



# The Fleet & Family Support Center



# FEBRUARY

Volume 2  
2026



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 are in-person.

## Life Skills Classes:

### Mind-Body Mental Fitness: Living Core Values

Monday, February 2 from 1:00pm – 3:00pm

Participants define core values and how they relate to one's goals; and understand how values help one stay on course in the face of stressors.

### Anger Management

Thursday, February 5 from 1:00pm – 3:00pm

Participants develop new and effective coping strategies to deal confidently with difficult situations or people.

### Mind-Body Mental Fitness: Stress Resiliency

Monday, February 9 from 1:00pm – 3:00pm

Participants learn how to make stress a friend.

### Mind-Body Mental Fitness: Mindfulness and Meditation

Wednesday, February 18 from 1:30pm – 3:30pm

Learn how to strengthen focus and decrease harmful reactivity to external events.

### Time Management

Monday, February 23 from 1:00pm – 3:00pm

Participants learn strategies for optimizing their schedules to meet work and family life demands.

### Public Speaking (Lunch and Learn)

Friday, February 27 from 12:00pm – 1:00

Practice and improve various types of speeches (introductory, informative, persuasive, special occasion, and extemporaneous) through feedback.

To register, please email

[katherine.e.goktepe.naf@us.navy.mil](mailto:katherine.e.goktepe.naf@us.navy.mil)

## 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

## EFMP Exceptional Family Member Program

The Exceptional Family Member Program and the Naval War College Museum have teamed up to bring Naval Station Newport families a fun and educational program called Sea Bags.



Thursday Feb. 19<sup>th</sup> 1:00pm-2:00pm  
FFSC, 1260 Peary Street



Tuesday Feb. 17<sup>th</sup> 2:00pm-3:00pm Free swim at the John H. Chaffee pool for EFMP families only!  
RSVP by 2.13.26

Friday Feb. 20<sup>th</sup> 9:30am-11:00am Sensory Friendly Movie (Luca) in the MWR Rec Center Movie Theatre  
RSVP by 2.17.26

To register for EFMP events email  
[Jessica.L.Hebert19.naf@us.navy.mil](mailto:Jessica.L.Hebert19.naf@us.navy.mil)





# Welcome TO THE TEAM



## Sexual Assault Prevention and Response Program

Outreach Table events: Stop by, say hello, ask questions and get valuable resources from our SAPR team!

Feb 11, 1500-1700 at NAVSTA Gym

Feb 18, 1100-1300 at Ney Hall Galley

For more information on how to become an Advocate, please email

[theo.greenblatt.naf@us.navy.mil](mailto:theo.greenblatt.naf@us.navy.mil) or  
SARC, [julianna.k.hamor.naf@us.navy.mil](mailto:julianna.k.hamor.naf@us.navy.mil)

**24/7 SAPR Victim Advocate Hotline,  
401-450-2327**

**DoD 24/7 Safe Helpline: 1-877-995-5247**

**OR text 55-247**

**OR go to [www.safehelpline.org](http://www.safehelpline.org)**

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

1 (800) 342-9647

SAPR Unit Victim Advocate  
24/7: (401) 450-2327

Dow Safe Helpline 1 (877) 995-5247

Suicide/Crisis 24 Hotline Dial – 988

[www.988lifeline.org](http://www.988lifeline.org)

Military Crisis Line

1-800-273-TALK (option 1)

Text 838255

or live chat [www.militarycrisisline.net](http://www.militarycrisisline.net)

CNRMA FAP Victim Advocate

24/7: (812) 296-8252



1260 Peary Street, NAVSTA Newport  
401.841.2283



My name is Kaisa Clark and I am a Licensed Independent Clinical Social Worker, originally from Massachusetts, and I am your new Child Counselor at the Fleet and Family Service Center! Since 2020, I've worked as a Family Advocacy Intervention Specialist in England, and as a Military and Family Life Counselor in England, Germany and the Netherlands! Prior to that, I worked in Adoption and Foster Care in Massachusetts with children experiencing the foster care system, as well as training and supporting foster and foster-to-adopt families. Outside of work, you can find me in the gym, possibly teaching group fitness classes or training for an event, or plotting my next overseas adventure! I am happy to be back in New England after so many years away and look forward to helping to support the Newport NAVSTA community!



Developed for Navy spouses and Sailors' families, the MyNavy Family app combines authoritative information from Navy websites into a single, convenient location. In addition to a wealth of useful content, the app offers a military installation search, career center, and emergency contact list.

Download with the QR code:



# Transition Assistance and Family Employment Programs

## Transition Assistance Program

March 9th – 13th 2026

May 11<sup>th</sup> – 15<sup>th</sup> 2026

July 20<sup>th</sup> – 24<sup>th</sup> 2026

September 21<sup>st</sup> – 25<sup>th</sup> 2026

November 16<sup>th</sup> – 20<sup>th</sup> 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](mailto:brittany.m.clark20.civ@us.navy.mil)

Call 401-841-2283 or email

[Brittany.M.Clark20.civ@us.navy.mil](mailto:Brittany.M.Clark20.civ@us.navy.mil) to sign up today!

\*\*Open to anyone with access to Naval Station Newport.\*\*

## INTERVIEW

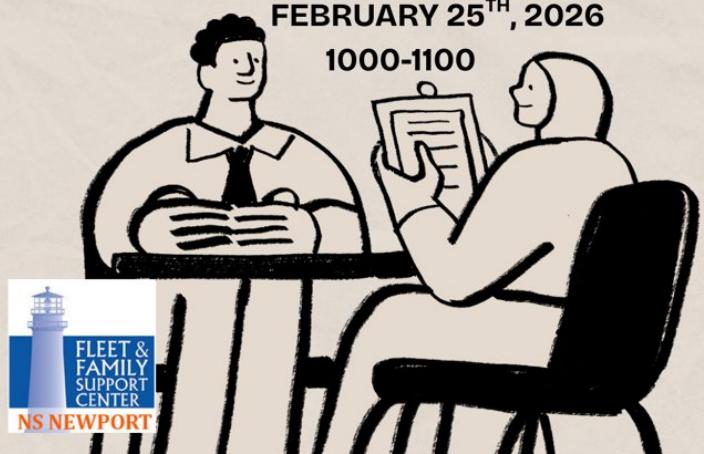
## TECHNIQUES

**FFSC CONFERENCE ROOM**

**1260 PEARY STREET**

**FEBRUARY 25<sup>TH</sup>, 2026**

**1000-1100**



## EFFECTIVE RESUME WRITING 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

10 February, 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](mailto:Brittany.M.Clark20.civ@us.navy.mil) or call 401-841-2283 today!



## 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)

\*\*\*\*\*

THURSDAY

26 FEB 2026

9:00 - 11:00 AM

Naval Station Newport Fleet and Family Support Center  
1260 PEARY 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](mailto:BRITTANY.M.CLARK20.CIV@US.NAVY.MIL)  
\*\*DROP INS WELCOME\*\*

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



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!

**Friday 27 February 0900-1015  
Newport FFSC**

For more information contact Brittany Clark,  
[brittany.m.clark20.civ@us.navy.mil](mailto:brittany.m.clark20.civ@us.navy.mil)

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](mailto: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.*



The Department of Defense does not imply endorsement, recommendation or favoring of any commercial financial product, process or service by Navy Mutual Aid Association. Photos courtesy of the Department of Defense. Navy Mutual Aid Association's Department of Education and Veteran Services does not endorse or favor any commercial financial product or service or promote the services of any specific financial institution. Further, Navy Mutual Aid Association and its accredited VSO Representatives do not charge or accept a fee or gratuity for representation services rendered to claimants before the Department of Veterans Affairs. 38 C.F.R. §14.628.

# 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: Thursday 26 February**

**Time: 1300 to 1415**

**Fleet and Family Support Center  
Newport**

Contact Brittany for meeting info: [brittany.m.clark20.civ@us.navy.mil](mailto:brittany.m.clark20.civ@us.navy.mil)

Class is open to *all veterans and members of the uniformed services and their spouses!*

## 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?**



*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](mailto: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.*

The Department of Defense does not imply endorsement, recommendation or favoring of any commercial financial product, process or service by Navy Mutual Aid Association. Photos courtesy of the Department of Defense. Navy Mutual Aid Association's Department of Education and Veteran Services does not endorse or favor any commercial financial product or service or promote the services of any specific financial institution. Further, Navy Mutual Aid Association and its accredited VSO Representatives do not charge or accept a fee or gratuity for representation services rendered to claimants before the Department of Veterans Affairs. 38 C.F.R. §14.628.

# YOUR *Virtual* FFSC WEBINAR SCHEDULE

We have webinars scheduled to suit time zones around the world!

Visit [MyNavyFamily.com](https://MyNavyFamily.com), select a topic, and view available sessions with times automatically converted to your local time.

## EMPLOYMENT

AI Resume Building - A Paradigm Shift	<b>2/4/26</b>	9:00 AM EST	6:00 AM PST
Leveraging AI For Your 2025 Job Search	<b>2/6/26</b>	10:00 AM EST	7:00 AM PST
How to Design a Powerhouse Mock Interview - Help Your Client with the Interview	<b>2/10/26</b>	1:00 PM EST	10:00 AM PST
AI Prompt Engineering: From Idea to Output	<b>2/11/26</b>	9:00 AM EST	6:00 AM PST
Power Up Your Resume for Remote Jobs	<b>2/11/26</b>	1:00 PM EST	10:00 AM PST
USAJOBS 2026	<b>2/13/26</b>	1:00 PM EST	10:00 AM PST
The ART of the Interview	<b>2/18/26</b>	11:00 AM EST	8:00 AM PST
Pain Free Resume Writing	<b>2/25/26</b>	11:00 AM EST	8:00 AM PST

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!

## PARENTING

Parenting to Prevent PSB: Preteens (SHAPE Module 4)	<b>2/3/26</b>	12:00 PM EST	9:00 AM PST
Parenting to Prevent PSB: Teens (SHAPE Module 5)	<b>2/11/26</b>	12:00 PM EST	9:00 AM PST
Positive Parenting	<b>2/11/26</b>	12:00 PM EST	9:00 AM PST
What About the Kids	<b>2/19/26</b>	1:00 PM EST	10:00 AM PST

Join us for these webinars offered several times throughout the month:

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

## MENTAL WELL-BEING

Understanding Anger	<b>2/10/26</b>	10:00 AM EST	7:00 AM PST
Couples Communication - Conflict Resolution	<b>2/11/26</b>	2:00 PM EST	11:00 AM PST
Stress Management	<b>2/24/26</b>	10:00 AM EST	7:00 AM PST



## NAVY LIFE

Mission Start: Military Spouse Orientation 101	<b>2/3/26</b>	12:00 PM EST	9:00 AM PST
Stronger Together During Deployment	<b>2/4/26</b>	12:00 PM EST	9:00 AM PST

Click Navy Life for webinars like:

- Navy Family Connection
- Family Operations Security made Easy and more

## PERSONAL GROWTH

	Healthy Relationships	<b>2/10/26</b>	10:00 AM EST	7:00 AM PST
	Personal Communication	<b>2/26/26</b>	10:00 AM EST	7:00 AM PST

Click the Personal Growth category for Finding the Good in Conflict offered several times throughout the month.



**1** Go to [MyNavyFamily.com](https://MyNavyFamily.com) to log in or create a free account.

The FFSC LMS also has comprehensive resources like New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.

**2** Select the category on the home page, then select your webinar.

**3** Confirm the start time and click "Enroll Me."

## PERSONAL FINANCIAL MANAGEMENT

Quarterly Command Financial Specialist Forum	<b>2/11/26</b>	10:00 AM EST	7:00 AM PST
Million Dollar Service Member Day 1	<b>2/17/26</b>	11:00 AM EST	8:00 AM PST
Why Insurance Matters and More: Do You Have the Right Coverage?	<b>2/17/26</b>	2:00 PM EST	11:00 AM PST
Million Dollar Service Member Day 2	<b>2/18/26</b>	11:00 AM EST	8:00 AM PST
Navy Retirement..Is it Enough?	<b>2/19/26</b>	1:00 PM EST	10:00 AM PST
Baby Breaks the Bank	<b>2/20/26</b>	3:00 PM EST	12:00 PM PST
Money Munchkins: Raising Money-Savvy Kids	<b>2/25/26</b>	1:00 PM EST	10:00 AM PST



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 January for your convenience!

Out with the Old, In with the New Continent: Moving Overseas	<b>2/12/26</b>	11:00 AM EST	8:00 AM PST
Smooth Move - Overseas	<b>2/17/26</b>	1:00 PM EST	10:00 AM PST

## EFMP - EXCEPTIONAL FAMILY MEMBER PROGRAM

Getting a Jumpstart into Early Learning	<b>2/19/26</b>	1:00 PM EST	10:00 AM PST
Navigating Employment: A Resource Guide for Exceptional Family Members	<b>2/20/26</b>	12:00 PM EST	9:00 AM PST



## RESILIENCE

Stoicism Principles and Stress Management	<b>2/20/26</b>	9:00 AM EST	6:00 AM PST
Click Resilience for webinars on:			
<ul style="list-style-type: none"><li>• Bounce Back Better</li><li>• Run Resilience</li><li>• Mission Ready, Mentally Strong</li></ul>			





The Transition Assistance Program is a congressionally-mandated program to prepare service members for transition back to civilian life. Service members commence the TAP process no later than 365 days prior to their anticipated separation, retirement, or release from active duty.

To register for these sessions, log in to: [MyNavyFamily.com](http://MyNavyFamily.com).

1. Click “Live Webinars” at the top of the page to view the list of offerings.
2. Click the title of a session to view the information and description.
3. Click “Register Now” to register for the course.

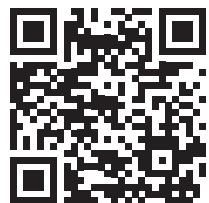
Date	Name	Length	Eastern	Pacific	Guam	
			Time	Time	Date	Time
2 Feb	Pre-Separation Brief	2 hrs	7:00 AM	4:00 AM	2 Feb	10:00 PM
2 Feb	Managing Your Transition	1 hr	9:15 AM	6:15 AM	3 Feb	12:15 AM
2 Feb	MOC Crosswalk	1.5 hrs	10:30 AM	7:30 AM	3 Feb	1:30 AM
2 Feb	Financial Planning for Transition	4 hrs	12:15 PM	9:15 AM	3 Feb	3:15 AM
4 Feb	DOL Employment Fundamentals for Career Transition	8 hrs	7:00 AM	4:00 AM	4 Feb	10:00 PM
10 Feb	Pre-Separation Brief	2 hrs	8:00 AM	5:00 AM	10 Feb	11:00 PM
10 Feb	Managing Your Transition	1 hr	10:15 AM	7:15 AM	11 Feb	1:15 AM
10 Feb	MOC Crosswalk	1.5 hrs	11:30 AM	8:30 AM	11 Feb	2:30 AM
10 Feb	Financial Planning for Transition	4 hrs	1:30 PM	10:30 AM	11 Feb	4:30 AM
11 Feb	DOL Employment Fundamentals for Career Transition	8 hrs	8:00 AM	5:00 AM	11 Feb	11:00 PM
12 Feb	DOL Employment Track Day 1	8 hrs	8:00 AM	5:00 AM	12 Feb	11:00 PM
13 Feb	DOL Employment Track Day 2	8 hrs	8:00 AM	5:00 AM	13 Feb	11:00 PM
24 Feb	Pre-Separation Brief	2 hrs	11:00 AM	8:00 AM	25 Feb	2:00 AM
24 Feb	Managing Your Transition	1 hr	1:15 PM	10:15 AM	25 Feb	4:15 AM
24 Feb	MOC Crosswalk	1.5 hrs	2:30 PM	11:30 AM	25 Feb	5:30 AM
24 Feb	Financial Planning for Transition	4 hrs	4:15 PM	1:15 AM	25 Feb	7:15 AM
25 Feb	DOL Employment Fundamentals for Career Transition	8 hrs	11:00 AM	8:00 AM	26 Feb	2:00 AM



**"1 Degree of Separation" is not your average mental health talk — this one comes with punchlines.**

Blending real talk with big laughs, it brings tough topics like depression, education, and suicide prevention into the spotlight. Come for the laughs, stay for the feels — it's comedy that hits... and heals.

All shows are **FREE**.



**Naval War College Spruance Auditorium**  
**Friday, March 13 • 10 am & 1 pm**



For more information, call Fleet & Family Support Center (401) 841-2283  
[www.NavyLifeNPT.com/1Degree](http://www.NavyLifeNPT.com/1Degree)