Jul	6:00 PM	15 Jul	12:00 AM
4 hrs.	Financial Planning for Transition	14 Jul	1:00 PM	12:00 PM	10:00 AM	14 Jul	7:00 AM	14 Jul	8:00 PM	15 Jul	2:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	15 Jul	8:00 AM	7:00 AM	5:00 AM	15 Jul	2:00 AM	15 Jul	3:00 PM	15 Jul	9:00 PM
6 hrs.	DoW (2Day) MY Education Day 1 8 am-4pm Day 2 8 am-4pm	16 Jul	8:00 AM	7:00 AM	5:00 AM	16 Jul	2:00 AM	16 Jul	3:00 PM	-	-
		17 Jul	8:00 AM	7:00 AM	5:00 AM	17 Jul	2:00 AM	17 Jul	3:00 PM	-	-
WEEK of 20-24 Jul		Date	EDT	Millington	San Diego	Hawaii		Bahrain		Japan	
2 hrs.	Pre-Separation Briefing	21 Jul	9:00 AM	8:00 AM	6:00 AM	21 Jul	3:00 AM	21 Jul	4:00 PM	21 Jul	10:00 PM
30 mins.	Managing Your Transition	21 Jul	11:15 AM	10:15 AM		21 Jul	5:15 AM	21 Jul	6:15 PM	22 Jul	12:15 AM
1.5 hrs.	MOC Crosswalk	21 Jul	12:00 PM	11:00 AM		21 Jul	6:00 AM	21 Jul	7:00 PM	22 Jul	1:00 AM
4 hrs.	Financial Planning for Transition	21 Jul	2:00 PM	1:00 PM		21 Jul	8:00 AM	21 Jul	9:00 PM	22 Jul	3:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	22 Jul	9:00 AM	8:00 AM	6:00 AM	22 Jul	3:00 AM	22 Jul	4:00 PM	22 Jul	10:00 PM



www.ffsp.navy.mil

CNIC's Learning Management System (LMS)

Regardless of a sailor's career stage or time zone, VTAP webinar classes are available. To register for any session, log in to <https://mynavyfamily.com>