

The NAVSTA Newport 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

DOMESTIC VIOLENCE AWARENESS & Family Advocacy Program



Take a pause.

**Because you
can't rewind.**

If you're noticing harmful behaviors in your relationship, it's time to get help. Find resources for support at MilitaryOneSource.mil/Pause or call your local **Family Advocacy Program** to talk it through.



Family Advocacy Program
(401) 841 – 2283

After hours and weekends
Call the **CNRMA FAP Victim Advocate** at
(812) 296 – 8252

Fleet and Family Support center
NAVSTA Newport
Monday – Friday 7:30am – 4:00pm

This line is specifically for domestic violence assistance, information on the FAP process, restricted and unrestricted reporting options, and safety planning.

LiFe

Tuesday October 7th 11:00am – 12:30pm

A Zen Approach to Anger



Skills

Learn to prevent anger and conflict from escalating to violence. This course draws from the book *A Zen Approach to Anger* to experiment with patience and tolerance of others, and of ourselves, learning how to create peace of mind in us, make our environment more harmonious, and engender respect in others.

Effective Communication

Thursday October 16th 1:00pm – 2:00pm

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

Time Management

Tuesday October 21st 11:00am – 12:30pm



Acquire strategies and techniques for planning and controlling how to best use one's time to increase productivity, reduce stress, and achieve goals.

Public Speaking

Tuesday October 28th 1:00pm – 2:00pm

Join us to learn proven techniques, practice and improve various types of speeches (introductory, informative, persuasive, special occasion, extemporaneous, and debate) through feedback from other orators.



Reading



Listening



Speaking



Writing

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



EFMP

Exceptional Family Member Program



Adult Mental Health First Aid Training

Thursday October 2nd 8:00am- 3:30pm
Open to anyone with base access

Youth Mental Health First Aid Training

Monday October 6th 8:00am – 2:30pm
For adults working with or caring for youth.
Open to anyone with base access

EFMP POC Training

Wednesday October 15th

Live Webinar Facilitation Skills with RIPIN Part 1

Thursday October 16th 12:00pm – 2:30pm (Virtual)

Link available to those interested



EFMP Overview and Meet & Greet Blue Star Coffee Connection

Wednesday October 22nd 9:30am - 10:30am
Leisure Bay Café 1255 Whipple Street NAVSTA Newport

Live Webinar Facilitation Skills with RIPIN Part 2

Thursday October 23rd 12:00pm – 2:30pm (Virtual)

Link available to those interested

Live Webinar The Right Question with RIPIN

Thursday October 30th 1:00pm – 3:00pm (Virtual)

Link available to those interested

To register, request webinar link, or for more information email

Jessica.L.Hebert19.naf@us.navy.mil



Transition Assistance Program

November 17th – 21st, 2025

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 email
brittany.m.clark20.civ@us.navy.mil

Sexual Assault Prevention and Response Program

Are you interested in joining the SAPR team as a Unit Victim Advocate? Our dedicated volunteer advocates assist with outreaches and trainings about SAPR within their commands and across the installation, as well as supporting our local 24/7 duty phone rotation.

If you are interested in participating in this vital Navy program, please reach out to our SARC for an application and to set up an interview.

SARC, julianna.k.hamor.naf@us.navy.mil



RESOURCES



1260 Peary Street, NAVSTA Newport
(401) 841-2283

ffsc_nwpt@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

Download the MyNavy Family app



=YOU=
DID IT!

Congratulations for reading our newsletter!

Now be the 1st to email and say hello

stephanie.a.westbrook2.naf@us.navy.mil for a reward.

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	10/1/25	9:00 AM EDT	6:00 AM PDT
Leveraging AI For Your 2025 Job Search	10/3/25	9:00 AM EDT	6:00 AM PDT
LinkedIn and How to Make it Work for You!	10/7/25	11:00 AM EDT	8:00 AM PDT
Power Up Your Resume for Remote Jobs	10/8/25	1:00 PM EDT	10:00 AM PDT
USAJOBS 2025	10/10/25	9:00 AM EDT	6:00 AM PDT
Stoicism Principles and Stress Management	10/17/25	9:00 AM EDT	6:00 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

FAMILY EMERGENCY PREPAREDNESS AND RESPONSE

Get Organized for Emergencies	10/16/25	5:00 PM EDT	2:00 PM PDT
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NAVY LIFE

New Spouse Orientation	10/21/25	12:00 PM EDT	9:00 AM PDT
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PARENTING

Tear Free Dinner	10/1/25	12:00 PM EDT	9:00 AM PDT
Self-Care: Parent Edition	10/7/25	2:00 PM EDT	11:00 AM PDT
Terrific Toddlers	10/7/25	12:00 PM EDT	9:00 AM PDT
What About the Kids	10/16/25	1:00 PM EDT	10:00 AM PDT
Parenting and Sexual Development (SHAPE Module 1)	10/28/25	7:00 PM EDT	4:00 PM PDT
Exploring Through the Senses	10/31/25	12:00 PM EDT	9:00 AM PDT

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

Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	10/7/25	12:00 PM EDT	9:00 AM PDT
Intimate Partner Violence: Identification and Reporting	10/8/25	11:00 AM EDT	8:00 AM EDT
Problematic Sexual Behavior in Children and Youth (PSB-CY)	10/9/25	1:00 PM EDT	10:00 AM PDT
Achieving Financial Empowerment while Experiencing Intimate Partner Violence	10/20/25	9:00 AM EDT	6:00 AM PDT
Staying Safe: Vigilance and Awareness in Preventing Stalking in Intimate Partner Relationships	10/29/25	2:00 PM EDT	11:00 AM PDT



DEPLOYMENT SUPPORT



Reach out and Touch: How to Stay Connected with Your Kids on Deployment	10/1/25	4:00 PM EDT	1:00 PM PDT
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IA Deployment 101	10/15/25	2:00 PM EDT	11:00 AM PDT
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Looking for Deployment topics? Click Deployment for the following training topics:

- Deployment Sleep Strategies
- Equipping Your Kids During Deployment
- Ready, Set Deploy: Pre-Deployment Planning
- Single Sailor Deployment Tools and more



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 GROWTH



5 Love Languages 101	10/2/25	5:00 PM EDT	2:00 PM PDT
Understanding Anger	10/7/25	10:00 AM EDT	7:00 AM PDT
Stress Management	10/14/25	10:00 AM EDT	7:00 AM PDT
	10/28/25	12:00 PM EDT	9:00 AM PDT
Organize Your Life	10/14/25	1:00 PM EDT	10:00 AM PDT
Communication Skills	10/15/25	11:00 AM EDT	8:00 AM PDT
Effects of Divorce on Children	10/21/25	2:00 PM EDT	11:00 AM PDT
Motivating by Appreciation	10/21/25	2:00 PM EDT	11:00 AM PDT
Conflict Management	10/21/25	11:00 AM EDT	8:00 AM PDT

PERSONAL FINANCIAL MANAGEMENT

Home Selling	10/14/25	1:00 PM EDT	10:00 AM PDT
Why Insurance Matters and More: Do You Have the Right Coverage?	10/21/25	5:00 PM EDT	2:00 PM PDT
Military Marriage 101: Building Stronger Bonds & Financial Security	10/22/25	1:00 PM EDT	10:00 AM PDT
Joy & Peace through the Holidays	10/27/25	11:00 AM EDT	8:00 AM PDT
The Good Life: Saving & Investing for Your Future Self	10/30/25	1:00 PM EDT	10:00 AM 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 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 October for your convenience!

Final Move	10/7/25	1:00 PM EDT	10:00 AM PDT
Sponsor Training	10/29/25	2:00 PM EDT	11:00 AM PDT

EXCEPTIONAL FAMILY MEMBER (EFMP)



Permanent Change of Station from Special Education into Adulthood; The Transition Process	10/16/25	1:00 PM EDT	10:00 AM PDT
Navigating Employment: A Resource Guide for Exceptional Family Members	10/17/25	12:00 PM EDT	9:00 AM PDT

RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 4: Flexibility	10/7/25	1:00 PM EDT	10:00 AM PDT
Module 5: Problem Solving	10/14/25	1:00 PM EDT	10:00 AM PDT
Module 6: Connection	10/21/25	1:00 PM EDT	10:00 AM PDT
Module 1: Stress Resilience	10/28/25	1:00 PM EDT	10:00 AM PDT

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.





VTAP

Virtual Transition Assistance Program

OCT-DEC 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 of the session.
- 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.

To Register for these or any other Virtual FFSC webinars:

Log In Instructions

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

Classes fill quickly. Register early!



Introducing the newest class addition to the VTAP schedule: VA Benefits Services Briefing!

Title	Date	EASTERN	PACIFIC
VA Benefits Services Briefing 8 Hours	11 Nov	7:00 AM	4:00 AM
	17 Nov	9:00 AM	6:00 AM
	2 Dec	2:00 PM	11:00 AM
	8 Dec	8:00 AM	5:00 AM
	15 Dec	11:00 AM	8:00 AM

Title	Date	EASTERN	PACIFIC
Pre-Separation Counseling 2 Hours	7 Oct	8:00 AM	5:00 AM
	21 Oct	11:00 AM	8:00 AM
	3 Nov	7:00 AM	4:00 AM
	18 Nov	9:00 AM	6:00 AM
	1 Dec	2:00 PM	11:00 AM
	9 Dec	8:00 AM	5:00 AM
	16 Dec	11:00 AM	8:00 AM
Military Occupational Codes Crosswalk (MOC Crosswalk) 1.5 Hours	7 Oct	11:30 AM	8:30 AM
	21 Oct	2:30 PM	11:30 AM
	3 Nov	10:30 AM	7:30 AM
	18 Nov	12:30 PM	9:30 AM
	1 Dec	5:30 PM	2:30 PM
	9 Dec	11:30 AM	8:30 AM
	16 Dec	2:30 PM	11:30 AM
Managing Your Transition (MY Transition) 1 Hour	7 Oct	10:15 AM	7:15 AM
	21 Oct	1:15 PM	10:15 AM
	3 Nov	9:15 AM	6:15 AM
	18 Nov	11:15 AM	8:15 AM
	1 Dec	4:15 PM	1:15 PM
	9 Dec	10:15 AM	7:15 AM
	16 Dec	1:15 PM	10:15 AM
Financial Planning for Transition 3.5 Hours	7 Oct	1:15 PM	10:15 AM
	21 Oct	4:15 PM	1:15 PM
	3 Nov	12:15 PM	9:15 AM
	18 Nov	2:15 PM	11:15 AM
	1 Dec	7:15 PM	4:15 PM
	9 Dec	1:15 PM	10:15 AM
	16 Dec	4:15 PM	1:15 PM
DOL Employment Fundamentals for Career Transition 8 Hours	1 Oct	6:00 PM	3:00 PM
	8 Oct	8:00 AM	5:00 AM
	22 Oct	11:00 AM	8:00 AM
	5 Nov	7:00 AM	4:00 AM
	19 Nov	9:00 AM	6:00 AM
	3 Dec	2:00 PM	11:00 AM
	10 Dec	8:00 AM	5:00 AM
	17 Dec	11:00 AM	8:00 AM
DOL Employment Track Part 1 8 Hours	9 Oct	8:00 AM	5:00 AM
DOL Employment Track Part 2 8 Hours	10 Oct	8:00 AM	5:00 AM
Managing Your Education Day 1 6 Hours	20 Nov	9:00 AM	6:00 AM
Managing Your Education Day 2 6 Hours	21 Nov	9:00 AM	6:00 AM
SBA Entrepreneurship Track Day 1 4 Hours	11 Dec	11:00 AM	8:00 AM
SBA Entrepreneurship Track Day 2 4 Hours	12 Dec	11:00 AM	8:00 AM



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.