

Family Connection

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Visit us online at:



Family Connection is a publication of the Fleet and Family Support Program.

The Navy's Fleet and Family Support Program promotes the self-reliance and resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle.

The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

If you have questions or comments, contact the Fleet and Family Support Program, cnic.ffsp.fct@navy.mil.

2022 Mrs. Sybil Stockdale Ombudsman of the Year Award Recipients

Congratulations to the 2022 Mrs. Sybil Stockdale Ombudsman of the Year Award recipients. These volunteers exemplify the spirit of Mrs. Sybil Stockdale who supported the families of Prisoners of War during her husband, Vice Admiral James Bond Stockdale's internment in Southeast Asia. This award recognizes those who serve as inspirational Ombudsmen and embody the ideals of volunteer service and commitment to Navy Sailors and their families.

The following Ombudsmen were nominated by their commanding officers for serving their command and families with extraordinary, selfless dedication, and commitment to family readiness. Congratulations to:



Mrs. Byrne Blumer, Ombudsman for Commanding Officer, USS SAN JUAN (SSN 751), selected from all sea commands under Commander, U.S. Fleet Forces Command.



Mrs. Michelle Rohner, Ombudsman for Commanding Officer, U.S. Naval Medical Readiness and Training Command (NMRTC) & Commanding Officer, U.S. Naval Medical Research Unit No. 3 (NAMRU-3) selected from all naval shore activities in the Navy.



Mrs. Colleen Weaver, Ombudsman for Commanding Officer, Navy Reserve Center Alameda selected from all Reserve commands under Commander, Navy Reserve Force.



Mrs. Melanie Reed, Ombudsman for Commanding Officer, USS FRANK CABLE selected from all sea commands under Commander, U.S. Pacific Fleet.



Thank you to all Command Ombudsmen who maintain the highest standards of professionalism and create a healthy sense of community by being positive role models for command members and their families.



Congratulations Mrs. Sybil Stockdale Ombudsmen of the Year

Since 2015, the Navy has presented the Mrs. Sybil Stockdale Ombudsman of the Year Award to four outstanding ombudsmen. The Office of the Chief of Naval Operations established this award to honor the service of Navy family ombudsmen. Award winners maintain the highest standards of professionalism and serve as positive role models for command members and their families.

The award is named for Mrs. Sybil Stockdale, the wife of Vice Admiral James Stockdale. During the Vietnam War, Mrs. Stockdale created the National League of Families of American Prisoners in Southeast Asia to support families of other POWs during her husband's seven-year internment in Southeast Asia. These volunteers exemplify the spirit of Mrs. Sybil Stockdale, and this award recognizes those who serve as inspirational ombudsmen and embody the ideals of volunteer service and commitment to Navy Sailors and their families.

The following ombudsmen were nominated by their commanding officers for serving their command and families with extraordinary, selfless dedication and commitment to family readiness.

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Mrs. Byrne Blumer, Ombudsman for Commanding Officer, USS SAN JUAN (SSN 751), selected from all sea commands under Commander, U.S. Fleet Forces Command.

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Continued on next page.

ATTENTION READERS: Make Family Connections Interactive! Share your questions, comments, good news stories, useful resources and articles you have written or found helpful. As space allows, we will include them in future newsletters OR release on social media. Submit to cnic.ffsp.fct@navy.mil

Continued from Page 2.

Mrs. Michelle Rohner, Ombudsman for Commanding Officer, U.S Naval Medical Readiness and Training Command (NMRTC) & Commanding Officer, U. S. Naval Medical Research Unit No. 3 (NAMRU-3), selected from all naval shore activities in the Navy.

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Thank you to all command ombudsmen who maintain the highest standards of professionalism and create a healthy sense of community by being positive role models for command members and their families!!

September Holidays and Observances:

- September 5 – Labor Day
- September 11 – Patriot Day
- September 14 – Ombudsman Program Appreciation Day
- September 16 – National POW/MIA Remembrance Day
- September 18 – U.S. Air Force Birthday
- September 25 – Gold Star Mother's and Family's Day
- National Preparedness Month
- National Hispanic Heritage Month
- Suicide Prevention Month

September is Library Card Sign-Up Month

Since 1987, Library Card Sign-up Month has been held each September to mark the beginning of the school year. During the month, the American Library Association and libraries unite in a national effort to ensure every child signs up for their own library card.

Throughout the school year, public librarians and library staff will assist parents and caregivers with saving hundreds of dollars on educational resources and services for students. From free access to STEAM programs and activities, educational apps, in-person and virtual homework help and technology workshops to the expertise of librarians, a library card is one of the most cost-effective back-to-school supplies available. How much can you save? Visit the [Library Value Calculator](#) to total your savings.

Visit your local community library or the Navy General Library Program at <https://www.navymwr.org/programs/libraries> for more details and to get your library card.

September is Library Card Sign-Up Month



Let your imagination **sing** at the library.



YOUR ^{Virtual} FFSC WEBINAR SCHEDULE

Join us at www.MyNavyFamily.com to learn more about Emergency Preparedness in webinars presented by your local Fleet and Family Support Centers.

Wednesday, September 14 2:00 p.m. EDT
Emergency Preparedness For Families

Thursday, September 15 1:00 p.m. EDT
Parenting Through a Disaster



Ombudsman Moment September 2022

OMBUDSMAN APPRECIATION

What would September be without honoring the command ombudsman? Every year we talk about the support that ombudsmen provide to command family members and the role they can play in the success of their military lifestyle experience. This never gets old so here we go again.

Find your command ombudsman and reach out to them to let them know how much you appreciate them. Even if you've never communicated directly with your command ombudsman, knowing someone is available to help answer questions or provide guidance through a unique situation should give you and your Sailor peace of mind. Nobody is an island – we all need other people, even when they are in the background and communication is rare or limited to emails or newsletters. Please join us in saying thank you to these selfless volunteers.

To learn more about the FFSC or to locate your ombudsman, contact your FFSC Ombudsman Coordinator or RCC Warrior and Family Support Specialist, or use the Contact Your Ombudsman feature on the Ombudsman Registry home page at <https://ombudsmanregistry.cnic.navy.mil>.



National Preparedness Month - Are You Prepared?

Disasters are an ever-present threat in our world. From hurricanes to wildfires and everything in between, our Navy families have faced very real threats to their homes and livelihoods as a result of disasters in their area.

While we cannot always predict these disasters, we can definitely prepare for them.

September is National Preparedness Month, and there is no better time to prepare for potential disaster threats. The Federal Emergency Management Agency (FEMA) has released this year's National Preparedness Month theme: "A Lasting Legacy - the life you've built is worth protecting. Prepare for disasters to create a lasting legacy for you and your family."

Find out more about FEMA's National Preparedness Month weekly themes and resources for preparedness, including tips for preparing for disasters for people with disabilities, helping children prepare for disasters, and much more by visiting their website: <https://www.ready.gov/september>.

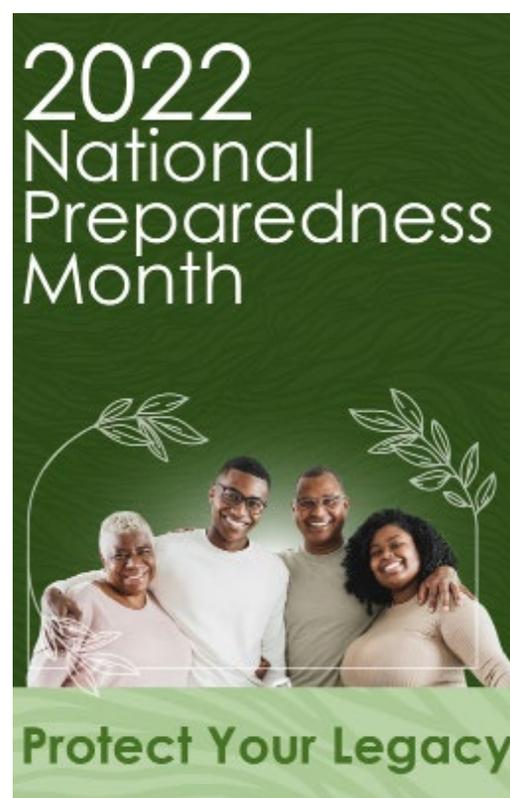
Commander, Navy Installations Command (CNIC) Fleet and Family Support Program's Family Emergency Response, in partnership with Emergency Management, and the Public Affairs Office (PAO), are also committed to ensuring our Navy personnel and their families have the tools to be prepared for potential disasters. Our teams see disaster preparedness as part of mission readiness, and we are committed to becoming Navy Ready.

If you are unsure where to get information about preparing for disasters in your area, your installation's Fleet and Family Support Center (FFSC) can assist you and your family with disaster preparedness resources and other great information specific to your area. Do not hesitate to call or stop in for information so you can be Navy Ready! Look for courses and learning opportunities at your local FFSC related to disaster preparedness all month long to help you protect your family from disasters.

To contact your installation's FFSC, visit: <https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory/>.

You can also access the Fleet and Family Support Program online for learning opportunities from the comfort of your own home while expert team members facilitate webinars on various preparedness topics. Visit the FFSP CNIC Learning Management System (LMS) at www.MyNavyFamily.com and click on the calendar icon to view the list of available webinars.

September may be National Preparedness Month, but any time is a good time to prepare for an emergency. Fleet and Family Support Programs are here to help our Navy family do just that! Let us help you "prepare for disasters to create a lasting legacy for you and your family."



NSA Mid-South SAPR Team Holds Coloring Contest for Prevention, Awareness

BY DIANA BURLESON, NSA MID-SOUTH CVA & CINDY STAVRIDES, NSA MID-SOUTH SARC

The Naval Support Activity (NSA) Mid-South, Tennessee Sexual Assault Prevention and Response (SAPR) Team launched a base-wide coloring contest.

For this initiative, participants chose from various SAPR artwork templates inspired to bring awareness within their community. For one month, coloring display tables were located at various commands and buildings throughout the installation while the contest was advertised on social media and by the Unit Victim Advocates (UVA) throughout their organizations and workspaces.

The Fleet and Family Support Center (FFSC) Team spent time together discussing prevention while coloring their unique, creative art pieces.

“It was an extremely tough decision for our judges, a group of amazing military children at our very own youth center,” said a SAPR Team member. “They were asked to rate their top three pieces of art on a scale of one to three. The winner, FCI Desmond Stanley, received a gift basket filled with art supplies and SAPR materials.”

Administrative Unit Victim Advocate, PSI Ebony Sunflower took on this project without hesitation. This contest was much more than beautiful artwork, it was an opportunity for conversation, outreach and support.

The team shared how proud they are of everyone who participated and wants to take this opportunity to thank the community for engaging in this important discussion through creativity. They are already planning their next contest!



First the Summit, Next the Fair!

During the August Federal Hiring Summit, over 400 job seekers met with hiring officials in virtual job booths where they were able to ask individual questions. Employers shared tips on applying for federal employment as well as contact information for job seekers and the opportunity to sign up for personal federal application coaching sessions.

The next FFSC Virtual Job Fair will be September 28 from 1:00 p.m. to 8:30 p.m. Eastern or 10:00 a.m. to 5:30 p.m. Pacific time.

Save the date for your next opportunity to meet with employers! Visit job booths featuring hiring officials from the Federal Bureau of Investigation, Amazon, Labcorp Oceaneering, H&R Block, and more. This is a convenient and easy way to access multiple employers from the comfort of your own home.

Virtual
FFSC
JOB FAIR

SAVE THE DATE

SEPTEMBER 28 2022
1:00-8:30 PM EDT **WEDNESDAY**

REGISTER AT WWW.MYNAVYFAMILY.COM
NMCi COMPUTERS USE [HTTPS://LEARNING.ZEIDERS.REFINEDDATA.COM](https://learning.zeiders.refineddata.com)



Navy Honors Fallen Service Members with 7th Annual Bells Across America

BY STEPHANIE HUNTER,
NAVY GOLD STAR PROGRAM ANALYST

On September 22, 2022, the Navy Gold Star Program (NGSP) along with Navy Mutual and in coordination with Navy installations across the country will host the 7th Annual Bells Across America for Fallen Service Members in association with Gold Star Mother's and Family Day, which is celebrated the last Sunday in September.

Bells have been used for centuries by the Navy for timekeeping, safety and communication, to sound alarms, in ceremonies and events, and to signal the presence of important persons. However, during these ceremonies the bells rung will not signal anyone's presence, but will instead toll in their absence.

Bells Across America provides service members, survivors and community members an opportunity to commemorate the life and service of those who died while on active duty. The primary focus and mission of the NGSP is to provide an unprecedented level of service and commitment to our Navy Gold Star Families. Bells Across America for Fallen Service Members is one way the Navy would like to recognize the sacrifices of our fallen heroes and the Gold Star Families left behind.

For more information on ceremonies please call your local Navy Gold Star Coordinator or send a message to www.facebook.com/navygoldstar or www.navygoldstar.com.

September is Suicide Prevention Month

Suicide Prevention Month is an opportunity to re-energize the conversation about suicide prevention and set a positive tone about being there for yourself and others throughout the year. Connection is critical in preventing suicide, building resilience, and maintaining overall psychological and emotional wellness. Positive social relationships and supportive community connections can help buffer the effects of risk factors in people's lives. Use this month to find everyday ways to connect with others—and ways to carry that forward into the coming months. Bringing a friend a cup of coffee, sharing a meal together, asking how someone is doing, or lending a listening ear may seem small, but these small ACTs can have a big impact when someone is feeling disconnected. 1 Small ACT can make a difference and save a life. If you notice anything unusual about a friend or family member, one conversation- 1 Small ACT- can open the door for support by breaking the silence and facilitating early intervention. If you think someone you know is having trouble navigating stress, ACT (Ask, Care, Treat):

- **ASK-** Ask directly, "Are you thinking of killing yourself?"
- **CARE-** Listen without judgment and show that you care. Phrases like, "nothing you're going through changes how I feel about you" or "I care about you no matter what, and we're going to get through this together" show empathy.
- **TREAT-** Get help immediately and don't leave the person alone. Call 988 or take them to the closest medical professional for help.

For more ways to be there for the people in your life, visit www.facebook.com/ProjectISmallACT or www.twitter.com/ProjISmallACT.

SUICIDE PREVENTION RESOURCES:

- [The National Suicide Prevention Lifeline](https://www.nationalsuicideline.com/): 988 or 1-800-273-TALK (8255)
- [Psychological Health Resource Center](https://www.psychologicalhealthresourcecenter.org/): 866-966-1020
- [inTransition](https://www.intransition.org/): 800-424-7877
- [Military OneSource](https://www.militaryonesource.com/): 800-342-9647
- [Women Veterans Call Center](https://www.womenveteranscallcenter.org/): 855-829-6636
- [DoD Safe Helpline](https://www.dodsafehelpline.com/) : 877-995-5247
- [The Crisis Text Line](https://www.crisistextline.com/): Text HOME to 741741
- [The American Foundation for Suicide Prevention](https://www.afsp.org/)
- [#BeTheITo](https://www.instagram.com/BeTheITo)



Navy Pays Tribute to Gold Star Mothers, Families

**BY STEPHANIE HUNTER,
NAVY GOLD STAR PROGRAM ANALYST**

Since 1936, the last Sunday in September has been designated as Gold Star Mother's Day to recognize and honor those who have lost a child while serving our country in the United States Armed Forces. In 2009, fallen service members' families were officially recognized and added by presidential proclamation, renaming the observance "Gold Star Mother's and Family's Day."

Each year the president signs a proclamation reaffirming our commitment to honor the individuals "who carry forward the memories of those willing to lay down their lives for the United States and the liberties for which we stand." This year, on September 25, 2022, we pay tribute to those mothers and families who have sacrificed so much.

The Navy is committed to providing long-term assistance to surviving family members. The Navy Gold Star Program is dedicated to fostering resilience in surviving families of fallen service members. Navy Gold Star coordinators provide resources such as chaplain services, personal financial counseling, school liaison assistance, family employment, clinical counseling, and area survivor events and want these individuals to know they will forever be part of the Navy community.

As we observe Gold Star Mother's and Family's Day, let us all remember that no one has given more for the nation than the families of the fallen and let them know they will never be forgotten.

For more information on the Navy Gold Star Program please visit www.facebook.com/navygoldstar or www.navygoldstar.com or call 1-888-509-8759.

Georgia State, CNRSE Gold Star Representatives Dedicate Road to America's Fallen Heroes

Representatives from the state of Georgia and Commander, Navy Region Southeast (CNRSE) held a Gold Star Fathers Highway Dedication at the Riverdale Town Center in Riverdale, Georgia on July 26, 2022.

State Representative Rhonda Burnough presented opening remarks followed by CNRSE Navy Gold Star Coordinator Rufus Bundrige who led the Pledge of Allegiance and welcomed attendees who observed the reading of the proclamation and the presentation of the Georgia Gold Star Fathers highway sign.

Upon conclusion of the indoor ceremony, attendees headed to Clayton County, at the intersection of Highway Routes 139 and 85 in Riverdale for the official unveiling of the Gold Star Fathers Highway. The naming of this highway is a historic first for the state of Georgia and Clayton County.

The 2022 Georgia Gold Star Father Recognition Event will be held on Wednesday, November 9, 2022.



One Single Life Lost is One Too Many

September is Suicide Prevention Month. This is a good time to contemplate: How can we move closer to being a Suicide Safe Navy and Department of Defense (DoD)?

Let's start the contemplation by focusing on what we have. We have our leader's guidance on the matter of suicide prevention and their call for us to care for each other within our ranks:

- The Secretary of Defense (SECDEF) clearly states his expectations: "I expect every member of our Total Force to be part of the solution and leaders—both civilians and military across the Department to take direct accountability to drive meaningful change. To make real progress, we must consider outside views and ideas, to the extent practicable and be transparent where we have fallen short."
- In the Secretary of the Navy's (SECNAV) Vision Statement on "One Navy-Marine Corps Team," the comprehensive challenge is on each of our shoulders: "All Sailors, Marines and civilians in Department of the Navy will operate as one team to protect the American people and our interests in the most effective and efficient way possible, with our actions guided always by our core values. We will invest in the health, readiness, capability, and the leadership ability of our force."

In addition to leadership's guidance, we also have a clear message in the FY20 DoD Suicide Report, which states: "The Department of Defense (DoD) is committed to preventing suicide and reducing stigma for seeking help within our military community, recognizing and valuing the diversity and talent each member contributes to our mission. We owe this to our service members and families defending our nation." The tone of our leaders' messages calls on us to take action.

One Single Lost Life Is One Too Many.

Following our leaders' guidance on suicide prevention, here are preventative steps all of us can follow to reduce suicide within Navy and Department of Defense ranks.

- Visit the 21st Century Sailor website (<https://www.mynavyhr.navy.mil/Support-Services/21st-Century-Sailor/Suicide-Prevention/>) to get the latest update on suicide prevention and learn how each of us can make a difference by caring for each other.
- Enroll in the Commander, Navy Installations Command (CNIC) Chaplains Religious Enrichment Development Operation (CREDO) delivered **safeTALK** course, a three and a half hour training on suicide intervention skills (there is a CREDO operating in every CNIC Region). This is industry standard, research-based training. You will join thousands of shipmates who have already completed the course and can now recognize and act on warning signs from a troubled shipmate considering suicide.
- Claim the vital role that SECDEF has already said is ours to lean into – we are required to respond affirmatively to the question: "Am I my sister's or brother's keeper?" We have a duty to not only say something but, if we see something amiss, we are required to intervene by getting our Shipmate or office partner to a professional care provider. This is what a suicide safe military community looks like.

One Single Life Lost Is One Too Many.

For the past decade, CNIC has been creating a suicide-safe environment within Unaccompanied Residence Housing. Resident Advisors (RAs) are required to complete the CNIC CREDO **safeTALK** three and-a-half-hour course or the electronic version, **Start**. This collaborative effort between CNIC's N9 leaders and CNIC Force Chaplain's Office provides a proactive response to a call for action to reduce suicide within our ranks.

What can you do as an individual? During this month, ACT (ask, care, treat) upon the guidance of our leaders by proactively reading up on the latest facts on the 21st Century Sailor website and sign up at your local CREDO Office for the **safeTALK** course. If three and a half hours is too long, CNIC CREDO Offices have an electronic version of that same training, called **Start**, that takes no more than 75 minutes to complete on your smartphone, personal computer or government computer.

Let September be the month that each of us resolves to be a proactive shipmate or office partner, vigilantly seeking to stamp out suicide within our ranks.

One Single Lost Life Is One Too Many.



CNIC Supports Deployed Victims of Sexual Assault

Commander, Navy Installations Command (CNIC) offers a variety of programs to Sailors and their family members at the Fleet & Family Support Centers (FFSC) located around the globe. These centers are filled with support staff and subject matter experts in the fields of clinical counseling, life skills development, personal financial management, sexual assault response, and other services.

Beginning in 2013, Deployed Resiliency Counselors (DRCs) joined the versatile FFSC workforce as multi-talented and multi-capable support personnel aboard large-deck Navy vessels. When the ships deploy, so do these licensed, credentialed service providers, ensuring that Sailors and their shipmates have continuous access to services at sea.

Not only do they specialize in non-medical counseling for deployed service members, but they can also serve as certified Sexual Assault Prevention and Response (SAPR) Victim Advocates (VA) through the DoD Sexual Assault Advocate Certification Program (D-SAACP). Much like their SAPR counterparts back home, DRCs can provide immediate victim response, needs assessments, and referrals to service members.

Sometimes, service members may feel discouraged or even afraid of reporting a sexual assault to a Sexual Assault Response Coordinator (SARC) or Unit SAPR VA on their ship. When at sea, it can be extraordinarily difficult to contact the homeport SARC or access available resources. In these instances, the DRC can provide professional support to service members and serve as a liaison with the homeport SARC to ensure they receive timely care and support.

Remember: There are multiple pathways for service members wishing to make a Restricted or Unrestricted Report of sexual assault, whether at home or sea. With this growing program, support for deployed service members who have experienced sexual assault is stronger than ever!

The DoD Safe Helpline can connect you to your local SAPR program and provides live, individualized support. Services are available to the DoD community 24/7 via telephone (1-877-995-5247), text (55-247 or 001-202-470-5546), or online (<https://www.safehelpline.org/>).



During a recent visit to the USS ESSEX (LHD-2), the Chief of Naval Operations (CNO), Admiral Michael M. Gilday met with Deployed Resiliency Counselor (DRC) Miriam Lau, LCSW. They discussed the support DRCs offer Sailors and Marines through life stressors to build resilience, the Command Resiliency Team and Expanded Operational Stress Control.

Live 1-on-1 Help Confidential Worldwide 24/7

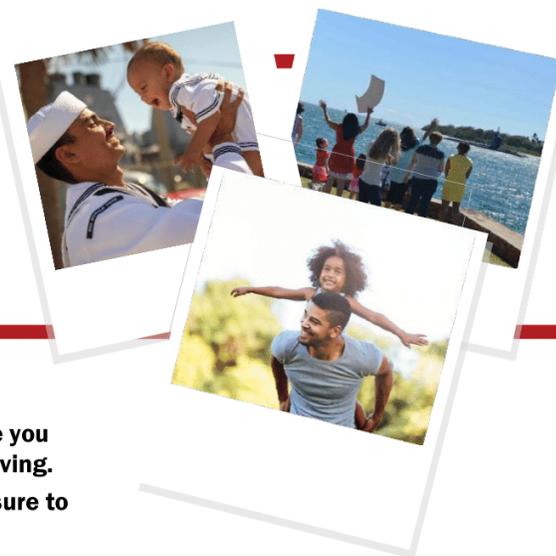
Help is just a *Click*,
Call or *Text* away!



For confidential victim assistance visit www.SafeHelpline.org



YOUR *Virtual* FFSC WEBINAR SCHEDULE



We are all more organized in different areas of our life, but luckily FFSC has Subject Matter Experts that can provide you more tips and tricks to help tackle the areas that need improving. Spouses are encouraged to attend all of these trainings. Be sure to pass this flyer on.

How to register:

Step #1: Make a free account at [MyNavyFamily.com](https://learning.zeiders.refineddata.com) (NMCI use <https://learning.zeiders.refineddata.com>) at least one day before the webinar. Follow the on-screen instructions to create a new account. Be sure to enter your time zone!!

Step #2: Click on "Live Webinars" at the top of the page to view the full list of offerings.

Step #3: Click on the title of a session to view the information and description.

Step #4: Click on "Register Now" to register for the course.

You will get reminder emails with your personalized link.

The CNIC LMS has comprehensive resources for Navy spouses and family members such as New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse eLibrary.



Is someone you love sending signs for help? Join one of the suicide prevention webinars on 7, 8, 13 or 29 September.

Enrollment is available now on the LMS.

Warning Signs

- Saying "I wish I wasn't here." "Nothing matters."
- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior
- Collecting and saving pills or buying a weapon
- Giving away possessions
- Saying goodbye to friends and family

SEPTEMBER 2022

Deployment

Thursday, September 1st

1:00 PM EST Deployment Disasters: The Game Show

Thursday, September 8th

1:00 PM EST Managing Deployment Successfully

Thursday, September 22nd

1:00 PM EST Children and Deployment

Thursday, September 29th

1:00 PM EST Navigating Your New Normal During Deployment

Employment

Tuesday, September 6th

11:00 AM EST Understanding the Federal Job Announcement

12:00 PM EST Preparing for a Job Fair

Thursday, September 8th

9:00 AM EST Resume Writing

Tuesday, September 13th

11:00 AM EST Writing Your Federal Resume for Success

12:00 PM EST Interviewing Skills

1:00 PM EST Effective Resume Writing

Wednesday, September 14th

1:00 PM EST Winning Interview Techniques

Thursday, September 15th

10:00 AM EST Effective Resume Writing

Tuesday, September 20th

11:00 AM EST MilSpouse: Let's Talk Fed Jobs

1:00 PM EST DoD SkillBridge Overview

Wednesday, September 28th

9:00 AM EST Interview Techniques

11:00 AM EST The Federal Interview

1:00 PM EST Navigating Federal Employment

1:00 PM EST Virtual Job Fair: Military Spouse Edition

Thursday, September 29th

1:00 PM EST Job Search Strategies

Finances

Tuesday, September 20th

12:00 PM EST Home Selling

Friday, September 23rd

12:00 PM EST Mortgage 101

Tuesday, September 27th

12:00 PM EST Now I'm the Landlord

Friday, September 30th

10:00 AM EST Financial Responsibilities in the Military

Life Skills

Thursday, September 1st

9:00 AM EST Taking the Grrrr Out of Anger

11:00 AM EST FAP Facts: Understanding the Family Advocacy Program

Wednesday, September 7th

10:00 AM EST Youth Suicide Prevention

10:00 AM EST Building Healthy Relationships

5:00 PM EST Mind Body Mental Fitness Part 4: Flexibility

Thursday, September 8th

2:00 PM EST Suicide Prevention

2:00 PM EST FAP Facts: Understanding the Family Advocacy Program

Monday, September 12th

2:00 PM EST Cultivating Resiliency

2:00 PM EST FAP Facts: Understanding the Family Advocacy Program

Tuesday, September 13th

9:00 AM EST Suicide Prevention

Wednesday, September 14th

2:00 PM EST Emergency Preparedness for Families

5:00 PM EST Mind Body Mental Fitness Part 5: Problem Solving

Thursday, September 15th

10:00 AM EST Anger Management

1:30 PM EST Got Game?

Monday, September 19th

2:00 PM EST Diversity and Cultural Competency in the Workplace

Tuesday, September 20th

10:00 AM EST Stress Management

4:00 PM EST Adventures in Journaling

Wednesday, September 21st

11:00 AM EST Sponsor Training

5:00 PM EST Mind Body Mental Fitness Part 6: Connection

Thursday, September 22nd

1:00 PM EST FAP Facts: Understanding the Family Advocacy Program

Wednesday, September 28th

1:00 PM EST C.A.R.E. Becoming a Trauma Informed Organization

4:00 PM EST Finding a Way Forward: Principles and Practice of Mindful Conflict Resolution

5:00 PM EST Mind Body Mental Fitness Part 1: Stress Resilience

Thursday, September 29th

10:00 AM EST Stress Management

11:00 AM EST Suicide Prevention

Friday, September 30th

2:00 PM EST Mind Body Mental Fitness Part 1: Stress Resilience

Parenting

Thursday, September 15th

1:00 PM EST Parenting Children Through a Disaster

1:00 PM EST What About the Kids?

Wednesday, September 21st

12:00 PM EST The Nuts and Bolts of the Exceptional Family Member Program

Thursday, September 22nd

2:00 PM EST Baby Boot Camp

Monday, September 26th

2:00 PM EST Skills and Strategies for Co-Parenting

Relocation

Wednesday, September 28th

11:00 AM EST Smooth Move

Transition

Tuesday, September 6th

12:00 PM EST So You've Signed Up for TAP, Now What?