



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

EFMP

August 12th 8:00am - 10:00am

In-Person EFMP POC Training at FFSC

August 23rd 3:00pm during Salute to Summer

Sea Bags Event on Dewey Field

August 26th 6:30pm -7:30pm **Webinar**

Community Conversation regarding The Anxious Generation

August 27th 6:30pm – 7:30pm **Webinar**

How to support social skill development in children in an increasingly digital world

For more information or to register email

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

Transition Assistance Program

September 22nd – 26th, 2025

November 17th – 31st, 2025

**TAP classes held at
MWR Conference Room
656 Whipple Street
NAVSTA Newport**

For more information or to register email
stephanie.a.westbrook2.naf@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

Save the Date

September 8th -12th 2025 8:00am - 4:30pm
40-hour Initial Victim Advocate Course



Time Management 101

Wednesday August 20th 1:00pm – 3:00pm

Join us to learn new strategies and techniques to effectively plan, organize, and prioritize tasks to maximize productivity and achieve goals.

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



Healthy Body + Healthy Mind = Happy Human



Mind Body Mental Fitness Series

Bring your lunch, a friend and an open mind!

MBMF Module 1 Stress Resiliency

Monday August 4th 11:00am – 12:30pm

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.

MBMF Module 2 Mindfulness & Meditation

Monday August 11th 11:00am-12:30pm

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

MBMF Module 3 Living Core Values

Monday August 18th 11:00am – 12:30pm

Gain knowledge to better understand your own thoughts, emotions, and behaviors through practical skills that can be put to immediate use.

MBMF Module 4 Flexible Thinking

Monday September 15th 11:00am – 12:30pm

Teaches participants how to practice flexible thinking with their thoughts, behaviors and emotions while helping to defeat negative thinking.

MBMF Module 5 Problem Solving

Monday September 22nd 11:00am – 12:30pm

Pick up skills on how to work through obstacles effectively, practice dynamic team building, and discuss new problem-solving techniques.

MBMF Module 6 Connection Class

Monday September 29th 11:00am – 12:30pm

Gather proactive pathways to achieve mental fitness, find balance within these domains and gain practical skills that can be utilized daily.

For more information or to register email katherine.e.goktepe.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

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

SUMMER SOCIAL



The
Fleet & Family Support
Center

Wednesday, August 6

4:30 to 7 p.m.

Officers' Club

New to NAVSTA, Rhode Island or the East Coast? Come on down and meet base support services and Community Resources! For more information, call Fleet & Family Support Center (401) 841-2283.

- FFSC
- EFMP
- MWR
- Personal Property
- Housing
- School Liaison Officer
- Military OneSource
- National Park Service
- Vet Center
- VA Enrollment Team
- Veterans Benefits Administration
- RI Army National Guard
- Navy Medicine Readiness & Training Command New England (clinic)
- US Family Health Plan
- Humana
- Navy Marine Corps Relief Society
- Navy Exchange
- RI Parent Information Network
- Home Base Boston
- Military Spouses of Newport

- Aquidneck Island Robotics Team
- YMCA
- Dare to Dream Ranch
- Girl Scouts
- Child and Family Services
- Newport County Mental Health
- East Bay Community Action program

TOUCH-A-TRUCK

- NAVSTA Newport Fire Dept
 - Tower Ladder & Squad Trucks
- NAVSTA Newport EOD
 - EOD Response Vehicles
- Marine Transportation Reserve Unit, Providence
- - 7-Ton Armadillo Truck
- Police Cars & More

**Foam Party,
Rock Climbing
Wall, Games,
& more!**
Weather permitting



**The Department of Navy does not endorse any company, sponsor or their products or services.*

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YOUR *Virtual* FFSC WEBINAR SCHEDULE

AUGUST 2025

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.

DEPLOYMENT SUPPORT

Looking for deployment training? Click Deployment on the LMS for the following trainings.

- Deployment Sleep Strategies
- Equipping Your Kids During Deployment
- Ready, Set, Deploy: Pre-Deployment Planning
- Single Sailor Deployment Tools
- The Service Member's Guide to Family Care Plans



EMPLOYMENT

Power Up Your Resume for Remote Jobs	8/13/25	1:00 PM EDT	10:00 AM PDT
First Impressions Matter, Make Yours Count: Civilian Resume Writing	8/13/25	3:00 PM EDT	12:00 PM 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
- Remote Ready: A Spouse's Roadmap to a Virtual Career!
- Understanding USAJobs

PERSONAL GROWTH



Understanding Anger	8/5/25	10:00 AM EDT	7:00 AM PDT
Healthy Relationships	8/12/25	2:00 PM EDT	11:00 AM PDT
Leadership Development	8/19/25	11:00 AM EDT	8:00 AM PDT
Stress Management	8/19/25	10:00 AM EDT	7:00 AM PDT
Conflict Management	8/27/25	2:00 PM EDT	11:00 AM PDT
Building Bridges - Nurturing Healthy Relationships	8/27/25	11:00 AM EDT	8:00 AM PDT

MENTAL WELL-BEING

Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	8/14/25	2:30 PM EDT	11:30 AM PDT
Healing Through Parenting	8/21/25	1:00 PM EDT	10:00 AM PDT

PARENTING



Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)	8/7/25	9:00 AM EDT	6:00 AM PDT
Parenting to Prevent PSB: Ages 5-9 (SHAPE Module 3)	8/14/25	9:00 AM EDT	6:00 AM EDT
Parenting to Prevent PSB: Preteens (SHAPE Module 4)	8/21/25	9:00 AM EDT	6:00 AM PDT
What About the Kids?	8/21/25	1:00 PM EDT	10:00 AM PDT
Parenting to Prevent PSB: Teens (SHAPE Module 5)	8/28/25	9:00 AM EDT	6:00 AM PDT

Join us for these webinars offered throughout June:

- Helping Kids Thrive Through Change
- Nine Steps to Positive Parenting
- Spotting the Signs of Youth Suicide



- 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

Maximizing Your Credit Card Rewards	8/1/25	10:00 AM EDT	7:00 AM PDT
Baby Breaks the Bank	8/8/25	2:00 PM EDT	11:00 AM PDT
Navy Retirement...Is it Enough?	8/21/25	1:00 PM EDT	10:00 AM PDT
Military Marriage 101: Building Stronger Bonds & Financial Security	8/27/25	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
- TSP Essentials for Navy Life: Grow Your Savings, Secure Your Future



RELOCATION

Smooth Move - Overseas	8/5/25	1:00 PM EDT	10:00 AM PDT
Smooth Move	8/7/25	3:00 PM EDT	12:00 PM PDT
Sponsorship - From the Sailor to the Family	8/12/25	12:30 PM EDT	9:30 AM PDT
Sponsor Training	8/14/25	3:00 PM EDT	12:00 PM PDT

Click Relocation for webinars on:

- Calming Cultural Shock
- Planning the Perfect PCS
- Stepping up Support: Sponsorship Training and the PCS Process - all offered several times throughout August for your convenience!

TRANSITION

Transition Assistance Program (TAP) for Leaders	8/28/25	3:00 PM EDT	12:00 PM PDT
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RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 1: Stress Resilience	8/5/25	1:00 PM EDT	10:00 AM PDT
Module 2: Mindfulness and Meditation	8/12/25	1:00 PM EDT	10:00 AM PDT
Module 3: Living Core Values	8/19/25	1:00 PM EDT	10:00 AM PDT
Module 4: Flexibility	8/26/25	1:00 PM EDT	10:00 AM PDT



Want to learn more about resilience? Join us for Bounce Back Better. See the LMS for times in your time zone.





VTAP

Virtual Transition Assistance Program

JUL-SEP 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.
- 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.

Classes fill quickly. Register early!

Title	Date	EASTERN	PACIFIC
Pre-Separation Counseling 2 Hours	8 Jul	11:00 AM	8:00 AM
	22 Jul	6:00 PM	3:00 PM
	12 Aug	9:00 AM	6:00 AM
	26 Aug	6:00 PM	3:00 PM
	9 Sep	11:00 AM	8:00 AM
	23 Sep	6:00 PM	3:00 PM
Military Occupational Codes Crosswalk (MOC Crosswalk) 1.5 Hours	23 Jul	7:15 PM	4:15 PM
	12 Aug	5:00 PM	2:00 PM
	27 Aug	7:15 PM	4:15 PM
	24 Sep	7:15 PM	4:15 PM
Managing Your Transition (MY Transition) 1 Hour	23 Jul	6:00 PM	3:00 PM
	27 Aug	11:30 AM	8:30 AM
	24 Sep	6:00 PM	3:00 PM
Financial Planning for Transition 3.5 Hours	24 Jul	6:00 PM	3:00 PM
	12 Aug	1:00 PM	10:00 AM
	28 Aug	6:00 PM	3:00 PM
	25 Sep	6:00 PM	3:00 PM
DOL Employment Fundamentals of Career Transition 8 Hours	13 Aug	9:00 AM	6:00 AM
DOL Vocational (Part 1 of 2) 8 Hours	14 Aug	9:00 AM	6:00 AM
DOL Vocational (Part 2 of 2) 8 Hours	15 Aug	9:00 AM	6:00 AM

To Register for these or any other Virtual FFSC webinars:

1. Make a free account at MyNavyFamily.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.

