



The Fleet & Family Support Center

January

Volume 1
2026

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.

Life Skills Classes:

Anger Management (Lunch and Learn)

Monday, January 12 from 1100 – 1300

Participants learn to develop new and effective coping strategies and deal effectively with difficult situations or people.

Mind-Body Mental Fitness: Stress Resiliency (Lunch and Learn)

Friday, January 16 from 1100 – 1300

Learn how to use stress to your benefit.

Time Management

Tuesday, January 20 from 1300 – 1500

Participants learn strategies for optimizing their schedules to meet work and family life demands.

Mind-Body Mental Fitness: Mindfulness and Meditation

Thursday, January 22 from 1300 – 1500

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

Public Speaking (Lunch and Learn)

Friday, January 23 from 1100 – 1200

Practice and improve various types of speeches (introductory, informative, persuasive, special occasion, extemporaneous, and debate) through feedback from other orators in the workshop.

Mind-Body Mental Fitness: Problem Solving

Thursday, January 29 from 1300 – 1500

Explore new and effective ways to solve problems, build strong teams, and set goals.

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



EFMP

**Exceptional
Family Member
Program**

The Exceptional Family Member Program and the Naval War College Museum have teamed up to bring Naval Station Newport families a fun and educational program called Sea Bags.

Upcoming Event Dates: 16 JAN 26 4-5 PM
19 FEB 26 1-2 PM

Location: FFSC, 1260 Peary Street

Email Jessica.L.Hebert19.naf@us.navy.mil to register!





DO YOU KNOW WHO YOUR OMBUDSMAN ARE?

Command

Naval Chaplaincy School

NAVSTA Newport

NTAG NE/RTAG

Navy Reserve Center Newport

Naval War College

Officer Training Command Newport

NMRTC

Supply Corps School

MSRON-8

Naval Academy Preparatory School

Navy Band Northeast

USS Constitution

Center for Service Support

Naval Leadership and Ethics Center

Ombudsman

Lindsay Hardy

AL Rau

Chelley Carroll-Worth

Lindsay Hardy

Jalyn Dalpe

AL Rau

Bethel Trask

Melissa Dixon, Kathy Filbey

Nicole Reaser

Sandra Batista

Chelley Carroll-Worth

Brittany Ayres

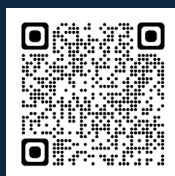
Kelly Stumm

An ombudsman is a well-trained volunteer, appointed by the Commanding Officer, who serves as the primary, official communications link between families and the command and acts as an advocate for the command families.

For more information about the program or about how to contact your ombudsman, please 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:



January is National Stalking Awareness Month

Stalking is recognized by the DoD as a high-risk behavior that often escalates into sexual assault. If you are experiencing stalking behaviors such as following, monitoring, or threats—either online or in person—the SAPR team is a confidential first stop for guidance, referrals, safety planning, and advocacy.

You can also visit

<https://www.stalkingawareness.org/> to learn more about the crime of stalking.

**24/7 SAPR Victim Advocate Hotline,
401-450-2327**

**Julianna Hamor, SARC, 401-450-4212,
julianna.k.hamor.naf@us.navy.mil**

**Theo Greenblatt, SAPR VA, 401-528-9542,
theo.greenblatt.naf@us.navy.mil**

DoD 24/7 Safe Helpline: 1-877-995-5247

OR text at 55-247 OR go to

www.safehelpline.org

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

Transition Assistance and Family Employment Programs

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

Call 401-841-2283 or email

Brittany.M.Clark20.civ@us.navy.mil to sign up today!

****Open to anyone with access to Naval Station Newport.****

INTERVIEW TECHNIQUES

FFSC CONFERENCE ROOM

1260 PEARY STREET

JANUARY 14TH, 2026

1000-1100



EFFECTIVE RESUME WRITING 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

 13 January, 2026
22 January, 2026
1130-1230 (13th)
 -lunch & learn session-
0900-1000 (22nd)

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!



RETIREE BENEFITS BRIEF 2026

An educational event for future retirees and their families.

****Spouses welcome and encouraged to attend!**

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Topics Covered:

Survivor Benefit Plan (SBP)
Tricare Medical (Prime and Select)
Retiree Dental/Vision (FEDVIP)

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

THURSDAY

26 FEB 2026

9:00 – 11:00 AM



Naval Station Newport Fleet and Family Support Center
1260 PEARY STREET NEWPORT, RI 02841

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FOR MORE INFORMATION OR TO SIGN UP PLEASE

CALL (401) 841-2283 OR EMAIL

BRITTANY.M.CLARK20.CIV@US.NAVY.MIL

****DROP INS WELCOME****



2026 TRANSITION ASSISTANCE PROGRAM (TAP) Classes

January 26th – 30th 2026
March 9th – 13th 2026
May 11th – 15th 2026
July 20th – 24th 2026
September 21st – 25th 2026
November 16th -20th 2026

All classes are held at the MWR Conference Room located at 656 Whipple Street on Naval Station Newport

Monday DOD Day 0800-1600 **Mandatory**
Tuesday VA Day 0800-1600 **Mandatory**
Wednesday DOL EFCT Day 0800-1600 **Mandatory**
Thursday and Friday DOLEW 0800-1600

Pre-Registration is required for ALL classes.

Call (401) 841-2283 or email brittany.m.clark20.civ@us.navy.mil

Monday: DOD TRANSITION DAY (4 Separate Parts)

Pre-Separation Counseling covers by-law information to include benefits, entitlements, and resources for eligible transitioning Service members

Managing Your Transition (MY Transition) introduces topics important for transition and associated resources.

Military Occupational Codes (MOC) Crosswalk assists with identifying skills and demonstrates how to translate skills, training, and education into civilian credentialing appropriate for civilian jobs.

Financial Planning builds on the financial training provided during the MLC and helps Service Members understand how transition will impact their financial situation.

Tuesday: VA DAY

Veterans Benefits – a VA Benefits advisor provides information about VA benefits, services, and tools; they show how to find the help and support needed for a successful transition.

Wednesday: Department of Labor Employment Fundamentals of Career Transition (DOL EFCT)

EFCT lays the foundation of transition from the military to a civilian career. The one-day course introduces the essential tools and resources needed to evaluate career options, gain information for civilian employment, and understand the fundamentals of the employment process.

Thursday & Friday: Department of Labor Employment Workshop (DOLEW)

DOLEW covers emerging best practices in career employment, including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment.



2026 DEPARTMENT OF LABOR EMPLOYMENT WORKSHOPS (DOLEW)

29-30 January
12-13 March
14-15 May
23-24 July
24-25 September
19-20 November

2026 DEPARTMENT OF LABOR (DOL) CAREER AND CREDENTIAL EXPLORATION (C2E)

February 3-4 0800-1600
October 20th-21st 0800-1600

2026 SMALL BUSINESS ADMINISTRATION (SBA) BOOTS TO BUSINESS (B2B)

April 14th -15th 0800-1600
October 27-28 0800-1600

Pre-Registration is required for ALL classes.

Call (401) 841-2283 or email brittany.m.clark20.civ@us.navy.mil

****DOLEW classes are held at the MWR Conference Room located at 656 Whipple Street on Naval Station Newport**

****C2E and B2B classes are held at the Conference Room in the Fleet and Family Support Center located at 1260 Peary Street on Naval Station Newport**

VOCATIONAL 2-DAY TRACK (C2E) offers 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.

SMALL BUSINESS ADMINISTRATION (SBA) BOOTS TO BUSINESS (B2B) 2-DAY TRACK provides an introductory understanding of business ownership.

DEPARTMENT OF LABOR EMPLOYMENT WORKSHOP (DOLEW) 2-DAY TRACK covers emerging best practices in career employment, including in-depth training to learn interview skills, build effective resumes, and use emerging technology to network and search for employment.

The Transition Assistance Program is a congressionally-mandated program to prepare service members for transition back to civilian life. Service members commence the TAP process no later than 365 days prior to their anticipated separation, retirement, or release from active duty.

To register for these sessions, log in to:

[MyNavyFamily.com](https://www.mynavyfamily.com).

1. Click “Live Webinars” at the top of the page to view the list of offerings.
2. Click the title of a session to view the information and description.
3. Click “Register Now” to register for the course.

Date	Name	Length	Eastern Time	Pacific Time	Guam	
					Date	Time
5 Jan	Pre-Separation Brief	2 hrs	6:00 PM	3:00 PM	6 Jan	9:00 AM
5 Jan	Managing Your Transition	1 hr	8:15 PM	5:15 PM	7 Jan	8:15 AM
5 Jan	MOC Crosswalk	1.5 hrs	9:30 PM	6:30 PM	8 Jan	12:30 PM
6 Jan	Financial Planning for Transition	4 hrs	6:00 PM	3:00 PM	7 Jan	9:00 AM
7 Jan	DOL Employment Fundamentals for Career Transition	8 hrs	6:00 PM	3:00 PM	8 Jan	9:00 AM
13 Jan	Pre-Separation Brief	2 hrs	8:00 AM	5:00 AM	13 Jan	8:00 AM
13 Jan	MOC Crosswalk	1.5 hrs	11:30 AM	8:30 AM	14 Jan	2:30 AM
13 Jan	Financial Planning for Transition	4 hrs	1:15 PM	10:15 PM	14 Jan	4:15 AM
13 Jan	Managing Your Transition	1 hr	10:15 AM	7:15 AM	14 Jan	1:15 AM
14 Jan	DOL Employment Fundamentals for Career Transition	8 hrs	8:00 AM	5:00 AM	14 Jan	11:00 PM
15 Jan	DOL Vocational Track Day 1	8 hrs	8:00 AM	5:00 AM	15 Jan	11:00 PM
16 Jan	DOL Vocational Track Day 2	8 hrs	8:00 AM	5:00 AM	16 Jan	11:00 PM
27 Jan	Pre-Separation Brief	2 hrs	9:00 AM	6:00 AM	28 Jan	12:00 AM
27 Jan	Managing Your Transition	1 hr	11:15 AM	8:15 AM	28 Jan	2:15 AM
27 Jan	MOC Crosswalk	1.5 hrs	12:30 PM	9:30 AM	28 Jan	3:30 AM
27 Jan	Financial Planning for Transition	4 hrs	2:15 PM	11:15 AM	28 Jan	5:15 AM
28 Jan	DOL Employment Fundamentals for Career Transition	8 hrs	9:00 AM	6:00 AM	29 Jan	12:00 AM

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	1/7/26	9:00 AM EST	6:00 AM PST
Leveraging AI For Your 2025 Job Search	1/9/26	9:00 AM EST	6:00 AM PST
AI Prompt Engineering: From Idea to Output	1/14/26	9:00 AM EST	6:00 AM PST
The Road to Remote Job Success	1/14/26	1:00 PM EST	10:00 AM PST
USAJobs 2026	1/16/26	9:00 AM EST	6:00 AM PST
Why Doesn't This Fair Have Any Rides?! (Preparing for Job Fair)	1/20/26	4:00 PM EST	1:00 PM PST
Decoding Civilian Dress Codes	1/20/26	6:00 PM EST	3:00 PM PST
From Home to Hire	1/21/26	12:00 PM EST	9:00 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
- Remote Ready: A Spouse's Roadmap to a Virtual Career!

PARENTING

Big Scary Feelings: Understanding and Dealing with Big Emotions in Children	1/7/26	10:00 AM EST	7:00 AM PST
Understanding ACEs (Adverse Childhood Experiences)	1/8/26	12:00 PM EST	9:00 AM PST
Parenting and Sexual Development (SHAPE Module 1)	1/13/26	12:00 PM EST	9:00 AM PST
What About the Kids	1/15/26	1:00 PM EST	10:00 AM PST
Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)	1/20/26	12:00 PM EST	9:00 AM EST
Why Won't These Kids Listen?! Understanding and Managing Defiance	1/23/26	10:00 AM EST	7:00 AM PST
Parenting to Prevent PSB: Ages 5-9 (SHAPE Module 3)	1/27/26	12:00 PM EST	9:00 AM PST

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

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

MENTAL WELL-BEING

Stress Management	1/6/26 1/27/26	10:00 AM EST	7:00 AM PST
Understanding Anger	1/13/26	10:00 AM EST	7:00 AM PST



NAVY LIFE

Mission Start: Military Spouse Orientation 101	1/7/26	12:00 PM EST	9:00 AM PST
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Click Navy Life for webinars like:

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

PERSONAL GROWTH



Anger Management	1/22/26	10:00 AM EST	7:00 AM PST
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Click the Personal Growth category for Finding the Good in Conflict offered several times throughout the month.



- 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

Million Dollar Service Member Day 1	1/6/26	12:00 PM EST	9:00 AM PST
2026 New Updates (TSP, W4, Military Financial Pay and State Benefits)	1/7/26	10:00 AM EST	7:00 AM PST
Million Dollar Service Member Day 2	1/7/26	12:00 PM EST	9:00 AM PST
Home Selling	1/22/26	1:00 PM EST	10:00 AM PST
Money, Money, You're Ruining My Honey!	1/23/26	11:00 AM EST	8:00 AM PST
Command Financial Specialist Continuing Education	1/27/26	12:00 PM EST	9:00 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 January for your convenience!

Steering Sailors Right: The Sponsor's Essential Toolkit	1/8/26	4:00 PM EST	1:00 PM PST
Sponsorship - From the Sailor to the Family	1/21/26	4:00 PM EST	1:00 PM PST

EFMP - EXCEPTIONAL FAMILY MEMBER PROGRAM

IEP vs 504 What's the Difference?	1/7/26	12:00 PM EST	9:00 AM PST
Getting Underway with Your Special Education Journey	1/27/26	1:00 PM EST	10:00 AM PST



RESILIENCE

Stoicism Principles and Stress Management	1/23/26	9:00 AM EST	6:00 AM PST
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Click Resilience for webinars on:

- Bounce Back Better
- Run Resilience
- Mission Ready, Mentally Strong

