



## Fleet & Family Support Center Naval Station Newport

### April Newsletter 2024

### Volume 4

#### April 4<sup>th</sup>

10:40am

Annual SAPR Proclamation-signing event & VA Appreciation Ceremony with NAVSTA Newport CO and Tenant Command Leadership, at the Officers Club.

#### April 24<sup>th</sup>

International Denim Day

#### April 25<sup>th</sup>

11:30am

SAPR 5K run starting from the gym; join us for the run, get your PT, pizza, and support SAPR all at the same time.

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.

### April is Sexual Assault Awareness and Prevention Month (SAAPM)

SAAPM is observed to focus on creating a culture that will eliminate sexual assault; this requires a personal commitment from all service members at every level. We all have a role in combating sexual assault and SAAPM offers an excellent opportunity to show our investment in the Navy's Core Values and Culture of Excellence.

This year's theme is Respect. Protect. Empower.

**Respect** one another. Respect is foundational to how we interact with our shipmates and how we see ourselves. Respect is an integral part of healthy relationships with friends, family, co-workers, and our communities.

**Protect** one another. Be an active bystander. Step in when you see a shipmate in trouble. Treat your shipmates like family.

**Empower** one another. Encourage your shipmates to report inappropriate behavior in the workplace. And if a sexual assault occurs, empower them to reach out for support - to a Victim Advocate, SARC or a Chaplain.

Here are some ways to help:



#### Prevention To-Do List



Tell a friend why prevention is important to you.

Practice how you can respond if you see a situation that could lead to sexual assault.

Speak up if you see a shipmate being treated unfairly.

Participate in a SAPR event.

Ask your SARC or SAPR VA how you can get involved in prevention.

Make sure that your relationships stay healthy by communicating and demonstrating respect.

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

**Sexual Assault Response**

**Coordinator: 401-450-4212**

**SAPR Victim Advocate:**

**401-528-9542**

**DoD Safe Helpline:**

**1-877-995-5247**

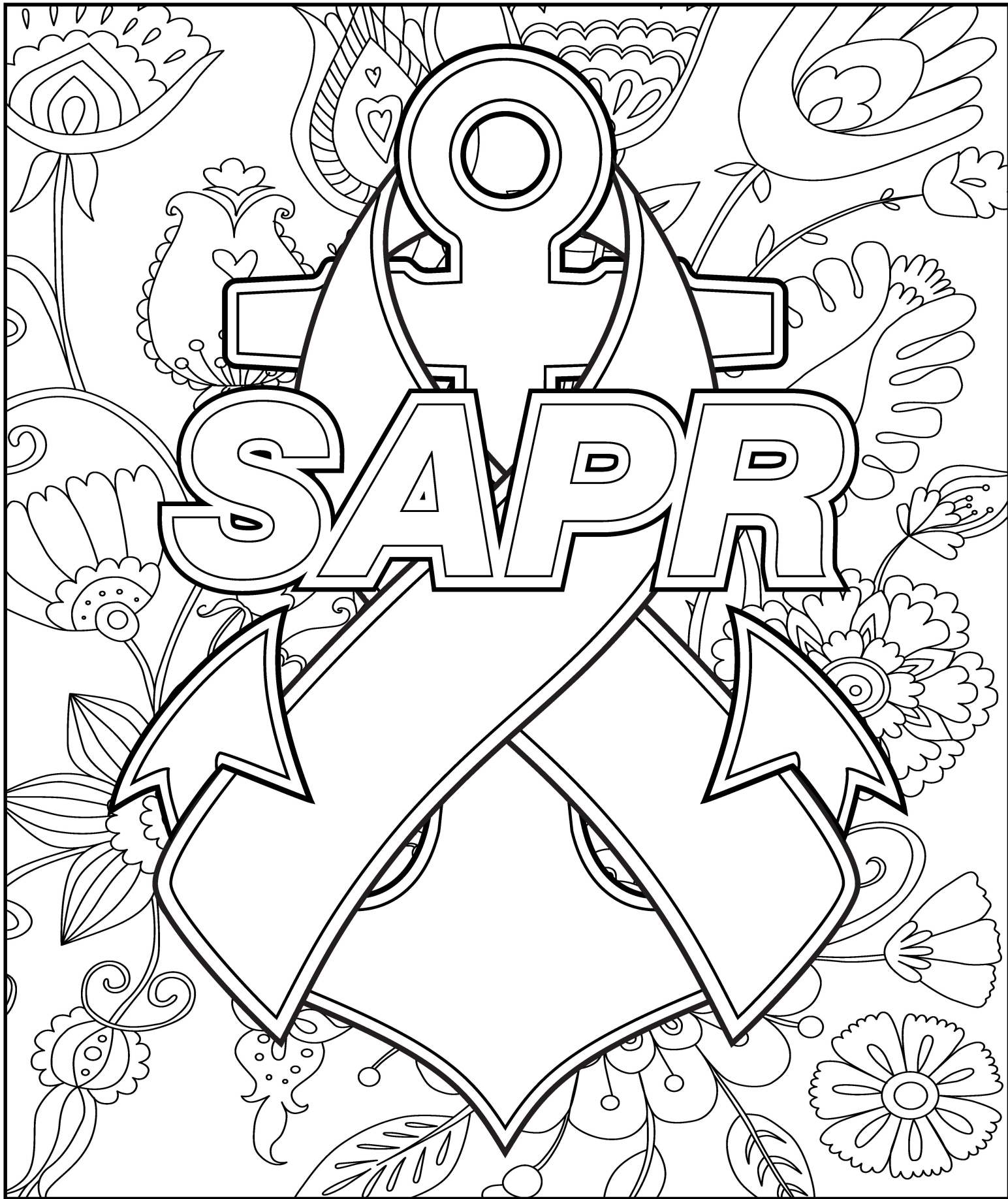
**RESPECT.  
PROTECT.  
EMPOWER.**

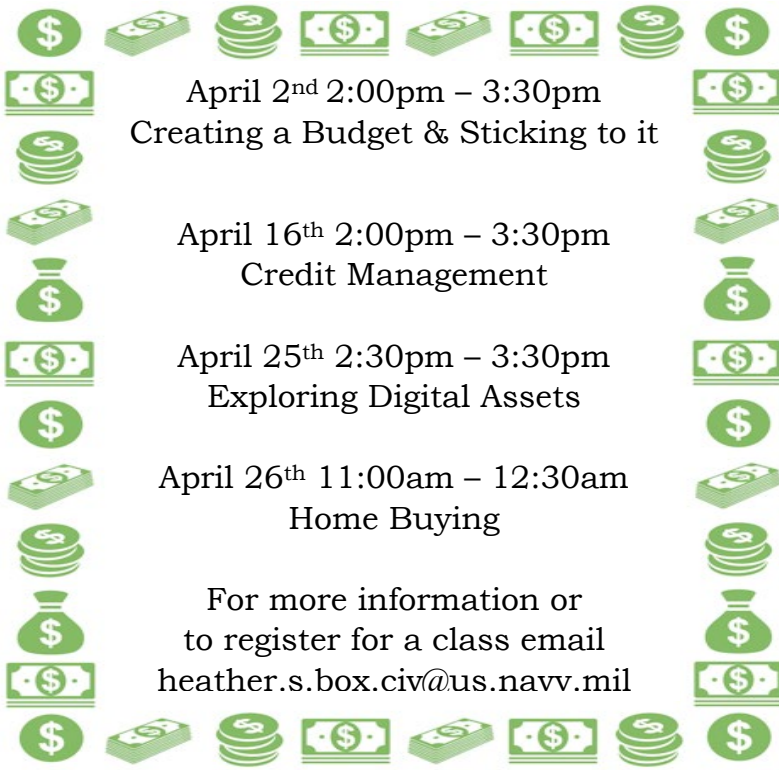
Sexual Assault  
Prevention & Response

### SAPR Reporting Options:

**Restricted Report:** Disclosures to specific designated personnel (SARC, SAPR Victim Advocate/UVA and Health Care Personnel,) no identifying information will be disclosed to command, law enforcement is NOT notified. Access to medical care, forensic examination, advocacy, intervention, information, and support will all be provided, and your privacy is protected.

**Unrestricted Report:** Disclosures can be reported to your chain of command, NCIS, SARC, Victim Advocate, Health Care Personnel or to others, and the report will be investigated. Access to medical care, forensic examination, advocacy, intervention, information, and support will all be provided, as well as more options for personal safety.





April 2<sup>nd</sup> 2:00pm – 3:30pm  
Creating a Budget & Sticking to it

April 16<sup>th</sup> 2:00pm – 3:30pm  
Credit Management

April 25<sup>th</sup> 2:30pm – 3:30pm  
Exploring Digital Assets

April 26<sup>th</sup> 11:00am – 12:30am  
Home Buying

For more information or  
to register for a class email  
heather.s.box.civ@us.navy.mil



April 4<sup>th</sup> & 5<sup>th</sup> 0800 – 1600  
Education 2-Day Track Class

Assists with identifying the education requirements  
that support personal career goals.

April 9<sup>th</sup> 0800 - 1200

Pre – Separation Briefing Class

A complete rundown of your transition and  
veteran benefits.

April 22<sup>nd</sup> – 26<sup>th</sup>

Transition Assistance Program Week (TAP) Class

Monday DOD Day 0700-1600 **Mandatory**

Tuesday VA Day 0800-1600 **Mandatory**

Wednesday EFCT Day 0800-1600 **Mandatory**

Thursday & Friday Employment Track 0800-1600

If you have any questions regarding the classes,  
please contact Tonia Tippins our TAPS coordinator at  
office number (401) 841 – 6822 or email  
tonia.p.tippins.civ@us.navy.mil

To register for a class call (401) 841 – 2283 or  
email stephanie.a.westbrook2.naf@us.navy.mil

life skills

April 1<sup>st</sup> 9:00am – 11:00am  
MBMF Module 1 Class Stress Resiliency

April 3<sup>rd</sup> 5:30pm – 7:30pm  
Public Speaking



April 12<sup>th</sup> 1:00pm – 3:00pm  
Recovering from Burnout



April 17<sup>th</sup> 2:00pm – 3:00pm  
Effective Communication

April 17<sup>th</sup> 5:30 – 7:30pm  
Public Speaking

April is  
SAAPM

April 19<sup>th</sup> 1:00pm – 3:00pm  
Conflict & Communication



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



Learning Knows No Bounds

April 2<sup>nd</sup> 7:00pm – 7:30pm Webinar  
Overcome Homework Challenges

April 15<sup>th</sup> 6:00pm – 7:00pm  
EFMP Families reserve your April vacation  
Sea Bag activity today!

April 16<sup>th</sup> 6:30 – 7:00pm Webinar  
What you need to know about Substance Abuse,  
Misuse, Diversion & ADHD

April 16<sup>th</sup> 7:00pm – 8:00pm Webinar  
Help Your Teen (with ADHD) Prepare for College

April 17<sup>th</sup> 1:00pm EFMP family's sensory friendly  
showing of the movie LUCA at MWR

For more information or  
to register for an event email  
Jessica.L.Hebert19.naf@us.navy.mil







## Wear Blue on April 5<sup>th</sup>, 2024

Please mark your calendar and remember to wear **BLUE** on April 5<sup>th</sup> to kick off National Child Abuse Prevention Month. Join us in commemorating Wear Blue Day. Show your support for children and families by posting a photo or video on social media to spread awareness.



The **Department of Defense** defines **child abuse** and neglect as, “any recent act or failure to act on the part of a parent or caretaker which results in death, serious physical injury or emotional harm, sexual abuse or exploitation; or, an act or failure to act which presents imminent risk of serious harm.”

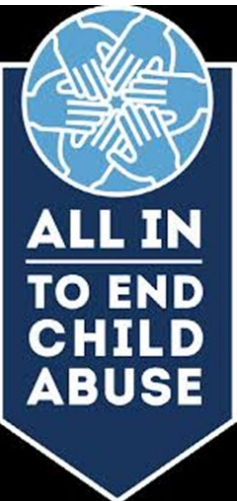
Know the signs and risk factors of **child abuse** and what you can do to support a **kid** who may need your help.

**Experts** have identified that some of the common risk factors for abuse are times of uncertainty, high stress, the lack of knowledge of **child** development, and a history of abuse.

**Parents** may need additional support during this global pandemic as our modified habits of social distancing and virtual schooling may lead to feelings of isolation, increased anxiety and uncertainty.

Our **military community** must go all in to support parents to talk to someone and to practice self-care. If you have concerns about a **child's** safety, make sure you know what to do and how to report suspicions of **child abuse** or neglect in your community.

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.



This April 15th, join us in celebrating the Month of the Military Child by wearing purple to honor the strength and resilience of our military children. Wearing purple is a powerful way to show our support and recognition for these young heroes who face unique challenges and sacrifices with grace. It symbolizes the blending of military and civilian communities coming together in solidarity. Help us pay tribute and acknowledge their bravery and the critical role they play in our military families. Share your purple moments and let's fill our feed with love and appreciation for their unwavering spirit.



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](mailto:ffsc_nwpt@navy.mil)

**Military OneSource**  
[www.militaryonesource.mil](http://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](http://www.militarycrisisline.net)

# YOUR *Virtual* FFSC WEBINAR SCHEDULE



April 2024

We are all more organized in different areas of our life, but luckily FFSC has Subject Matter Experts that can provide you more tips and tricks to help tackle the areas that need improving. Spouses are encouraged to attend all of these trainings. Be sure to pass this flyer on.

## How to register:

**Step #1:** Make a free account at [MyNavyFamily.com](https://MyNavyFamily.com) (NMCI use at least one day before the webinar. Follow the on-screen instructions to create a new account. Be sure to enter your time zone!!

**Step #2:** Click on “Live Webinars” at the top of the page to view the full list of offerings.

**Step #3:** Click on the title of a session to view the information and description.

**Step #4:** Click on “Register Now” to register for the course.

You will get reminder emails with your personalized link.



**The CNIC LMS**  
has comprehensive resources for Navy spouses and family members such as New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.

## FFSC Virtual Clinical Counseling CONNECT to GET CARE

**The Fleet and Family Support Center (FFSC) now provides in-person and virtual clinical counseling!** Sailors and families can access virtual clinical counseling from the privacy of their own homes. Virtual clinical counseling is a nonmedical, clinical, short-term solution-focused service. It is available to individual, couples and families.

### Virtual clinical counseling helps with:

- Separation
- Grief
- Deployment
- Relocation
- Relationship issues
- Parent-child interactions
- Other challenges related to military and family life

**To schedule an appointment, call 1-855-205-6749.** If calling outside of regular business hours, leave a message. Your call will be returned within one business day. More about [FFSC Clinical Counseling](#).



# April 2024

## Employment

### Wednesday, April 3rd

1:00 PM ET Effective Resume Writing

### Friday, April 5th

9:00 AM ET Using AI to Build Resumes

### Thursday, April 18th

10:00 AM ET Resume Writing and Cover Letters Simplified

### Tuesday, April 23rd

11:00 AM ET Innovative Interviewing

### Wednesday, April 24th

1:00 PM ET Are You LinkedIn?

## Finances

### Tuesday, April 2nd

1:00 PM ET Getting Your Credit Under Control

### Monday, April 8th

7:00 PM ET PCS and Your Pocketbook

### Tuesday, April 9th

2:30 PM ET Who Wouldn't Want to Be a Millionaire?

### Thursday, April 11th

1:00 PM ET What's the Best Deal for Car Buying?

### Tuesday, April 23rd

12:00 PM ET Command Financial Specialist (CFS) Forum

### Wednesday, April 24th

3:00 PM ET Build a Better Budget

## Life Skills

### Tuesday, April 2nd

1:00 PM ET Mind Body Mental Fitness Module 1:  
Stress Resilience

### Wednesday, April 3rd

12:00 PM ET Effective Workplace Communication  
1:00 PM ET Motivating by Appreciation

### Thursday, April 4th

2:00 PM ET Ready to Date: Making Dating Fun, Exciting  
and Empowering

### Tuesday, April 9th

1:00 PM ET Mind Body Mental Fitness Module 2:  
Mindfulness and Meditation  
3:00 PM ET Effective Communication

### Wednesday, April 10th

10:00 AM ET Domestic Violence and Sexual Assault Prevention:  
Transforming Awareness Into Action

### Tuesday, April 16th

10:30 AM ET Preventing and Responding to Intimate Partner  
Violence  
11:00 AM ET Go, Fight, Win! USNCC  
1:00 PM ET Mind Body Mental Fitness Module 3:  
Living Core Values

### Wednesday, April 17th

11:00 AM ET Consent - The Key to Success  
2:00 PM ET Youth Suicide Prevention

### Thursday, April 18th

11:30 AM ET The Road Ahead: Special Needs Future Planning

### Friday, April 19th

11:00 AM ET Online Sexual Harassment: How to spot it  
and handle it

### Tuesday, April 23rd

1:00 PM ET Mind Body Mental Fitness Module 4:  
Flexibility  
3:00 PM ET Anger Management

### Wednesday, April 24th

12:00 PM ET Responding to Conflict: Strategies for  
Improved Communication  
1:00 PM ET Time Management: Goal Setting  
2:00 PM ET Anger Management

### Thursday, April 25th

11:00 AM ET Stress Management  
2:00 PM ET Couples Communication: Sex and Intimacy  
2:00 PM ET Teen Dating Violence Prevention

### Tuesday, April 30th

1:00 PM ET Mind Body Mental Fitness Module 5:  
Problem Solving

## Parenting

### Monday, April 1st

1:00 PM ET Raising Competent Teenagers

### Wednesday, April 17th

7:00 PM ET College Bound: Survivor Secrets

### Thursday, April 18th

12:00 PM ET Tear Free Dinner

### Thursday, April 25th

3:00 PM ET Self Care Parent Edition

### Monday, April 29th

1:00 PM ET Parenting Skills  
2:00 PM ET Coparenting: Working with Domestic  
Violence Families

### Tuesday, April 30th

1:00 PM ET Making Bath Time Wonderful

## Relocation

### Wednesday, April 10th

3:00 PM ET Sponsorship Training





# VTAP

## Virtual Transition Assistance Program

**APR–JUN 2024**

### 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

- This self-paced course, available 24/7, prepares spouses for uncertainties such as a possible move, financial adjustment and job searching
- Go to [MyNavyFamily.com](https://mynavyfamily.com) on a non-NMCI device to make a free account on the CNIC LMS and take [Navy Spouses in Transition](#) on the home page

## LOGIN INSTRUCTIONS

1. Make a free account at <https://learning.zeiders.refineddata.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.

You will get reminder emails with your personalized link.  
If you have any trouble, please write to [learning@zeiders.com](mailto:learning@zeiders.com).

**Classes fill quickly. Register early!**

All times listed are Eastern.

### April 2024

Date	Day of Week	Start Time	Duration	Session Name
Apr 9th	Tuesday	11:00 AM EST	2 hrs.	Pre-Separation Counseling

### May 2024

Date	Day of Week	Start Time	Duration	Session Name
May 14th	Tuesday	9:00 AM EST	2 hrs	Pre-Separation Counseling
		11:30 AM EST	30 min	Managing Your Transition [My Transition]
		12:30 PM EST	3 hrs	Financial Planning for Transition
		4:00 PM EST	1.5 hrs	Military Occupational Crosswalk [MOC Crosswalk]
May 15th	Wednesday	9:00 AM EST	8 hrs	DOL Employment Fundamentals of Career Transition
May 16th	Thursday	11:00 AM EST	4 hrs	SBA Entrepreneurship Track [Boots to Business] (Part 1 of 2)
May 17th	Friday	11:00 AM EST	4 hrs	SBA Entrepreneurship Track [Boots to Business] (Part 2 of 2)

### June 2024

Date	Day of Week	Start Time	Duration	Session Name
Jun 11th	Tuesday	11:00 AM EST	2 hrs	Pre-Separation Counseling

