The Fleet & Family Support Center

December

Volume 12
2026

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

Quick Tips for a Stress-Free Holiday

The holidays are quickly approaching! While there are many well-known ways to manage seasonal stress, here are five lesser known, highly actionable tips to keep your holidays peaceful and bright, reach out to Fleet and Family Support Center for more information:

Strategic Holiday Survival Guide

Strategy	Key Takeaway	Recommended Action
Prioritize Sleep	Light acts like a drug on your sleep cycle, delaying biological recovery.	**Dim indoor lights** after sunset and keep your bedroom cool to trigger natural melatonin.
Set Boundaries	Ambiguity breeds stress and conflict during family gatherings.	**Map out logistics early** (who, where, when) and discuss your expectations with a trusted partner or mentor.
Have an Exit Plan	Social situations can become overwhelming or politically charged.	**Agree on a secret code word** with your partner to signal when it is time for a graceful, early exit.
Think Ahead	Small, overlooked details can disrupt your holiday peace-of-mind.	**Pre-plan for disruptions** to your routine (e.g., mail holds, pet care, maintaining daily goals).
Start Talking Now	Unexpressed expectations often lead to resentment.	**Communicate your plans today**—do not assume loved ones can read your mind.

Holiday Open House

Thursday, December 3rd | 12:00 – 2:00pm

Come Meet our wonderful team, enjoy festive treats, share a few laughs, and soak up holiday spirit.





HOMESCHOOL HANGOUT

Tuesday, December 1st
9:30am – 11:30am
Join us for a fun, relaxed morning of community, friendship, and connection.

This is a welcoming space designed for homeschooling families to come together and let kids interact in a fun, engaging, and supportive environment.

LIFE SKILLS

Public Speaking

Monday, December 14th 1:00pm – 2:00pm

Participants develop confidence and effective communication skills in front of an audience. Learn how to organize and deliver speeches, use clear verbal and nonverbal communication, overcome public speaking anxiety, and engage listeners.

Anger Management

Tuesday, December 15th 1:00pm – 2:00pm
Participants will learn to identify anger triggers, develop effective coping strategies, improve communication skills, and practice techniques to control emotional responses.

For more information or to register email Katherine.E.Goktepe.naf@us.navy.mil

Mugs & Masterpieces

Monday, December 21st
10:00am-11:00am
A warm, creative, social hour designed just for grown-ups. Come sip, create, and connect in a relaxed, welcoming space. Bring your creativity, and we'll take care of the rest.

Open to all patrons with base access.

This month's craft Faux Stained Glass Art

Create your own or choose from lots of assorted designs





Registration not required but encouraged
Email Jessica.L.Hebert19.naf@us.navy.mil
Kaisa.E.Clark.naf@us.navy.mil

Want to support your command, and help facilitate communications between your leadership and your command families?

Become an Ombudsman Today!

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

Resumes That Get Results Workshop

Wednesday, December 2nd
9:30am-10:30am

Learn how to create a professional, compelling resume that highlights your skills, experience, and accomplishments. This interactive workshop will provide practical tips and strategies for tailoring your resume to job opportunities, standing out to employers, and increasing your chances of landing an interview.



For more information or to register email
Brittant.M.Clark20.civ@us.navy.mil





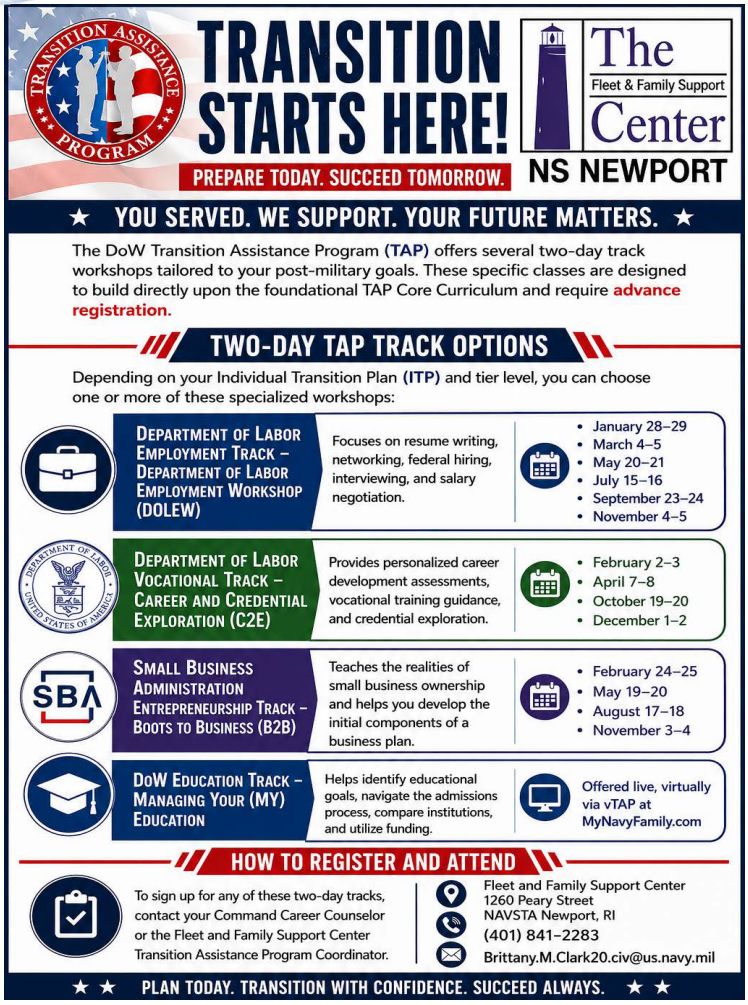
10 Steps to a Federal Job Workshop

Wednesday, December 16th
9:30am-11:00am

Ready to pursue a career in federal government? This workshop will guide you through 10 essential steps to successfully navigate the federal hiring process. Learn how to search for federal job opportunities, understand job announcements, create a competitive federal resume, and prepare for the application and interview process.

For more information or to register email
Brittant.M.Clark20.civ@us.navy.mil





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

CNIC
★ FLEET ★ FIGHTER ★ FAMILY

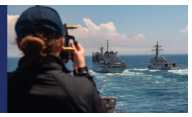
Training in Your Time Zone

Wherever you are in the world, access valuable programs and services to support your personal and professional growth. We're bringing the resources to your screen —anytime, anywhere. FFSP is just a click away.

EASTERN AND CENTRAL TIMES

DECEMBER 2026

DEPLOYMENT



		Eastern	Central
Am I Okay?	12/8	10:00 AM	9:00 AM
	12/16	5:00 PM	4:00 PM
Deployment Extended: What's Next?	12/2	9:00 AM	8:00 AM
	12/20	7:00 PM	6:00 PM
Homefront Ready: Family Care Planning	12/28	8:00 PM	7:00 PM
	12/30	9:00 AM	8:00 AM
	12/31	1:00 PM	12:00 PM
Keeping it Together During Deployment	12/24	9:00 AM	8:00 AM
Kids & Deployment: The Roller Coaster Ride	12/9	2:00 PM	1:00 PM
Miles Apart, Close at Heart	12/22	5:00 PM	4:00 PM
	12/28	9:00 AM	8:00 AM
	12/3	7:00 PM	6:00 PM
Weathering an Unpredictable Deployment	12/23	8:00 AM	7:00 AM
	12/9	2:00 PM	1:00 PM

RELOCATION



		Eastern	Central
New Spouse Orientation	12/9	1:00 PM	12:00 PM
Operation Family Move	12/16	11:00 AM	10:00 AM
PCS Like a Pro: Strategies for a Seamless Transition	12/21	12:00 PM	11:00 AM
Planning the Perfect PCS	12/11	2:00 PM	1:00 PM
Stepping up Support: Sponsorship Training	12/2	8:00 AM	7:00 AM
	12/13	8:00 PM	7:00 PM
	12/16	8:00 AM	7:00 AM
	12/21	1:00 PM	12:00 PM
The PCS Move with EFM	12/8	11:00 AM	10:00 AM
The PCS Process	12/8	1:00 PM	12:00 PM

EMERGENCY PREPAREDNESS



		Eastern	Central
Disaster-Proof Your Wallet	12/23	6:00 PM	5:00 PM
Know the Risks, Limit the Loss: Emergency Preparedness	12/10	11:00 AM	10:00 AM

EMPLOYMENT



		Eastern	Central
Becoming Federal Resume Savvy	12/4	2:00 PM	1:00 PM
Building the Modern Resume	12/31	11:00 AM	10:00 AM
	12/15	9:00 PM	8:00 PM
Conquering Civilian Interviews	12/29	3:00 PM	2:00 PM
	12/7	11:00 AM	10:00 AM
	12/21	9:00 AM	8:00 AM
Federal Job Mastery	12/28	8:00 AM	7:00 AM
	12/21	8:00 AM	7:00 AM
	12/14	8:00 AM	7:00 AM
Job Search Hacks	12/1	3:00 PM	2:00 PM
Mastering Virtual Interviews	12/2	8:00 PM	7:00 PM
	12/17	8:00 PM	7:00 PM
Remote Ready: A Spouse's Roadmap to a Virtual Career!	12/28	1:00 PM	12:00 PM
Resume Lab: From Draft to Finished Product	12/11	10:30 AM	9:30 AM
Resume Writing: Master Your Professional Story	12/3	3:00 PM	2:00 PM
Resumes: The Science, the Grammar, the Content	12/7	10:30 AM	9:30 AM
Understanding USAJOBS	12/14	1:00 PM	12:00 PM
Volunteer to Career	12/23	10:00 PM	9:00 PM
	12/28	10:00 AM	9:00 AM
	12/31	8:00 PM	7:00 PM
	12/10	9:00 PM	8:00 PM
	12/14	9:00 AM	8:00 AM

EXCEPTIONAL FAMILY MEMBER



		Eastern	Central
The PCS Move with EFM	12/8	11:00 AM	10:00 AM
The Road Ahead: Special Needs Future Planning Considerations	12/3	11:00 AM	10:00 AM

NAVY LIFE



		Eastern	Central
Navy Family Connections	12/2	5:00 PM	4:00 PM
Navy Spouse Life 101	12/1	1:00 PM	12:00 PM
Navy Spouse Life 102	12/10	8:00 AM	7:00 AM
Navy Spouse Life 103	12/18	1:00 PM	12:00 PM
New Military Spouse? Take this Class!	12/16	11:00 AM	10:00 AM
Ombudsman Table Talk	12/15	6:00 PM	5:00 PM

PARENTING



		Eastern	Central
Hard Headlines, Steady Parenting	12/29	5:00 PM	4:00 PM
Helping Kids Thrive Through Change	12/3	2:00 PM	1:00 PM
Homefront Ready: Family Care Planning	12/28	8:00 PM	7:00 PM
	12/30	9:00 AM	8:00 AM
	12/31	1:00 PM	12:00 PM
Nine Steps To Positive Parenting	12/7	8:00 PM	7:00 PM
	12/9	9:00 AM	8:00 AM
	12/10	1:00 PM	12:00 PM
Parenting to Prevent PSB: Teens (SHAPE Module 5)	12/3	7:00 PM	6:00 PM
Self-Care: Parent Edition	12/9	2:00 PM	1:00 PM
What About the Kids?	12/8	1:00 PM	12:00 PM
When Baby Makes Three	12/8	12:00 PM	11:00 AM

Go to
MyNavyFamily.com
To register for any of these sessions.

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

PERSONAL FINANCE



		Eastern	Central
Banking and Financial Services	12/17	6:00 PM	5:00 PM
Car Buying Strategies	12/9	7:00 AM	6:00 AM
	12/16	11:00 AM	10:00 AM
Climbing the Ranks: Your Financial Guide to Promotions	12/18	2:00 PM	1:00 PM
Command Your Credit	12/21	8:00 PM	7:00 PM
Disaster-Proof Your Wallet	12/23	6:00 PM	5:00 PM
Financial Confidence Through Life's Changes	12/22	3:00 PM	2:00 PM
	12/28	7:00 PM	6:00 PM
Holiday Cheer Without Financial Fear	12/7	9:00 PM	8:00 PM
	12/10	6:00 PM	5:00 PM
	12/17	8:00 AM	7:00 AM
Joy & Peace through Making Money Merry!	12/7	10:30 AM	9:30 AM
Making the Most of Your Overseas Pay	12/1	9:00 PM	8:00 PM
Maximize Your GI Bill	12/17	2:00 PM	1:00 PM
Military Retirement Planning: Know the Facts	12/30	12:00 PM	11:00 AM
Milion Dollar Saiilor Day 1	12/8	6:00 PM	5:00 PM
	12/1	8:00 AM	7:00 AM
Million Dollar Sailor Day 2	12/9	6:00 PM	5:00 PM
	12/2	8:00 AM	7:00 AM
(Must attend both sessions)			
Money Prep: Baby on Board	12/22	7:00 AM	6:00 AM
	12/30	11:00 AM	10:00 AM
	12/11	1:00 PM	12:00 PM
Now I'm the Landlord	12/10	1:00 PM	12:00 PM
Ready, Set... Rent!	12/15	2:00 PM	1:00 PM
Take a Bite Out of College Costs	12/10	1:00 PM	12:00 PM
Tools to Grow Your Money	12/29	9:00 PM	8:00 PM
TSP Basics for Navy Life	12/31	7:00 AM	6:00 AM
	12/15	3:00 PM	2:00 PM
Your Money and Your Mindset	12/4	4:00 PM	3:00 PM

Find a Fleet and Family Support Center near you at

https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory

TRANSITION



		Eastern	Central
Conquering Civilian Interviews	12/29	3:00 PM	2:00 PM
	12/7	11:00 AM	10:00 AM
	12/21	9:00 AM	8:00 AM
Financial Confidence Through Life's Changes	12/22	3:00 PM	2:00 PM
	12/28	7:00 PM	6:00 PM
Leveraging Websites for Career Transition Research	12/14	4:00 PM	3:00 PM
Thrift Savings Plan: Choosing the Right Path	12/29	8:00 AM	7:00 AM
	12/3	3:00 PM	2:00 PM
Transferable Skills: Your Key to Career Mobility	12/30	7:00 AM	6:00 AM
VTAP DOL Employment Fundamentals for Career Transition	12/16	11:00 AM	10:00 AM
	12/9	7:00 AM	6:00 AM
	12/2	8:00 AM	7:00 AM
VTAP Financial Planning for Transition	12/15	4:00 PM	3:00 PM
	12/8	7:00 AM	6:00 AM
	12/1	1:00 PM	12:00 PM
VTAP Managing Your Transition	12/15	1:00 PM	12:00 PM
	12/7	9:00 AM	8:00 AM
	12/1	10:00 AM	9:00 AM
VTAP MOC Crosswalk	12/15	2:00 PM	1:00 PM
	12/7	10:00 AM	9:00 AM
	12/1	11:00 AM	10:00 AM
VTAP Pre-Separation Briefing	12/15	11:00 AM	10:00 AM
	12/7	7:00 AM	6:00 AM
	12/1	8:00 AM	7:00 AM
VTAP SBA Entrepreneurship			
Day 1	12/10	11:00 AM	10:00 AM
Day 2	12/11	11:00 AM	10:00 AM

Scan to schedule a one on one appointment to discuss personal financial management, employment, deployment, relocation, parenting, and more.



WARRIOR AND FAMILY RESILIENCE



		Eastern	Central
Better Reactions, Better Outcomes	12/7	9:00 AM	8:00 AM
Bounce Back Better	12/27	9:00 PM	8:00 PM
Building Bridges: Nurturing Healthy Relationships	12/14	11:00 AM	10:00 AM
Cool, Calm, and In Control: Your Guide to Mastering Anger	12/15	8:00 AM	7:00 AM
	12/18	8:00 AM	7:00 AM
	12/4	8:00 AM	7:00 AM
Finding the Good in Conflict	12/7	12:00 PM	11:00 AM
Flexible Thinking, Forward Motion	12/1	11:00 AM	10:00 AM
Mind Body Mental Fitness (MBMF)			
Mod 1: Stress Resilience	12/14	9:00 AM	8:00 AM
	12/1	8:00 AM	7:00 AM
Mod 2: Mindfulness & Meditation	12/16	9:00 AM	8:00 AM
	12/3	8:00 AM	7:00 AM
Mod 3: Living Core Values	12/21	9:00 AM	8:00 AM
	12/10	8:00 AM	7:00 AM
Mod 4: Flexibility	12/23	9:00 AM	8:00 AM
	12/17	8:00 AM	7:00 AM
Mod 5: Problem Solving	12/28	9:00 AM	8:00 AM
	12/22	8:00 AM	7:00 AM
Mod 6: Connection	12/30	9:00 AM	8:00 AM
	12/29	8:00 AM	7:00 AM
Mission Ready, Mentally Strong	12/23	9:00 AM	8:00 AM
	12/24	1:00 PM	12:00 PM
	12/21	8:00 PM	7:00 PM
Motivating by Appreciation	12/14	12:00 PM	11:00 AM
Organize Your Life	12/16	2:00 PM	1:00 PM
Run for Resilience	12/24	3:00 PM	2:00 PM
Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	12/15	10:00 AM	9:00 AM
Stress During the Holidays	12/2	11:00 AM	10:00 AM
Stress Management	12/9	12:00 PM	11:00 AM
	12/1	10:00 AM	9:00 AM
The Power of Connection: Building Support Systems	12/14	8:00 PM	7:00 PM
	12/16	9:00 AM	8:00 AM
	12/17	1:00 PM	12:00 PM
Understanding Anger	12/8	10:00 AM	9:00 AM