



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

Life Skills Classes:

Mind-Body Mental Fitness: Stress Resiliency

Monday, November 3rd 1pm – 3pm
Learn how to use stress to your benefit.

Mind-Body Mental Fitness: Mindfulness and Meditation

Thursday, November 6th 1pm – 3pm
Strengthen focus and awareness and decrease harmful reactivity to external events.

Anger Management

Tuesday, November 18th 1pm – 3pm
Learn how to create peace of mind, make your environment more harmonious, and inspire respect in others.

Mind-Body Mental Fitness: Problem Solving

Thursday, November 20th 1pm – 3pm
Work through obstacles more effectively by cultivating new problem-solving techniques.

Time Management

Friday, November 21st 1pm – 3pm
Acquire strategies for controlling your time to increase productivity, reduce stress, and achieve goals.

Effective Communication

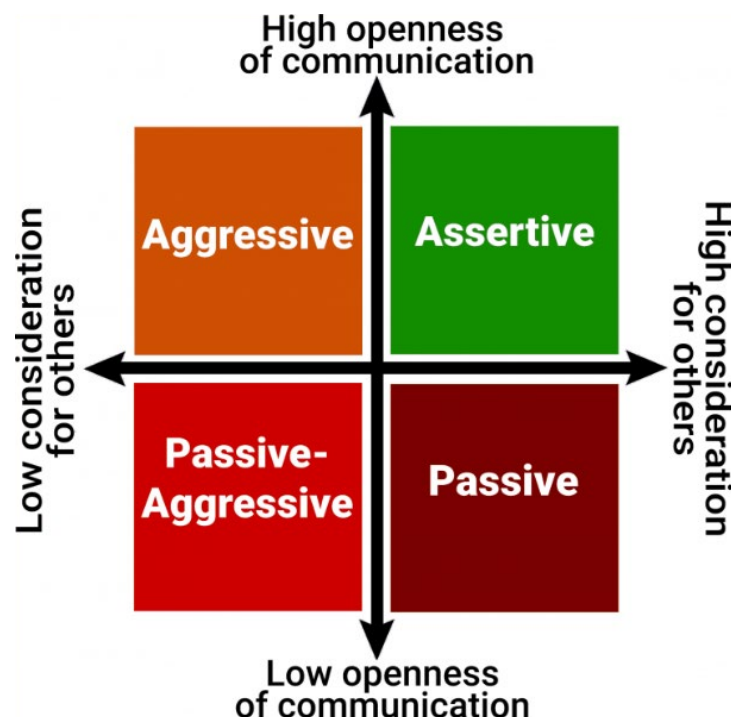
Tuesday, November 25th 1pm – 3pm
Develop more effective speaking and listening skills.



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

Which Communication Style Is Yours?



**To register, please email
katherine.e.goktepe.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 call
401.841.2283 or email
brittany.m.clark20.civ@us.navy.mil



Being mentally well means that you are able to think, feel, and act in positive ways. You are resilient, can grow and feel good about yourself.

Eat healthy, sleep well, be kind to yourself and connect with others to build your mental wellness. Find support to improve your mental wellness from a counselor, chaplain, or mental health professional.

FFSC Confidential Counseling, NAVSTA Newport (401) 841 – 2283

FFSC Virtual Clinical Counseling 1-855-205-6749

Spread the Word...

How many people have you told about Fleet and Family today?

Download the MyNavy Family app



EFMP Exceptional Family Member Program

The Exceptional Family Member Program is a mandatory program that provides support to service members' families with special medical or educational needs lasting longer than six months.

For tracking purposes, please be sure to CC Jessica.L.Hebert19.naf@us.navy.mil when submitting an EFMP package, as we are losing our Coordinator.

Sexual Assault Prevention and Response Program

Outreach Table event: Stop by, say hello, ask questions and get valuable resources from our SAPR team!
Tuesday, November 18th 1600 – 1730 at the Chafee Fitness Center

December 1st - 5th, 2025 8:00am - 4:30pm

40-hour Initial Victim Advocate Course

For more information on how to become an Advocate, please email theo.greenblatt.naf@us.navy.mil or SARC, julianna.k.hamor.naf@us.navy.mil

RESOURCES

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

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



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 (Schedule subject to change.)	4 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

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	11/5/25	9:00 AM EDT	6:00 AM PDT
Leveraging AI For Your Job Search	11/7/25	9:00 AM EDT	6:00 AM PDT
The ART of the Interview	11/13/25	2:00 PM EDT	11:00 AM PDT
USAJOBS 2025	11/14/25	9:00 AM EDT	6:00 AM PDT
First Impressions Matter, Make Yours Count: Civilian Resume Writing	11/18/25	10:00 AM EDT	7:00 AM PDT
Pain Free - Resume Writing	11/19/25	10:00 AM EDT	7:00 AM PDT
The Road to Remote Job Success	11/19/25	1:00 PM EDT	10:00 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

NAVY LIFE

New Spouse Orientation	11/18/25	12:00 PM EDT	9:00 AM PDT
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PARENTING

Effects of Divorce on Children	11/4/25	11:00 AM EDT	8:00 AM PDT
Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)	11/5/25	7:00 PM EDT	4:00 PM PDT
Exploring Through the Senses	11/7/25	2:00 PM EDT	11:00 AM PDT
Parenting to Prevent PSB: Ages 5-9 (SHAPE Module 3)	11/12/25	7:00 PM EDT	4:00 PM PDT
Parenting and Sexual Development (SHAPE Module 1)	11/17/25	3:00 PM EDT	12:00 PM PDT
When Baby Makes Three	11/18/25	12:00 PM EDT	9:00 AM PDT
Parenting to Prevent PSB: Preteens (SHAPE Module 4)	11/19/25	7:00 PM EDT	4:00 PM PDT
What About the Kids?	11/20/25	1:00 PM EDT	10:00 AM PDT
Self-Care: Parent Edition	11/20/25	5:00 PM EDT	2:00 PM 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

Understanding Anger	11/4/25	10:00 AM EDT	7:00 AM PDT
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PERSONAL GROWTH



Motivating by Appreciation	11/4/25	2:00 PM EDT	11:00 AM PDT
Personal Communication	11/12/25	11:00 AM EDT	8:00 AM PDT
Healthy Relationships	11/13/25	12:00 PM EDT	9:00 AM PDT
5 Love Languages 101	11/19/25	12:00 PM EDT	9:00 AM PDT
Organize Your Life	11/21/25	12:00 PM EDT	9:00 AM PDT



- 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

Navy Retirement..Is it Enough?	11/13/25	1:00 PM EDT	10:00 AM PDT
12 Turkey Tips to Financial Freedom	11/14/25	10:00 AM EDT	7:00 AM PDT
Command Financial Specialist Forum and Financial Town Hall Meeting	11/19/25	12:00 PM EDT	9:00 AM PDT
Thrift Savings Plan	11/20/25	1:00 PM EDT	10:00 AM PDT
Money Munchkins: Raising Money-Savvy Kids	11/26/25	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 November for your convenience!	Smooth Move	11/4/25	1:00 PM EDT	10:00 AM PDT
	Move Masters: Overseas Edition	11/5/2025	3:00 PM EDT	12:00 PM PDT
	Sponsor Training	11/19/25	2:00 PM EDT	11:00 AM PDT

RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 2: Mindfulness and Meditation	11/4/2025	1:00 PM EDT	10:00 AM PDT
Module 3: Living Core Values	11/18/25	1:00 PM EDT	10:00 AM PDT
Module 4: Flexibility	11/25/25	1:00 PM EDT	10:00 AM PDT
Stress Management	11/18/25	10:00 AM EDT	7:00 AM PDT
Stoicism Principles and Stress Management	11/21/25	9:00 AM EDT	6:00 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.



Noteworthy in November

Available online
at MyNavyFamily.com

No matter where you are in the world, you can now access valuable programs and services to support your professional and personal growth. We're bringing the resources to your screen — anytime, anywhere. FFSC is just a click away.

Finances

Million Dollar Sailor

Million Dollar Sailor (MDS) equips you with knowledge and tools to elevate your personal financial wellbeing. Learn concepts that you can use throughout your life to make sound financial decisions that can lead to becoming a millionaire.

11/12	8:00 AM EST	5:00 AM PST	MDS Day 1
11/13	8:00 AM EST	5:00 AM PST	MDS Day 2
11/18	11:00 AM EST	8:00 AM PST	MDS Day 1
11/19	11:00 AM EST	8:00 AM PST	MDS Day 2

11/3	12:00 PM EST	9:00 AM PST	No Pay, No Panic: Your Financial Game Plan
11/4	11:00 AM EST	8:00 AM PST	Take a Bite Out of College Costs
11/5	5:00 PM EST	2:00 PM PST	No Pay, No Panic: Your Financial Game Plan
11/5	8:00 PM EST	5:00 PM PST	Making Your Money Work For You
11/7	6:00 AM EST	3:00 AM PST	Take a Bite Out of College Costs
11/12	9:00 AM EST	6:00 AM PST	Making Your Money Work For You
11/14	10:00 PM EST	7:00 PM PST	Holiday Cheer Without Financial Fear
11/13	2:00 PM EST	11:00 AM PST	Take a Bite Out of College Costs
11/14	10:00 AM EST	7:00 AM PST	12 Turkey Tips to Financial Freedom
11/17	9:00 PM EST	6:00 PM PST	Planning your Financial Future
11/18	6:30 PM EST	3:30 PM PST	Command Your Credit
11/14	6:00 PM EST	3:00 PM PST	Holiday Cheer Without Financial Fear
11/19	8:00 PM EST	5:00 PM PST	Take a Bite Out of College Costs
11/14	8:00 AM EST	5:00 AM PST	Holiday Cheer Without Financial Fear
11/21	6:00 AM EST	3:00 AM PST	Planning your Financial Future
11/24	9:00 AM EST	6:00 AM PST	Making Your Money Work For You
11/26	1:00 PM EST	10:00 AM PST	Money Munchkins: Raising Money-Savvy Kids

Career

My NCO NAVY CAREER OPTIONS

MyNCO is a mission-ready tool designed to empower today's warfighter with the knowledge and confidence to shape your future both in the Navy and beyond. Learn about the full range of career and educational opportunities, to align personal goals with professional growth.

11/5	6:00 AM EST	3:00 AM PST	MyNCO Day 1
11/6	6:00 AM EST	3:00 AM PST	MyNCO Day 2
11/12	9:00 PM EST	6:00 PM PST	MyNCO Day 1
11/13	9:00 PM EST	6:00 PM PST	MyNCO Day 2

Weekend Dates!

11/15	2:00 PM EST	11:00 AM PST	MyNCO Day 1
11/16	2:00 PM EST	11:00 AM PST	MyNCO Day 2

11/18	12:00 PM EST	9:00 AM PST	MyNCO Day 1
11/19	12:00 PM EST	9:00 AM PST	MyNCO Day 2

11/3	9:00 AM EST	6:00 AM PST	Job Search Hacks
11/5	9:00 AM EST	6:00 AM PST	AI Resume Building: A Paradigm Shift
11/6	7:00 AM EST	4:00 AM PST	Mastering the Modern Resume
11/7	9:00 AM EST	6:00 AM PST	Leveraging AI for Your Job Search
11/12	11:00 AM EST	8:00 AM PST	Mastering Virtual Interviews
11/14	6:00 AM EST	3:00 AM PST	Leveraging the VMET in Your Job Search
11/18	10:00 AM EST	7:00 AM PST	First Impressions Matter, Make Yours Count: Civilian Resume Writing
11/19	8:00 AM EST	5:00 AM PST	Leveraging Websites for Career Transition Research
11/19	10:00 AM EST	7:00 AM PST	Pain Free Resume Writing
11/25	6:00 AM EST	3:00 AM PST	Conquering Civilian Interviews
11/26	10:00 AM EST	7:00 AM PST	Transitioning to Civilian Health Care

Mental Well-being

The Mind-Body Mental Fitness Webinar Series



Mind Body Mental Fitness (MBMF) is ready to help you reset, recharge, and build lasting resilience. Explore how to manage stress, strengthen mental clarity, and find balance across the mind, body, spirit, and social domains.

11/4	1 PM EST	10 AM PST	Module 1: Stress Resilience
11/4	1 PM EST	10 AM PST	MBMF Module 2: Mindfulness and Meditation
11/5	1 PM EST	10 AM PST	Module 2: Mindfulness & Meditation
11/6	1 PM EST	10 AM PST	Module 3: Living Core Values
11/12	1 PM EST	10 AM PST	Module 4: Flexibility
11/13	1 PM EST	10 AM PST	Module 5: Problem Solving
11/14	1 PM EST	10 AM PST	Module 6: Connection
11/18	1 PM EST	10 AM PST	Module 3: Living Core Values
11/25	1 PM EST	10 AM PST	Module 4: Flexibility

11/3	3:00 PM EST	12:00 PM PST	Navy Family Connections
11/4	6:30 PM EST	3:30 PM PST	Bounce Back Better
11/10	9:00 AM EST	6:00 AM PST	Mission Ready, Mentally Strong
11/14	11:00 AM EST	8:00 AM PST	Run for Resilience
11/18	12:00 AM EST	7:00 AM PST	Stress Management
11/19	2:00 PM EST	11:00 AM PST	Your Navy Family: Support When Life Gets Messy
11/21	9:00 AM EST	6:00 AM PST	Stoicism Principles and Stress Management
11/21	11:00 AM EST	8:00 AM PST	Navy Family Connections
11/24	3:00 PM EST	12:00 PM PST	Bounce Back Better
11/28	9:00 AM EST	6:00 AM PST	Run for Resilience

VIRTUAL WORK and FAMILY LIFE PROGRAM

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



Need to talk?
Call 1-855-205-6749
to book an
appointment for
virtual counseling
services.