Commander, Navy Installations Command's (CNIC) Fleet and Family August 2024

Volume 17 | Issue 8

summer sleeping, playing, having lots of fun and probably driving some parents up the wall. But with the school year approaching (and parents giving a great As summer changes to fall and families prepare for the school year to begin,

ESPECT.

The Uniformed and Overseas Citizens

Absentee Voting Act (UOCAVA) states

that any service member, eligible family

Children have spent the freedom of

PROTECT

member or overseas citizen may be eligible to vote absentee. The Federal The Navy's Sexual Assault Prevention and Response (SAPR) program is designed to meet the needs of sexual assault victims through comprehensive response and compassionate advocacy.

there are a variety of emotions. Youth may experience excitement about reconnecting with friends, or worry CNIC has launched an initiative aimed at enhancing the quality of life for Sailors

A team of three staff trained in return and reunion (R&R), including two counselors and one work and family

and their families by improving access to programs and services. Responding to feedback, CNIC is expanding virtual

life specialist boarded the USS Carney (DDG 64) on May 2. The ship and the The Naval Station Guantanamo Bay's successful hurricane preparedness

Navy Wounded Warrior is back from the 2024 Department of Defense Warrior Games at the ESPN Wide World of Sports in Orlando, Florida. The 34 Sailors and four Coastguardsmen earned a total

event, held on June 29, drew more than 500 residents who learned about critical resources and information essential for See the full list of webinars available

on www.MyNavyFamily.com this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition. 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.

Celebrates 45 Years

Family Support Program (FFSP) celebrated 45 years of service to Sailors and their families at a ceremony held at CNIC headquarters

on the Washington Navy Yard, July 16.

headquarters gathered to mark the day.

Fleet and Family Support Program Commander, Navy Installations Command's (CNIC) Fleet and

> Commander, Navy Installations Command, Vice Adm. Scott Gray, Director, Fleet and Family Readiness, Leslie Gould, Deputy Director of Family Readiness WK Jones, and personnel from CNIC

needed to meet the needs of the Navy family. A task force was set up to explore how to meet this commitment to families under the leadership of Rear Adm. Richard E. Nicholson. The concept of a centralized family location was developed, which was then quickly implemented with the opening of the Navy's first Family Service Center in July 1979. A Navy captain, chaplain, seven active-duty personnel, 10 civilian employees and a local ombudsman chairperson staffed the first NFSC. They provided 24-hour information and referral services, and assisted with casework follow-up, financial counseling, child welfare liaison, relocation information, special assistance and family enrichment. The center also worked closely with the



The idea for the Navy Family Service Center (NFSC) grew out of the Family Awareness Conference held in Norfolk, Virginia in November 1978. It became evident that a greater effort was

Navy-Marine Corps Relief Society, American Red Cross, Ombudsmen, Navy Wives Organizations and commands. "We set out from the beginning to provide proactive and educational programs that kept Sailors and families healthy and strong," said Dr. Ann O'Keefe in 2019. "People thought it [NFSC] would be just another flash in the pan. They said, 'why should O'Keefe was the first program director when the first center opened its doors in Norfolk, Virginia. Unfortunately, Ms. O'Keefe Over the next decade, other areas of support programs were added. The staff transformed to a diverse mix of full-time civilian

passed away at age of 86 on Aug. 18, 2021 in Gainesville, Virginia. In 2001, the name changed from Navy Family Service Center to Fleet and Family Support Center (FFSC) to emphasize that the center is to support the Sailor and the family. In 2002, FFSC incorporated a new lighthouse logo and theme line: "Meeting Your Needs At Home, At Sea." The new logo was designed to give the centers a uniform identity at naval bases around the globe. The lighthouse logo still beacons the doors of centers worldwide. Today, the FFSP continues to deliver the best services at the right time in the right place.

"I couldn't be prouder of what the Fleet and Family Support Program has accomplished in the past five years, let alone the last 45 years. Our centers continue to serve our Navy families and are staffed with the finest professionals to help strengthen the resiliency of our Sailors and their families," said Shauna Turner, director of the FFSP. Over the past 45 years, FFSC has laid the groundwork for a future where it will reach out to new generations of Sailors and their families. This expansion will leverage technology to directly connect with Sailors, Marines, and their families, regardless of time zone or location. By offering personalized counseling, educational webinars, and online forums, FFSC

aims to equip them with the knowledge and tools needed for a success in the Navy life. For more information, visit the Navy's FFSP website and follow them on Facebook. **August Holidays and Observances:**

■ August 1 - Air Force Day August 26 - Women's Equality Day August 4 - Coast Guard Day August 29 - Marine Corps Reserve Birthday ■ August 7 - Purple Heart Day Immunization Awareness Month

School - It's Here Already!?!

AUGUST 26

Children have spent the freedom of summer sleeping, playing, having lots of fun and probably driving some parents up the wall. But with the school year approaching (and parents giving a great sigh of relief), it is important to establish a more structured routine so that children can experience a smooth and easy transition. It is very difficult for students to go from the free-for-all summer to the scheduled school

To help your child with this change, here are some basic guidelines to follow: ■ Begin a new schedule for your child at least one week before the start of school.

■ Set a consistent and earlier bedtime and morning rising time.

■ Institute an afternoon routine similar to after school.

■ Provide some quiet time so your child can wind down.

practicing letters or numbers, writing or math.

■ Have a nutritional snack for your child to eat.

■ Establish a set dinnertime.

year overnight.

of following the rules even if you don't agree with them. The fewer surprises the children experience the easier the transition to school. It will also help stop the child trying to manipulate the parents by claiming, "but I didn't know." Children can get very excited about the start of school if parents can make it into an event. Talk about the cool new school supplies, the new school clothes or shoes. Let your child be part of the shopping when these things are purchased. Some families have established a ritual that signifies the end of summer and the beginning of school. It can be a family party, a special dinner or a special outing. Anything you can do to help your child feel happy, excited and curious about school will help them begin the new school year on good footing.

As summer changes to fall and families prepare for the school year to begin, there are a variety of emotions. Youth may experience excitement about reconnecting with friends, or worry about navigating a new environment or culture and establishing relationships. They may also experience grief about changes due to grade promotions, their

Parents and caregivers may experience stress about back-to-school expenses or a youth's expectations. They may experience relief about returning to a routine or experience worry over balancing a school schedule with their own duties and the youth's extracurricular

own relocation or the relocation of their peers.

school.

they may have.

August 2

August 5

August 14

those deployed in critical roles.

August 1

August 1

August 13

August 13

August 14

August 14

August 14

August 15

August 15

August 15

August 16

Beating Return to School Stress

■ Have your child spend some time on more focused work such as reading,

Set afternoon outside play times and curfews that are the same during the school year.

Additionally, it is good to review the school rules and consequences governing the dress code, code of conduct, tardiness, weapons and academic performance with your child. It will prevent many arguments if parents and children are aware of the rules and have already discussed the importance

the return to school. ■ Identify a location in your home for school items, such as backpacks and important papers. ■ Develop and discuss a before-and after-school plan to include transportation, childcare and homework expectations. ■ Go to events that allow students to explore the school environment,

connect with peers and meet their teacher before the first day of

Raising Resilient Children

Raising Siblings

■ Talk with your child about school and any emotions or concerns

activities. This list of possible emotions is not fully inclusive, as everyone's situation is unique. Here are a few tips to help ease the transition: ■ Establish a morning and bedtime routine two to three weeks before Some signs that a youth is having difficulty and may need additional support include changes in behavior or mood, withdrawal, sleep changes, unexplained physical symptoms or a decreased desire to attend school. If you or your youth are having trouble with the transition to school, help is available. Your installation's Fleet and Family

Additional resources include:

Support Center is available to provide support.

■ Military Child Education Coalition: Back to School

12:30 pm ET The Basics of Special Education and IEPs August 15 **CNIC Expands Virtual Learning Opportunities** CNIC has launched an initiative aimed at enhancing the quality of life for Sailors and their families by improving access to programs

and services. Responding to feedback, CNIC is expanding virtual learning opportunities across global time zones to better support

Throughout July, learners from Japan, Europe, Africa and Guam benefited from this initiative. The FFSP Learning Management System $(LMS) \, now \, offers \, we binars \, on \, relocation \, assistance, command \, sponsor \,$ training and transition assistance. These sessions are strategically scheduled across various time zones to serve geographically isolated individuals, those stationed overseas (OCONUS) and those facing short-notice separations from the military. Learners can access online

2:00 pm ET

1:00 pm ET

12:00 pm ET

training from anywhere with an internet connection and participate using mobile devices or desktop computers. Led by experienced facilitators, these webinars provide consistent and standardized support to service members during crucial stages of their military service, ensuring their specific needs are addressed. In the near future, additional webinars will focus on navigating the federal hiring process and money management with plans for further topics to support service members and their families throughout their military careers. To sign up for classes, visit www.MyNavyFamily.com to create an account or log in.

10:00 am ET

9:00 pm ET

VTAP: Pre-Separation Counseling August 6 6:00 am ET August 6 8:30 am ET VTAP: Managing Your Transition 9:30 am ET VTAP: Financial Planning for Transition August 6 August 6 1:00 pm ET VTAP: Military Occupational Crosswalk August 7 9:00 pm ET VTAP: Pre-Separation Counseling August 7 11:30 pm ET VTAP: Managing Your Transition VTAP: Financial Planning for Transition August 8 8:00 pm ET

Virtual Learning Opportunities

Stepping Up Support: Sponsorship

Stepping Up Support: Sponsorship

■ Military One Source: Ways to Support Your Children in School ■ Military One Source: Military Family Life Counselor (MFLC) Locator **Virtual FFSC Parenting Webinars** Special Education Notebook Series Session 1: Eligibility

August 8 11:30 pm ET VTAP: Military Occupational Crosswalk 9:00 am ET VTAP: Pre-Separation Counseling August 13 August 13 10:00 am ET Planning the Perfect PCS August 13 11:30 am ET VTAP: Managing Your Transition VTAP: Financial Planning for Transition August 13 12:30 pm ET

4:00 pm ET

9:00 pm ET

9:00 am ET

10:00 am ET

9:00 pm ET

9:00 am ET

10:00 am ET

8:30 pm ET

9:00 am ET

August 21 6:00 am ET VTAP: Pre-Separation Counseling

VTAP: Military Occupational Crosswalk

VTAP: DOL Vocational Track (Part 1 of 2)

VTAP: DOL Vocational Track (Part 2 of 2)

VTAP: DOL Employment Fundamentals of Career Transition

Planning the Perfect PCS

The PCS Process

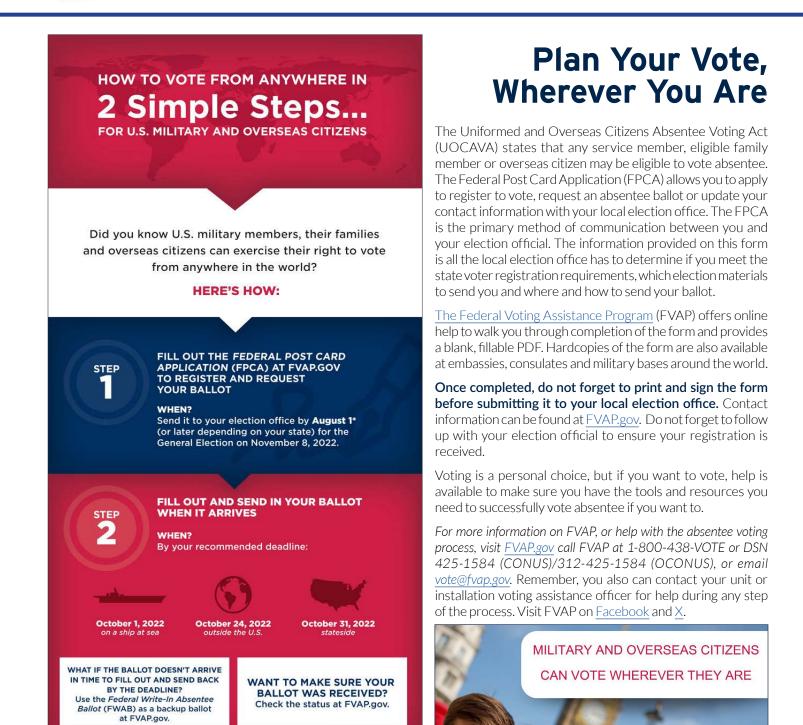
The PCS Process

Calming Cultural Shock

Calming Cultural Shock



WARRING experiences with seriously wounded, ill and injured service members and veterans from across the U.S. and Australia. The goal of the Warrior Games is to demonstrate the indomitable potential of wounded warriors through adaptive sports and celebrate their accomplishments in thriving and overcoming adversity on their healing journeys. This opportunity symbolizes to all wounded, ill and injured service members and veterans that individuals can adapt to serious injuries or illnesses and lead fulfilling, productive, inspiring, goal-filled lives. More photos from the 2024 DOD Warrior Games are available on the Navy Wounded Warrior Facebook and Instagram pages.



Sexual Assault Prevention and Response 101

The Navy's Sexual Assault Prevention and Response (SAPR) program is designed to meet the needs of sexual assault victims through comprehensive response and compassionate advocacy. The SAPR Program helps service members and family members who have experienced

The SAPR Program is available to answer all SAPR-related questions and to educate the Navy community on healthy sexuality. They provide victim advocacy services 24 hours a day, seven days a week, including in deployed locations. Trained and certified professionals provide information and continuous support on reporting options, victim's legal rights, medical care, counseling, criminal investigation and other

A Restricted Report allows sexual assault victims to confidentially disclose the assault to specified individuals without triggering an official investigation. The individuals include the sexual assault response coordinator (SARC), SAPR victim advocate (SAPR VA), deployed resiliency counselor and healthcare provider. Victims can confidentially communicate with the chaplain and Victims' Legal Counsel (VLC). Victims also

An Unrestricted Report discloses the victim's report to law enforcement and may result in an official investigative process. Victims can confidentially communicate with the chaplain and VLC and can access medical treatment, advocacy, counseling, the Victim/Witness Assistance

Victims can make a Restricted Report of sexual assault and later convert it to an Unrestricted Report however, an Unrestricted Report

There is no wrong door. SAPR staff will ensure support regardless of eligibility for SAPR Program services. Contact your local SARC for

The DoD Safe Helpline can connect you to your local SAPR Program and provides live, individualized support for sexual assault incidents. Services are available to the DOD community 24/7 by telephone (1-877-995-5247), text (55-247 or 001-202-470-5546) or online at www.

May 2024

variety of services are available to assist in

your recovery. These include mental health

assistance from a chaplain. Department of

counseling services that are confidential and

do not report back to the chain of command.

Veterans Affairs centers can also provide

counseling, medical care, and spiritual

If you made an Unrestricted Report, you can request a change in your

duty location from your leadership if you feel uncomfortable or at risk of retaliation. Options include relocating within your unit, elsewhere on

base, or to a different installation to help your recovery and return to

safe, contact your SARC immediately and request a Safety move.

health. Command owes a response to the request within five days and many PCS moves occur within 30 days of approval. If you do not feel

have access to the Catch a Serial Offender (CATCH) program, medical treatment, advocacy and counseling.

Have friends or family living abroad or stationed away from home? Let them know they can get more info and assistance at FVAP.gov

Americans can vote. Wherever they are.

sexual harassment, sexual assault or intimate partner violence.

There are two reporting options within the SAPR program:

cannot be converted to a Restricted Report.

available services and participate in an

investigation. Make a Restricted Report to

services without notifying command or law

enforcement. You can also report an incident

that occurred prior to entering the military as

DoD provides sexual assault victims with confidential legal advice and

representation throughout the military justice process. These attorneys are called Special Victims' Counsel (SVC), Victims' Legal Counsel

USS CARNEY RECEIVES RETURN AND REUNION TRAINING

A return and reunion (R&R) team, including two counselors and one work and family life specialist boarded the USS Carney (DDG 64) on May 2 as the ship travelled its homeport. While aboard the USS Carney, the team taught 13 briefs and had mulitple one-on-one

R&R workshops provide valuable information, resources and referrals to help service members reintegrate successfully with their families, friends and the community when they return home. Using the R&R curriculum, the Sailors benefitted by learning about suicide prevention, reducing reintegration stress, singles returning to homeport, reintegrating with partners, reintegrating with children and new parent support. The final count for class attendees was 614 attendees. While the R&R team was working, the Fleet and Family Support Center (FFSC) and morale, welfare and recreation (MWR) partnered with command leadership and Naval Station Mayport for a fully successful homecoming on May 19.

R&R workshops are offered by installation FFSCs and can embed trained staff with deployed commands on their journey home. For more information about R&R, visit the Deployment Readiness Support website or contact your local FFSC.

GITMO PREPS FOR HURRICANE SEASON, PARTNERS WITH NUMEROUS AGENCIES

withstand and recover from potential hurricanes.

Key topics covered during the event included:

■ Emergency Family Assistance Center at the FFSC ■ Preparation of hurricane kits and shelter guidance

population aboard.

Pet care during emergencies

Resources were provided in multiple languages and addressed a wide range of topics, from emergency response to specific family needs, effectively catering to the diverse

The Naval Station Guantanamo Bay's successful hurricane preparedness event, held on June 29, drew more than 500 residents who learned about critical resources and information essential for hurricane readiness. The event was a collaborative effort with several community partners, including the American Red Cross; Fleet and Family Support Center (FFSC); emergency management; morale, welfare and recreation; command ombudsmen and local agencies. The goal was to give residents the necessary tools to

meetings.

(VLC), or Victims' Counsel (VC). Talk to them about your legal rights

and protections. Your communications with these attorneys are

well as receive help with retaliation you

believe to be associated with a report.

confidential and protected by military law.

receive health care, advocacy, and legal

Program, CATCH program, protective orders and expedited transfers.

DEPARTMENT OF DEFENSE

AND RESPONSE OFFICE

SEXUAL ASSAULT PREVENTION

services.

more information.

FVA P.GOV

Sexual Assault: Know Your Rights, Know Your Options You are not alone. As a Service member, you have many protections, services, and resources to help you recover after a sexual assault. Be sure to speak with your Sexual Assault Response Coordinator (SARC) or Sexual Assault Prevention and Response (SAPR) Victim Advocate (VA) about available resources and services after a sexual assault. Not sure where to start? Call or visit the DoD Safe Helpline at 877-995-5247 or SafeHelpline.org for confidential help. What are my rights? Free Forensic Exam **Protection from** Safety. and Medical Care. Retaliation. All Service members and their adult If you made an official sexual assault report As a crime victim, you have the right to be dependents making a report are eligible for a treated with fairness and respect for your and believe your career has been negatively free forensic examination to collect evidence impacted; find you are being socially excluded dignity and privacy. You also have the right to be reasonably protected from the suspect. A from their assault as well as immediate and in your unit; or are experiencing mistreatment follow-up medical care, including treatment for SARC or SAPR VA can advise you on your by the chain of command, tell your SARC or SAPR VA. They can help you find the options to obtain a military protective order, injury, prevention medication for pregnancy and sexually transmitted infections, and civilian protective order (also known as a reporting channel and resources to address trauma. Convalescent leave is also available. restraining order), or find temporary shelter. your situation. As a sexual assault victim, you A SARC or SAPR VA can assist with these also have the right to have a General or Flag requests. Leave is not needed to attend most Officer review a discharge action being taken appointments during duty hours. against you associated with reporting. What are my options? Receive emergency Participate in the care, medical treatment, Make a report. **CATCH Program.** and counseling. Regardless of when your incident occurred, a Make an Unrestricted Report to receive Serial offenders often count on victims to not

report the crime. With the Catch a Serial

anonymously submit information about the

suspect to DoD criminal investigators. If the

another submission, the SARC will notify you

and check if you want to further participate in

For more information on who can help you, please visit sapr.mil/dedicated-response-personnel. For more information, please visit sapr.mil. For confidential victim assistance, call or visit the DoD Safe Helpline at 877-995-5247 or safehelpline.org.

What's Happening? Good News from Local Fleet and Family Support Centers

Looking forward, installation leadership plans to host another event in September 2024, ensuring continuous readiness and education within the community. This timing is strategic, aiming to support residents returning from summer leave and newcomers arriving

For those seeking further resources and tools for emergency preparedness, websites like ready,navy,mil, ready,gov, fema.gov, and redcross.org are recommended. These platforms provide comprehensive guides and mobile-compatible tools to help individuals and

The event underscored the importance of preparedness, urging residents not delay when getting ready for potential disasters. By staying informed, having a plan and using available resources, the community at Naval Station Guantanamo Bay can remain resilient

Virtual FFSC Emergency Preparation

Do not wait until it is too late. Visit your local <u>Fleet and Family Support Center</u> to help you find ways to start planning now.

EFAC - Emergency Family Assistance Center

Emergency Preparedness

suspect information you provide matches

Offender (CATCH) program, you can

an investigation.

Special considerations for families with young children, older adults and those with exceptional family members The event featured interactive activities such as hands-on CPR demonstrations, the Red Cross Pillowcase Project and fire extinguisher practice facilitated by the Fire Department. These activities not only enhanced learning but also empowered participants with The timing of the event was appropriate as the official Atlantic hurricane season runs from June 1 to November 30, and coinciding with the formation of Hurricane Beryl. The all-hands approach of the naval station and its partners to prepare for the 2024 Hurricane Season highlights their commitment to community safety.

families prepare effectively, whether at home or on the go.

10:00 am ET

2:00 pm ET

towards the end of the PCS season.

and safe in the face of emergencies.

August 5

August 8

Creating effective communication plans

FFSC LMS Thurs Thurs Webinar Tues Tues Tues Schedule Wed Wed

August 2024

Step #1: Make a free account at

Follow the on-screen instructions to

Step #2: Click on "Live Webinars" at

the top of the page to view the full list

create a new account. Be sure to

How to register:

MyNavyFamily.com or

use the QR code to the

right (NMCI users should

register at least one day

before the webinar.

enter your time zone!

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

MENTAL HEALTH Tues 27 Aug 2:30 PM ET DEPLOYMENT SUPPORT 20 Aug Tues Wed 21 Aug **EMERGENCY** Mon 5 Aug **Thurs** 8 Aug **EMPLOYMENT** 2 Aug 9:00 AM ET Fri Tues 11:00 AM ET 13 Aug

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Parenting and Sexual Development (SHAPE Module 1) Do you want to overcome the negative stigma of talking sexual development with your children? Research shows that age-appropriate sexual education is key to healthy sexual development in children, teens and young adults. Join us to learn positive and caring parental strategies surrounding sexual behaviors including strategies and discussion points appropriate for each age group. Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)

10:00 AM ET

10:00 AM ET

9:00 pm ET

10:00 AM ET

9:00 PM ET

2:00 PM ET

9:00 PM ET

13 Aug

13 Aug

14 Aug

14 Aug

15 Aug

15 Aug

21 Aug

Thurs

Thurs

Wed



Planning the Perfect PCS

Planning the Perfect PCS

Calming Cultural Shock

Calming Cultural Shock

Sexual Health through **Approachable Prevention**

Sponsorship Training

The PCS Process

The PCS Process

SPECIAL THANKS TO THIS MONTH'S CONTRIBUTORS: ■ John Belanger, CNIC PAO Paul Stewart ■ Sarah McCallister, LMSW ■ Fran Jackson, MBA, AFC® ■ Ginni C. Kerpan, LCSW Judi Wright ■ Lynette Y Bledsoe, DSW, LCSW, RPT-S ■ Tim McGough Lindsay Fowler CNRSE FFSP It's PCS season...are you ready? Perhaps one of these webinars is just what you need

> 1 Aug 8 Aug 15 Aug 22 Aug 9:00 AM ET Parenting to Prevent PSB: Preteens 29 Aug 9:00 AM ET Parenting to Prevent PSB: Teens Mind-Body Mental Fitness What's it all about? The primary goal of Mind-Body Mental Fitness is to enhance the mind, body, spirit and social domains in one's life. MBMF teaches proactive pathways to achieve mental fitness, find balance within these domains, and gain practical skills that can be utilized daily. Some of the practical skills are problem solving, goal setting, mindfulness, meditation, and quick recalibrations to adjust your physiological state. When we increase our resilience, stressors can be seen as

Your to ensure a smooth move. **RELOCATION WEBINARS** 1 Aug 10:00 AM ET Stepping Up Support: Sponsorship Training 1 Aug 9:00 PM ET Stepping Up Support: Sponsorship Training 1:00 PM ET 6 Aug **Smooth Move Overseas**

personal link. year-old is experiencing many physical, mental, emotional and social changes. They In addition, the FFSC LMS has need continuous guidance from you to navigate this volatile transition. Join this comprehensive resources for Navy webinar to learn about typical preteen sexual behaviors and how to communicate spouses and family members such as effectively with your preteen about sexual health. New Spouse Orientation, the Navy Parenting to Prevent PSB: Teens (SHAPE Module 5) Family eHandbook, and the Navy Let's Talk About Sexual Development! If you haven't already, now is the time to help Spouse library. your teen make healthy and safe decisions surrounding sex. They may be developing their identity and seeking independence, but they still need your guidance to mitigate risks and develop healthy sexual practices into young adulthood. So, ignore the eye rolls and "you are so embarrassing" and join us to learn what's typical at this age and how talk to your teen about sexual health and behaviors. Fleet & Family Support Thurs Thurs Thurs Thurs Thurs Teen Dating Violence Prevention 4:00 PM ET Supporting Children Through Deployment 12:00 PM ET Planning for a Successful Deployment PREPAREDNESS AND RESPONSE 10:00 AM ET EFAC - Emergency Family Assistance Center 2:00 PM ET Emergency Preparedness

Using AI to Build Resumes Resume Writing Simplified 15 Aug 2:00 PM ET Innovative Interviewing Navigating Federal Employment 21 Aug 1:00 PM ET 26 Aug 2:00 PM ET LinkedIn and How to Make it Work for You! threat. 2 Aug 2:00 PM ET Special Education Notebook Series: Session 1: Eligibility 15 Aug 11:30 AM ET The Basics of Special Education and IEPs Understanding Anger 6 Aug 10:00 AM ET 9 Aug 12:00 PM ET Anger Management Finding a Way Forward: Principles and Practice of 20 Aug 1:00 PM ET Mindful Conflict Resolution 5 Aug 1:00 PM ET Raising Resilient Children can stand alone. 2:00 PM ET 13 Aug Parenting Skills 14 Aug 12:00 PM ET Raising Siblings 15 Aug 1:00 PM ET What About the Kids

a challenge to overcome, rather than a Over the course of six sessions, MBMF can help you and your command by teaching service members and families that neuroplasticity and mental toughness can be strengthened with consistent practice to create a culture of resilience. The six sessions can be taken together as a series, or any one session The MBMF modules are: 1. Stress Resiliency 2. Mindfulness and Meditation 1:00 PM ET Navy Retirement: Is It Enough? 8 Aug 3. Living Core Values Build a Better Budget 12:00 PM ET 4. Flexibility 2:00 PM ET Fraud Proof Finances 5. Problem Solving 11:00 AM ET Let's Get Financially Fit! Connection 12:00 PM ET Credit Code: Decoding Financial Success Quarterly CFS Forum 2:00 PM ET 12:00 PM ET Thurs 5 Aug Stress Management 1 Aug Stress Management 13 Aug 10:00 AM ET Tues 6 Aug Success Under Stress: Is Stress an Everyday 10:00 AM ET Tues 17 Sep

Thurs Wed Mon EXCEPTIONAL FAMILY MEMBER Thurs LIFE SKILLS Tues Tues PARENTING Mon Tues Wed Thurs PERSONAL FINANCIAL MANAGEMENT Thurs Wed 14 Aug 14 Aug Wed Tues 20 Aug Wed 28 Aug Thurs 29 Aug **BUILDING RESILIENCE** Mon Tues Wed

14 Aug Occurrence TRANSITION - NEW! More times to fit your schedule Thurs 1 Aug 11:00 AM ET From Boots to Briefcases Pre Separation Counseling 6 Aug 6:00 AM ET 8:30 AM ET 6 Aug Managing Your Transition [My Transition] 6 Aug 9:30 AM ET **Financial Planning for Transition** 1:00 PM ET Military Occupational Crosswalk [MOC Crosswalk] 6 Aug 9:00 PM ET 7 Aug Pre Separation Counseling Managing Your Transition [My Transition] 7 Aug 11:30 PM ET 8:00 PM ET Financial Planning for Transition 8 Aug 8 Aug 11:30 PM ET Military Occupational Crosswalk [MOC Crosswalk] Pre Separation Counseling 9:00 AM ET 13 Aug Managing Your Transition [My Transition] 13 Aug 11:30 AM ET 12:30 PM ET 13 Aug Financial Planning for Transition

Go to MyNavyFamily.com to see these offerings converted to your time zone

Module 1: Stress Resilience 4:00 PM ET 1:00 PM ET 1:00 PM ET Module 2: Mindfulness and Meditation 8 Aug 4:00 PM ET Thurs Tues 13 Aug 1:00 PM ET Tues 24 Sep 1:00 PM ET Module 3: Living Core Values 15 Aug Thurs 4:00 PM ET Tues 20 Aug 1:00 PM ET Module 4: Flexibility Thurs 22 Aug 4:00 PM ET Tues 27 Aug 1:00 PM ET Module 5: Problem Solving Thurs 29 Aug 4:00 PM ET Tues 3 Sep 1:00 PM ET

Tues

10 Sep

1:00 PM ET

13 Aug 4:00 PM ET Military Occupational Crosswalk [MOC Crosswalk] **DOL Employment Fundamentals of Career Transition** 14 Aug 9:00 AM ET 9:00 AM ET DOL Vocational Track (Part 1 of 2) 15 Aug Module 6: Connection 16 Aug 9:00 AM ET DOL Vocational Track (Part 2 of 2) Pre Separation Counseling 21 Aug 6:00 AM ET 4:00 PM ET **Thurs** 5 Sep