



The Fleet & Family Support Center



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

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. 19th 1:00pm-2:00pm
FFSC, 1260 Peary Street



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

Friday Feb. 20th 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





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 or
SARC, 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

Military OneSource
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

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



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 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

Call 401-841-2283 or email

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 25TH, 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 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

****DROP INS WELCOME****

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!



Friday 27 February 0900-1015
Newport FFSC

For more information contact Brittany Clark,
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**

MILITARY QUALIFIED
MQFP
FINANCIAL PLANNER



MQFP
Military Qualified Financial Planner
Spotlight
Heather Walrath
Lead Educator & Military Benefits
Liaison - Navy Mutual
"I'm a proud military spouse of over
25 years and believe in giving back
to both the military and civilian
communities where I live."
Service Affiliation: Air Force Spouse
Connect With Me:
Email: hwalrath@navymutual.org
More Information
MQFP.org/MQFP


*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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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



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
(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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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	2/4/26	9:00 AM EST	6:00 AM PST
Leveraging AI For Your 2025 Job Search	2/6/26	10:00 AM EST	7:00 AM PST
How to Design a Powerhouse Mock Interview - Help Your Client with the Interview	2/10/26	1:00 PM EST	10:00 AM PST
AI Prompt Engineering: From Idea to Output	2/11/26	9:00 AM EST	6:00 AM PST
Power Up Your Resume for Remote Jobs	2/11/26	1:00 PM EST	10:00 AM PST
USAJOBS 2026	2/13/26	1:00 PM EST	10:00 AM PST
The ART of the Interview	2/18/26	11:00 AM EST	8:00 AM PST
Pain Free Resume Writing	2/25/26	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)	2/3/26	12:00 PM EST	9:00 AM PST
Parenting to Prevent PSB: Teens (SHAPE Module 5)	2/11/26	12:00 PM EST	9:00 AM PST
Positive Parenting	2/11/26	12:00 PM EST	9:00 AM PST
What About the Kids	2/19/26	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	2/10/26	10:00 AM EST	7:00 AM PST
Couples Communication - Conflict Resolution	2/11/26	2:00 PM EST	11:00 AM PST
Stress Management	2/24/26	10:00 AM EST	7:00 AM PST



NAVY LIFE

Mission Start: Military Spouse Orientation 101	2/3/26	12:00 PM EST	9:00 AM PST
Stronger Together During Deployment	2/4/26	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	2/10/26	10:00 AM EST	7:00 AM PST
Personal Communication	2/26/26	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 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

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

EFMP - EXCEPTIONAL FAMILY MEMBER PROGRAM

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



RESILIENCE

Stoicism Principles and Stress Management	2/20/26	9:00 AM EST	6:00 AM PST
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Click Resilience for webinars on:

- Bounce Back Better
- Run Resilience
- Mission Ready, Mentally Strong



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](https://www.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 Time	Pacific Time	Guam	
					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° OF SEPARATION

"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