

The NAVSTA Newport, RI 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 02841

Life Skills

MBMF Module 1 Stress Resiliency

Tuesday June 24th 1:00pm-3:00pm

Learn 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.

Anger Management

Wednesday June 25th 1:00pm-3:00pm

Learn skills to prevent anger and conflict from escalating to violence. Develop new & effective coping strategies to deal successfully with difficult situations or people.

Lunch n' Learn Resume Workshop

Friday June 27th 12:00pm-1:00pm

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

MBMF Module 2 Mindfulness & Meditation

Monday June 30th 1:00pm-3:00pm

Participants learn how to strengthen focus and awareness and decreasing harmful reactivity to external events.

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

Transition Assistance Program

July 28th – August 1st, 2025

September 22nd – 26th, 2025

November 17th – 31st, 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



PCS season has arrived!

Download the Permanent Change of Station Guide at
<https://www.mynavyhr.navy.mil>

This resource is designed to help you navigate the relocation process with greater confidence and clarity. From managing household goods, coordinating with your new command, to finding a home & enrolling your children in school, we aim to support you at each step.

We recognize that a PCS move requires careful planning and the right resources for a smooth transition. This guide offers practical tips, helpful information, and useful tools to make the process more manageable and less stressful.

Thank you for your service, and we wish you a successful and steady move to your next chapter.

Supporting MISSION Readiness Through FAMILY Readiness!

The NAVSTA Newport, RI Fleet and Family Support Center recognize that being in the military presents unique challenges and opportunities for service members and their families. FFSC's programs and services are designed to help you make the most of your military experience ...and they are available to you at no cost.

For more information call (401) 841 - 2283 today

Email ffsc_newpt@navy.mil

Virtual FFSC Webinar Schedule visit

www.mynavyfamily.com

FFSC Virtual Clinical Counseling 1-855-205-6749

Looking for some fun summer ideas? Did you know that more than 2,000 museums across America participate in Blue Star Museums each summer. These include children's museums, art museums, history and science museums, zoos, and nature centers. They offer free admission to branches of service active-duty military personnel and their family. You can find participating museums at www.arts.gov/bluestarmuseums



EFMP Exceptional Family Member Program

Tuesday June 3rd 11:30am – 12:30pm Live Webinar
Community Conversation about The Anxious Generation

During this talk, we will discuss Jonathan Haidts' book The Anxious Generation:
How the great rewiring of childhood is causing an epidemic of mental health.
All are welcome to join, even if you haven't read the book!

Lunch n' Learn Wednesday June 11th 11:30am – 12:30pm
Deployment & EFMP

Navigating the rough seas of deployment with your Exceptional Family Member

Tuesday June 17th 5:30pm – 6:30pm Live Webinar

How to Support Social Skill development in Children in an Increasingly Digital World

A discussion on how technology can interrupt and impede social interactions critical for child development along with tips and ideas to create more opportunities for children to develop these skills without screens.

Registration required email Jessica.L.Hebert19.naf@us.navy.mil

Sexual Assault Prevention and Response Program

Provides high quality services and support to victims and survivors of sexual assault that strengthen their resilience and instill confidence and trust in the reporting process, whether they file a restricted or unrestricted report.

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

Sexual Assault Response
Coordinator: (401) 450-4212

SAPR Victim Advocate:

(401) 528-9542

(401) 314 – 5894

DoD Safe Helpline:

1-877-995-5247



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



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

Follow us on Facebook at
Fleet and Family Support Center NS Newport

Navy Ombudsmen
Dedicated Volunteers
Serving Navy Families

Ombudsman Basic Training
Saturday June 7th & Sunday June 8th
8:00am – 4:00pm
FFSC, NAVSTA Newport, RI

For more register or for more information
on the Ombudsman program email
katherine.e.goktepe.naf@us.navy.mil

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

YOUR *Virtual* FFSC WEBINAR SCHEDULE

JUNE 2025

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

Power Up Your Resume for Remote Jobs	6/4/25	1:00 PM EDT	10:00 AM PDT
AI Resume Building - A Paradigm Shift	6/5/25	12:00 PM EDT	9:00 AM PDT
AI Job Search Optimization 2025	6/6/25	9:00 AM EDT	6:00 AM PDT
USAJOBS 2025	6/13/25	9:00 AM EDT	6:00 AM PDT
LinkedIn and How to Make it Work for You!	6/23/25	10:00 AM EDT	7:00 AM 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)

Music Together for Children with Special Needs	6/5/25	12:30 PM EDT	9:30 AM PDT
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MENTAL WELL-BEING

Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	6/13/25	1:00 PM EDT	10:00 AM PDT
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PARENTING



How to Protect the Next Generation in the Digital Age	6/3/25	1:00 PM EDT	10:00 AM PDT
Parenting and Sexual Development (SHAPE Module 1)	6/6/25	8:30 AM EDT	5:30 AM PDT
Parenting to Prevent PSB: Teens (SHAPE Module 5)	6/11/25	6:30 PM EDT	3:30 PM PDT
College Bound - Survivor Secrets	6/25/25	7:00 PM EDT	4:00 PM PDT
What About the Kids?	6/26/25	1:00 PM EDT	10:00 AM PDT

Join us for these webinars offered throughout June:

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

DEPLOYMENT SUPPORT

IA Deployment 101	6/17/25	1:00 PM EDT	10:00 AM PDT
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Looking for more? 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



TRANSITION



Spouse Transition And Readiness Table Talk (S.T.A.R.T.)	6/20/25	9:00 AM EDT	6:00 AM PDT
Why Does This Job Fair Not Have Any Rides?	6/18/25	4:00 PM EDT	1:00 PM PDT



- 1 Go to 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



Building Bridges-Nurturing Healthy Relationships	6/5/25	1:00 AM EDT	10:00 AM PDT
Understanding Anger	6/10/25	10:00 AM EDT	7:00 AM PDT
Anger Management	6/10/25	11:00 AM EDT	8:00 AM PDT
Habits of Happy People	6/10/25	11:00 AM EDT	8:00 AM PDT
Conflict Management	6/25/25	11:00 AM EDT	8:00 AM PDT

PERSONAL FINANCIAL MANAGEMENT

Coins to Credit: Raising Money-Savvy Kids	6/4/25	1:00 PM EDT	10:00 AM PDT
	6/25/25	1:00 PM EDT	10:00 AM PDT
Touchpoint Talk Marriage	6/13/25	11:30 AM EDT	8:30 AM PDT
Military Marriage 101: Building Stronger Bonds & Financial Security	6/25/25	1:00 PM EDT	10:00 AM PDT
Let's Get Financially Fit!	6/27/25	3:00 PM EDT	12:00 PM 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!

Smooth Move	6/3/25	1:00 PM EDT	10:00 AM PDT
Relocation: Moving Overseas	6/5/25	12:00 PM EDT	9:00 AM PDT
PCS Within the Continental US (CONUS)	6/17/25	12:00 PM EDT	9:00 AM PDT
Sponsor Training	6/18/25	3:00 PM EDT	12:00 PM EDT
Smooth Move OCONUS	6/26/25	2:00 PM EDT	11:00 AM PDT

RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 1: Stress Resilience	6/24/25	11:00 AM EDT	8:00 AM EDT
Module 3: Living Core Values	6/3/25	1:00 PM EDT	10:00 AM EDT
Module 4: Flexibility	6/10/25	1:00 PM EDT	10:00 AM PDT
Module 5: Problem Solving	6/17/25	1:00 PM EDT	10:00 AM PDT
Module 6: Connection	6/24/25	1:00 PM EDT	10:00 AM PDT
Stoicism Principles and Stress Management	6/20/25	9:00 AM EDT	6:00 AM PDT
Stress Management	6/24/25	10:00 AM EDT	7:00 AM PDT



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



VIRTUAL WORK and FAMILY LIFE PROGRAM

Book a Free 1:1 Consultation with a team member today





VTAP

Virtual Transition Assistance Program

APR-JUN 2025

The Transition Assistance Program

- Designed to provide success in transitioning from military to civilian life.
- Meets career Readiness Standards (CRS) with resources, tools, services and skill-building.
- Live facilitator components from the Fleet and Family Support Center, Department of Labor and the Small Business Administration.

Certificate of Completion

- Must be logged into the live classroom under your own LMS account.
- Single-session training: Attendance required for the full length.
- Multiple-session training: Attendance required for all components to fulfill Career Readiness Standards.

Transitioning Spouses

- Spouses are welcome to attend VTAP training.
- The self-paced [Navy Spouses in Transition](#) is available 24/7 to prepare spouses for uncertainties such as a possible move, financial adjustment and job searching. The training can be found in the Navy Career and Transition section of the home page of MyNavyFamily.com.

Classes fill quickly. Register early!

Title	Date	EASTERN	PACIFIC
Pre-Separation Counseling 2 Hours	8 Apr	11:00 AM	8:00 AM
	22 Apr	6:00 PM	3:00 PM
	13 May	9:00 AM	6:00 AM
	27 May	6:00 PM	3:00 PM
	10 Jun	11:00 AM	8:00 AM
	24 Jun	6:00 PM	3:00 PM
Military Occupational Codes Crosswalk (MOC Crosswalk) 1.5 Hours	23 Apr	7:15 PM	4:15 PM
	13 May	5:00 PM	2:00 PM
	28 May	7:15 PM	4:15 PM
	25 Jun	7:15 PM	4:15 PM
Managing Your Transition (MY Transition) 1 Hour	23 Apr	6:00 PM	3:00 PM
	13 May	11:30 AM	8:30 AM
	28 May	6:00 PM	3:00 PM
	25 Jun	6:00 PM	3:00 PM
Financial Planning for Transition 4 Hours	24 Apr	6:00 PM	3:00 PM
	13 May	1:00 PM	10:00 AM
	29 May	6:00 PM	3:00 PM
	26 Jun	6:00 PM	3:00 PM
DOL Employment Fundamentals of Career Transition 8 Hours	14 May	9:00 AM	6:00 AM
SBA Entrepreneurship (Boots to Business) (Part 1 of 2) 4 Hours	15 May	11:00 AM	8:00 AM
SBA Entrepreneurship (Boots to Business) (Part 2 of 2) 4 Hours	16 May	11:00 AM	8:00 AM

To Register for these or any other Virtual FFSC webinars:

1. Make a free account at MyNavyFamily.com.
2. Click on "Live Webinars" at the top of the page to view the full list of offerings.
3. Click on the title of a session to view the information and description.
4. Click on "register now" to register for the course.

**VIRTUAL
WORK and
FAMILY LIFE
PROGRAM**

Book a Free 1:1
Consultation with a
team member today