

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



Mind-Body Mental Fitness Module 1 Stress Resiliency

Tuesday June 2nd 1:00pm – 3:00pm

Discover 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.

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

Mind-Body Mental Fitness Module 2 Mindfulness and Meditation

Friday June 5th 12:00 – 2:00pm

Participants acquire skills to strengthen focus, awareness, and decreasing harmful reactivity to external events.

Effective Communication

Monday June 22nd 10:00am – 12:00pm

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

Anger Management

Tuesday June 30th 1:00pm – 3:00pm

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



101 CRITICAL DAYS OF SUMMER



For the U.S. Navy, the “101 Critical Days of Summer”—spanning from Memorial Day to Labor Day—is more than just a seasonal reminder; it’s a focused effort to protect the force and preserve readiness during a high-risk time of year. As Sailors take leave, travel, and spend more time engaging in outdoor and recreational activities, the potential for preventable mishaps increases significantly.

Historically, this period sees a rise in off-duty incidents involving driving accidents, water-related injuries, heat stress, and alcohol misuse. These incidents not only impact individual Sailors and their families but also affect unit readiness and mission capability. Every preventable injury or loss has a ripple effect across the force.

The Navy emphasizes personal responsibility, sound decision-making, and active risk management during these months. Leaders at every level are encouraged to engage their teams in meaningful safety conversations—covering topics like travel planning, motorcycle and boating safety, hydration, and recognizing the dangers of fatigue and impaired judgment.

The 101 Critical Days of Summer campaign reinforces a simple but vital message: mission readiness starts with personal readiness. By making smart choices—on and off duty—Sailors ensure they return safely to their units, ready to serve. This summer, take the time to assess risks, look out for shipmates, and commit to a season defined not by mishaps, but by vigilance and care.



EMPOWERING YOUR FAMILY: Understanding the Exceptional Family Member Program

Join our Discussion & QA Session

Date: 11 JUN 2026

Time: 12:00 PM – 1:00 PM EDT

Location: Microsoft Teams

Meeting ID: 993 913 654 193

Dial-in by Phone: +1 858-980-0000

Phone Conference ID: 382 77 808#

For more information, email Jessica.L.Hebert19.naf@us.navy.mil

Standing Together: Becoming a SAPR Unit Victim Advocate

The Sexual Assault Prevention and Response program plays a vital role in maintaining readiness, resilience, and trust within our Navy community. SARCs, Civilian Victim Advocates, and Unit Victim Advocates (active-duty volunteers) support victims and survivors of sexual assault across Naval Station Newport and beyond: staffing the 24/7 help line, providing briefs and trainings, offering confidential assistance and accompaniment, and furnishing valuable resources and referrals.

UVAs are trained by the SARC and CVAs in a 40-hour Initial Victim Advocate Course held at Fleet and Family Support Center. They are then certified by the National Organization for Victim Advocacy for a renewable two-year term. They can maintain their certification and role in future duty stations if desired, as long as they comply with continuing education requirements.

Recent changes to the protocol for UVAs now require those applying for training to be at the rank of E-6 or equivalent. While this means we are sadly losing some valuable UVAs, we are encouraging those eligible to take up the gauntlet and join the SAPR team!

If you are interested in taking on this meaningful duty and being part of a passionate team that supports our sailors, Marines, family members, and DoW civilians, please reach out to us for more information on the application process and course times.

Julianna.k.hamor.naf@us.navy.mil (SARC)

Theo.greenblatt.naf@us.navy.mil (CVA)

Stephanie.n.martinez21.civ@us.navy.mil (CVA)



Help
Hope
Healing



FERP

FAMILY EMPLOYMENT READINESS PROGRAM

ACHIEVE EMPLOYMENT EXCELLENCE.

FERP professionals can assist you with a successful job search by providing career exploration, job search assistance, resume development, employment market information, and referrals.

The Fleet and Family Support Center Family Employment Readiness Program (FERP) provides valuable career support services to military spouses, family members, transitioning service members, and retirees. Designed to promote career success and financial stability, the program offers assistance with resume writing, interview preparation, job search strategies, and federal employment applications.

FERP also connects clients with local employers, career fairs, education resources, and employment workshops to help individuals build professional skills and explore career opportunities. Whether seeking a first job, changing careers, or re-entering the workforce, participants receive personalized guidance and support tailored to their goals.

Through the Family Employment Readiness Program, the Fleet and Family Support Center continues to strengthen military families by empowering them with the tools and resources needed to achieve meaningful employment and long-term career success.

Take advantage of these resources and professional guidance available through your NAVSTA Newport, RI FFSC!
For more information or questions contact brittany.m.clark20.civ@us.navy.mil

NAVIGATING FEDERAL EMPLOYMENT



RESUME

LET US HELP YOU TO GET HIRED!

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 June 3rd
09:00-10:30 AM
1260 Peary Street
Newport, RI 02841

RESUMES THAT GET RESULTS

WORKSHOP



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

4 June 2026

9:00-10:00 AM

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!

Transition Assistance Program

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



RETIREE BENEFITS BRIEF 2026

An educational event for future
 retirees and their families.
 **Spouses welcome and
 encouraged to attend!

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Topics Covered:
 Survivor Benefit Plan (SBP)
 Tricare Medical (Prime and Select)
 Retiree Dental/Vision (FEDVIP)

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**WEDNESDAY
 17 JUNE 2026
 11:00 - 13:00**



NAVAL STATION NEWPORT MWR CONFERENCE ROOM
 656 WHIPPLE STREET NEWPORT, RI 02841

FOR MORE INFORMATION OR TO SIGN UP PLEASE
 CALL (401) 841-2283 OR EMAIL
BRITTANY.M.CLARK20.CIV@US.NAVY.MIL
 DROP INS WELCOME

Are You Leaving Cash on the Table? Applying for VA Disability Benefits

Presented by
 Navy Mutual
 Education and
 Veterans
 Services



VA disability compensation offers a monthly tax-free payment to veterans who became sick or injured while serving in the military and to veterans whose service made an existing condition worse. However, many veterans fail to apply for their benefits. This session will navigate the basics of the VA claim process and provide a better understanding of the value of the tax-free benefits for the veteran and their family.

**Date: Wed 17 June
 Time: 1400 to 1515
 Fleet and Family Support Center
 Newport**

Contact Brittany for meeting info: brittany.m.clark20.civ@us.navy.mil

Class is open to all veterans, active duty members of the military and their spouses!



Is Your Money Working As Hard You Are? Learn How to Maximize Your TSP Account!

Presented by
 Navy Mutual
 Education and
 Veterans
 Services



The TSP offers four primary benefits: agency matching providing up to 5% in "free money" for BRS participants; flexible tax options including Traditional (pre-tax) and Roth (tax-free growth); low-cost investments through diversified core and Lifecycle funds with minimal fees; and high contribution limits that allow for aggressive retirement savings. Do you know how to use these benefits to make yourself a TSP millionaire? Join us to learn more about what is new for 2026!

**Thurs June 18 1030-1145
 Newport FFSC**



For more information contact Brittany Clark,
brittany.m.clark20.civ@us.navy.mil

Topics Covered Will Include:

- * What is an accredited VSO?
- * What is needed to file a VA claim?
- * How do you determine a total rating?
- * What other VA benefits are available?



Get comfortable, grab your device, and join us to learn more.

Topics Covered Will Include:

- * Changes for 2026
- * Investment Options within TSP
- * Changing Investment Allocations
- * How to Manage the Account Post Service



Can't make these times?
 For more information or to schedule a 1:1 appointment, contact our Education and Veteran Services Team at education@navymutual.org (888) 298-4442

Navy Mutual is the oldest federally recognized Veterans Service Organization. For over 40 years, Navy Mutual has also been a DoD approved educator and a trusted source for unbiased survivor planning information. It's part of our mission, and we are proud to educate those who serve.

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JUNE IS
POST-
TRAUMATIC
STRESS
DISORDER
AWARENESS
MONTH



On-Base Support

Naval Health Clinic New England

43 Smith Road, Newport, RI – phone: (401) 841-3771

- Provides behavioral health services for active-duty personnel
 - Coordinates care for families and retirees (space-available)
 - Offers assessments, counseling, and referrals
- This is often the first point of contact for active-duty members experiencing PTSD symptoms.

Fleet and Family Support Center NAVSTA Newport RI

1260 Peary Street – phone: (401) 841-2283

FFSC provides information, resources, and referrals for service members and their families struggling with PTSD related symptoms.

Newport Mental Health

42 Valley Road, Middletown, RI

phone: (401) 846-1213

- Outpatient therapy (individual, group, and family)
- Veteran-specific support groups
- Medication services and case management
- Walk-in hours available (no appointment required)
- Telehealth options for flexibility

Providence Vet Center

2038 Warwick Ave. Warwick, RI 02889

phone: 401-739-0167

- Readjustment counseling for combat veterans and MST survivors
- Family and couples counseling

These facilities are part of a broader VA network that ensures all enrolled veterans can access PTSD care.

Understanding PTSD:

A Guide for NAVSTA Newport Personnel and Families

Post-Traumatic Stress Disorder (PTSD) is one of the most common and challenging mental health conditions affecting service members and veterans. For those stationed at or connected to Naval Station Newport, understanding PTSD—and knowing where to get help locally—can make a critical difference.

What Is PTSD?

PTSD is a mental health condition triggered by experiencing or witnessing a traumatic event. In military populations, this often includes:

- Combat exposure
- Training accidents
- Military sexual trauma (MST)
- Life-threatening deployments



Symptoms can include:

- Flashbacks or nightmares
- Hypervigilance (feeling constantly “on edge”)
- Emotional numbness or detachment
- Sleep problems and irritability
- Difficulty maintaining relationships

These symptoms can persist long after the event and interfere with daily life if untreated.

Community-Based Veteran Services

Providence VA Medical Center

830 Chalkstone Ave, Providence, RI 02908

phone: (401) 273-7100

- Full PTSD specialty care programs
- Evidence-based therapies and medication management





Deployment Support



MISSION READINESS STARTS AT HOME

Deployment in support of DoW operations places unique demands on sailors and their families. Naval Station Newport provides a strong network of on-base, local, and national resources to ensure you stay supported, informed, and mission-ready at every stage.

PRIMARY SUPPORT HUB (START HERE)

Fleet and Family Support Center NAVSTA Newport
What We Provide:

- Deployment readiness & reintegration support
 - Confidential non-medical counseling
 - Financial planning & emergency budgeting
 - Family employment & relocation assistance
 - Ombudsman and Education

📍 **Location:** 1260 Peary Street, Naval Station Newport
☎ **Phone:** 401-841-2283

🔗 **CALL OUT:** *FFSC is your first stop for any deployment-related concern—one connection opens the door to multiple services.*

ON-BASE SUPPORT SERVICES

Housing Service Center

- Lease review and housing support during deployment

☎ 401-841-2232



Doug at douglas.m.twyman.civ@us.navy.mil

Legal Assistance Office

☎ (401) 841-1350



LANortheast@us.navy.mil

SAPR (Sexual Assault Prevention & Response)

- 24/7 confidential advocacy
- ☎ **Hotline:** (401) 450 -2327

24/7 NATIONAL SUPPORT RESOURCES

Military OneSource

- Counseling, financial support, family services
☎ 1-800-342-9647

🌐 <https://www.militaryonesource.mil>

Veterans Crisis Line

- Immediate confidential crisis support

☎ Dial **988**, then Press 1

💬 Text: 838255

🌐 <https://www.veteranscrisisline.net>

🔗 **CALL OUT:** *If it feels urgent, don't wait—help is available immediately.*

Strong families build strong sailors. Taking advantage of available resources is a critical part of deployment readiness. Whether you need guidance, counseling, or emergency support, these services are here to ensure you and your family remain resilient and mission focused.

STAY CONNECTED | STAY READY | STAY SUPPORTED



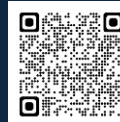
- Counseling Services
- Family Advocacy Program
- SAPR Program
- Transition Assistance
- Exceptional Family Member Program
- Ombudsman
- Life Skills Education Program
- Relocation Assistance
- Personal Financial Management
- Family Employment Readiness/Deployment Support
- Command Support

RESOURCES



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

Download the
MyNavy Family app



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