

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

Life Skills

Anger Management

Monday April 6th 1:00pm – 3:00pm

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

Time Management

Thursday April 9th 1:00pm – 3:00pm

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

Mind-Body Mental Fitness Module 1

Stress Resiliency

Thursday April 16th 1:00pm – 3:00pm

Participants learn how to make stress a friend.

Mind-Body Mental Fitness Module 2

Mindfulness and Meditation

Monday April 20th 1:00pm – 3:00pm

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

Effective Communication

Thursday April 30th 1:00pm – 3:00pm

Discover a better understanding about different communication styles, conflict resolution, and ways to develop more effective speaking and listening skills.

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



New challenges occur all the time—things like new jobs, new babies, relationship problems, or stress at work.

Counseling can help! It gives you a chance to develop new problem-solving skills to help reduce your stress-level and focus on solutions. FFSC is staffed with fully qualified, licensed counselors who know how to help. For more information or to schedule an appointment call NAVSTA Newport FFSC (401) 841 – 2283.

The Fleet and Family Support Center now provides virtual clinical counseling! Sailors and families can access virtual clinical counseling from the privacy of their own homes.

It is available to individuals, couples and families.

To schedule an appointment, call 1-855-205-6749



Navy Ombudsmen

Standing watch over our Navy Families

Ombudsmen are volunteers appointed by the Commanding Officer to serve as an information link between the command leadership and command families.

If you are interested in learning more about the program, or whether your command has an ombudsman, please contact
katherine.e.goktepe.naf@us.navy.mil





The Department of Defense and the Family Advocacy Program (FAP) is committed to keeping military children safe through the prevention of abuse and neglect and by highlighting the power of a safe, caring adult in the life of every child. The military lifestyle intensifies the typical day-to-day stressors of raising children. Moving frequently, changing schools, making new friends, deployments and long separations from one or both parents are all common experiences for military children. To reduce stress, find ways to have fun, connect with your child and practice self-care to keep your family strong and healthy. Some say it takes a village to raise children. You can provide support to other military families by encouraging them to practice self-care and pointing them to sources of support when they are overwhelmed.

Every caring adult in our community plays an important role supporting resilience in military families and children, especially for those who experience trauma, abuse or neglect.

For more information about child abuse prevention and awareness, visit your FFSC to contact the installation's Family Advocacy Program or visit www.MilitaryOneSource.mil

If you witness abuse or have concerns for a child's safety, contact your installation's Family Advocacy Program NAVSTA Newport (401) 841 -2283 or the National Child Abuse Hotline at 1 (800) - 422 - 4453.

If the child is in immediate danger, contact law enforcement or call 911.

The Sexual Assault Prevention and Response (SAPR) Program provides confidential, comprehensive support to survivors of sexual assault. SAPR services are available 24/7 to ensure that all personnel, including active duty, reservist and National Guard service members, dependents over the age of 18 and DoD civilians have access to the care they need. SAPR services are designed to be survivor-centered, ensuring that individuals receive compassionate and professional support at every stage of their recovery.

Survivors can reach out to a sexual assault response coordinator (SARC) or a SAPR victim advocate (VA) for immediate crisis intervention, guidance on reporting options and referrals to additional care. Advocates are also available to accompany survivors to legal, medical and other appointments, as requested by the survivor.

Options for care include medical treatment, forensic examinations, counseling and legal assistance through the Victims' Legal Counsel (VLC).

**NAVSTA Newport, RI,
Fleet and Family Support Center
Support & Resources**

Sexual Assault Response Coordinator (SARC)

Julianna Hamor

Office (401) 841-6972

24/7 Duty Cell (401) 450-4212

Julianna.k.hamor.naf@us.navy.mil

SAPR Victim Advocate

Ms. Theo Greenblatt

Office (401) 841-6920

24/7 Duty Cell (401) 528-9542

theo.greenblatt.naf@us.navy.mil

SAPR Victim Advocate

Stephanie Martinez

Office (401) 841-3816

24/7 Duty Cell (401) 314-5894

stephanie.n.martinez21.civ@us.navy.mil

NAVSTA Newport, RI

24/7 SAPR Response Line (401) 450 -2327

24/7 DoD SAFE HelpLine 877-995-5247

Safehelpline.org

Civilian Resources RI

Day One (401) 421-4100

24/7 Helpline 800-494-8100





April 7th 4:30pm – 5:30pm SAPR Cycle
at John H. Chafee Fitness Center
No preregistration needed, just check in at the front
desk before class, limited to 30 participants

For more information email
theo.greenblatt.naf@us.navy.mil
stephanie.n.martinez21.civ@us.navy.mil

**RESPECT.
PROTECT.
EMPOWER.**

Sexual Assault
Prevention & Response



SAPR Reporting Options

Unrestricted Reports allow adult victims of sexual assault to report crimes without requesting confidentiality of their allegations. DoD law enforcement initiates an investigation, and the chain of command is notified. Unrestricted Reporting allows victims to receive healthcare (medical and mental health), advocacy services, legal support, and eligibility for Expedited Transfer. In addition, Unrestricted Reporting allows victims of sexual assault to report retaliation in the SAPR program

Restricted Reports allow adult victims of sexual assault to confidentially report the crime to specified individuals without triggering an investigation. Information provided to the chain of command does not reveal personally identifying information about the victim or alleged offender. Restricted Reporting allows the victim to receive legal advice, healthcare (medical and mental health), and advocacy services.



April 24th 3pm-8pm Dodgeball Tournament
at John H. Chafee Fitness Center
“NAVSTA Newport doesn’t dodge the issues!”

Teams must provide their own uniforms and
may consist of no more than 8 players.
Register your team by Noon on 4/23/26

For more information or to register call
(401) 841-7355

S A P R

Book Club

Formation:
A Woman’s Memoir of Rape, Rage, and War
by Ryan Leigh Dostie

10 April @ 1530:
Discussion for Sections 1 & 2 (Chapters 1-16 in audiobook)
Please try to read/listen to beforehand

30 April @ 1530:
Discussion for Sections 2 & 3 (Chapters 17-46 in audiobook)
*Wear denim and/or teal for Denim Day, if possible



**Fleet & Family
Support Center**
1260 Peary St.

RSVP by 9 April, 1500
To register:

stephanie.n.martinez21.civ@us.navy.mil

CATCH A SERIAL OFFENDER (CATCH) PROGRAM

The **CATCH Program** gives warfighters and others who experienced sexual assault an opportunity to anonymously submit suspect information to help the DoD identify serial offenders.

RETALIATION REPORTING

No one should ever fear retaliation because they made a sexual assault report. Victims are able to report retaliation they experience because they filed a sexual assault report or because their spouse/parent filed a sexual assault report. In addition, those close to the victim and assisting the victim may also be the target of retaliation, so they can also report it. Within the SAPR program, you are eligible to file a Retaliation Report on a DD Form 2910-2 if you are:

- An adult victim of sexual assault who filed an Unrestricted Report of sexual assault
- A family member of an adult victim of sexual assault
- A bystander who intervened or a witness
- A SARC or SAPR VA
- A responder on the sexual assault case (ex. MCIO, SVC/VLC/VC, SAFE Examiner, Commander)
- Associated with the incident (ex. a roommate, friend, co-worker)

The War Department and the Department of Veterans Affairs offer an extensive array of services to help make your separation a success. If you're an active-duty service member, National Guard and reserve component service member or service member's spouse, you can take advantage of these transition assistance resources and more.

The DOD Transition Assistance Program is mandatory for separating service members who have served 180 continuous days or more on active duty. TAP offers a comprehensive curriculum designed to equip service members with the tools and resources to succeed in their civilian lives. It includes:

- Individualized initial counseling during which service members will complete a self-assessment and begin developing a transition plan.
- Pre-separation counseling to learn about benefits, entitlements and resources.
- A series of briefings focusing on managing the transition, translating military skills to the civilian world, financial planning, benefits and services from the VA, and finding a career.
- Instruction on finding employment, vocational training, higher education or entrepreneurship.

Service members must complete TAP no later than a year before leaving the military. Retiring service members should begin the process at least two years before retirement. In the event of an unanticipated separation or retirement, or a member of the reserve component is demobilized within less than 365 days,

TAP must begin as soon as possible within the remaining period of service.

Transition Assistance Program

May 11th – 15th 2026

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

NAVIGATING FEDERAL EMPLOYMENT

The Fleet & Family Support Center

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 April 29th
 9:00-11:00 AM
 1260 Peary Street
 Newport, RI 02841**

EFFECTIVE RESUME WRITING

WORKSHOP

The Fleet & Family Support Center

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**
- 14 April, 2026;
 16 April, 2026**
- 9:00-10:00 AM;
 11:00-12:00 PM
 Lunch & Learn**

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!



Tuesday April 21st 2:00pm- 3:00pm
 EFMP families only fun swim at John H. Chaffee Gym

Friday April 24th 10:00am – 12:00pm
 Sensory Friendly Movie featuring
 Bedtime Stories at FFSC
 (wear your pajamas and bring your favorite stuffie)

For more information or to register your EFMP kids
 Please register no later than 4/17/26 at
 Jessica.L.Hebert19.naf@us.navy.mil 

April 5, 2026, is recognized as Gold Star Spouse Day, a day to honor the spouses of those who died while serving on active duty. The tradition of the gold star recognition dates back to 1918, when families would display a gold star over the blue service star in their window to signify the death of a loved one serving in the U.S. military overseas. The survivor support community has embraced April 5th as the date to recognize the sacrifices made by all gold star spouses and express gratitude for their unwavering commitment. The Navy Gold Star Program remains dedicated to providing support and fostering connections among gold star families, ensuring they stay connected to their Navy family for as long as they wish.

In commemoration of Gold Star Spouses' Day, let us honor the families of the fallen, recognizing that no one has given more for our nation. If you encounter someone wearing a Gold Star Lapel Button or the Lapel Button for Next of Kin of Deceased Personnel, understand that these symbols represent the families of our fallen heroes.



For more information visit the Navy Gold Star Program website at www.navygoldstar.com.

RESOURCES



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

Download the
 MyNavy Family app



PURPLE UP!
 for military kids



The Dandelion

Flower of the Military Child

Dandelions put down roots almost anywhere
 and it is almost impossible to destroy.

It is an unpretentious plant, yet good looking.

It is a survivor in a broad range of climates.

Military children bloom everywhere the winds carry them.

They are hardy and upright.

Their roots are strong, cultivated deeply
 in the culture of the Military,
 planted swiftly and surely.

They're ready to fly in the breezes
 that take them to new adventures, new lands, and new friends.

Military children are well-rounded,
 culturally aware, tolerant, and extremely resilient.

They have learned from an early age
 that home is where their hearts are.

That a good friend can be found in every corner of the world.

They learn that to survive means to adapt.

That the door that closes one chapter of their life
 opens to a new and exciting adventure
 full of new friends and new experiences.



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

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

Visit [MyNavyFamily.com](https://www.mynavyfamily.com), select a topic, and view available sessions with times automatically converted to your local time.

EMPLOYMENT

AI Resume Building - A Paradigm Shift	04/01/26	9:00 AM EST	6:00 AM PST
Leveraging AI For Your 2026 Job Search	04/03/26	9:00 AM EST	6:00 AM PST
AI Prompt Engineering: From Idea to Output	04/08/26	9:00 AM EST	6:00 AM PST
The Road to Remote Job Success	04/08/26	1:00 PM EST	10:00 AM PST
USAJobs 2026	04/10/26	9:00 AM EST	6:00 AM PST
Pain Free Resume Writing	04/14/26	1:00 PM EST	10:00 AM PST
The ART of the Interview	04/21/26	1:00 PM EST	10:00 AM PST
Launch Your Life: Family Employment Edition	04/22/26	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

PARENTING

Exploring Through the Senses	04/08/26	2:00 PM EST	11:00 AM PST
	04/27/26	12:00 PM EST	9:00 AM EST
Self-Care: Parent Edition	04/13/26	12:00 PM EST	9:00 AM PST
	04/29/26	2:00 PM PST	11:00 AM EST
Terrific Toddlers	04/15/26	12:00 PM EST	9:00 AM PST
What About the Kids	04/16/26	1:00 PM EST	10:00 AM PST
Tear Free Dinner	04/20/26	12:00 PM EST	9:00 AM PST
Active Parenting Lunch and Learn	04/28/26	12:00 PM EST	9:00 AM PST
Self-Care: Parent Edition	04/29/26	2:00 PM EST	11:00 AM PST
Proactive Parenting Strategies for Healthy Sexual Development	04/30/26	4:00 PM EST	1:00 PM PST

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

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

MENTAL WELL-BEING

Safety Transfers and Transitional Compensation Q&A	04/02/26	10:00 AM EST	7:00 AM PST
Child Abuse and Neglect: Identification and Reporting	04/21/26	11:00 AM EST	8:00 AM PST
What is Stalking and How it's Changing in a Digital Age	04/30/26	10:00 AM EST	7:00 AM PST

TRANSITION

Preparing for a Job Fair	04/03/26	5:00 PM EST	2:00 PM PST
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PERSONAL GROWTH

Motivating by Appreciation	04/15/26	2:00 PM EST	11:00 AM PST
Organize Your Life	04/22/26	2:00 PM EST	11:00 AM PST



- 1 Go to [MyNavyFamily.com](https://www.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

Command Financial Specialist (CFS) Day 3	04/01/26	1:30 PM EST	10:30 AM PST
Home Selling	04/23/26	1:00 PM EST	10:00 AM PST
Money, Money, You're Ruining My Honey!	04/27/26	4:30 PM EST	1:30 PM 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
- 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 April for your convenience!	The Smooth Move Advantage	04/30/26	3:00 PM EST	12:00 PM PST
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EMERGENCY PREPAREDNESS

Get Organized for Emergencies	04/06/26	12:00 PM EST	9:00 AM PST
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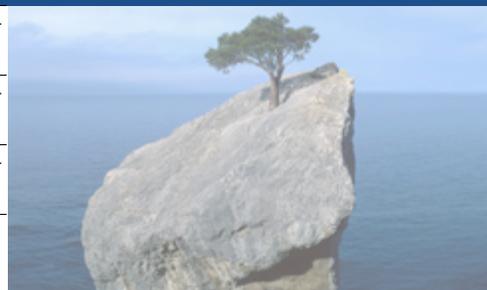
EXCEPTIONAL FAMILY MEMBER PROGRAM

504 BLUF: The Bottom Line Up Front About 504 Plans	04/20/26	1:00 PM EST	10:00 AM PST
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RESILIENCE

Understanding Anger	04/07/26	10:00 AM EST	7:00 AM PST
Stoicism Principles and Stress Management	04/17/26	9:00 AM EST	6:00 AM PST
Stress Management	04/21/26	10:00 AM EST	7:00 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.



**VIRTUAL
WORK and
FAMILY LIFE
PROGRAM**



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



VTAP

Navy Virtual Transition Assistance Program

Can't attend an in-person TAP?
 Are you waiting for availability?

The Navy offers interactive virtual webinars through the Virtual Transition Assistance Program (VTAP) to all eligible service members and their spouses. Service members are strongly encouraged to contact their command career counselors to ensure a smooth transition to civilian life.

VTAP is primarily intended for, but not limited to, Sailors and spouses whose duty stations are in remote or isolated geographical areas, those undergoing short-notice separations or according to chapter 58 of title 10, U.S.C., those unable to access in-person curricula in a timely manner. Regardless of a sailor's career stage or time zone, VTAP webinar classes are available.

For additional information, visit YOUR local Fleet & Family Support Center (FFSC) or consult the FFSC directory at <https://ffr.Cnic.Navy.Mil/family-readiness/fleet-and-family-support-program/ffsc-directory/>.

The webinars can be accessed via the CNIC's Learning Management System (LMS) at <https://mynavyfamily.Com/login/index.Php>.



www.ffsp.navy.mil

