



Family CONNECTION

Your Link to the Navy Community since 2007

January 2025
Volume 18 | Issue 1



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Questions?



Letter From the Director

I hope all our Navy families had a wonderful holiday and I wish everyone a happy and prosperous new year! This past year has been very exciting for the Fleet and Family Support Program (FFSP)!



Financial Well-Being in Military Families

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2025 Navy Virtual DoD SkillBridge Summit

Commander, Navy Installations Command (CNIC) will host a Navy Virtual DoD SkillBridge Summit February 4-6. The event will feature 24 SkillBridge partners and will focus on...



Wellness Watch

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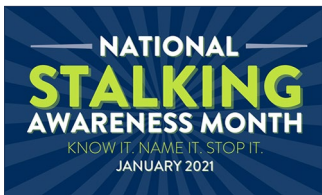
Your FFSC, Ready To Support You, Your Family

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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.

LETTER FROM THE DIRECTOR



Shauna Turner



I hope all our Navy families enjoyed their holidays, and I wish everyone a happy and prosperous new year! This past year has been very exciting for the Fleet and Family Support Program! We have made new additions, upgrades, and improved accessibility to our Quality-of-Life programs, increasing the Quality of Service we provide our customers.

We began last year by getting our **Virtual Clinical Counseling (VCC)** program underway, and it has been a great success! By the end of the fiscal year, we hired more than 30 remote clinical counselors, and over 1,200 clinical cases were opened.

This year, we are building the **virtual Work & Family Life (vWFL)** program. We had our soft start last month for the U.S. Pacific Fleet, and we will fully launch the vWFL in April. With 30 new positions filled, the vWFL program is an additional resource that adds to the Quality of Service your Fleet and Family Support Centers (FFSCs) provide to commands, Sailors, and their families. The vWFL program will primarily focus on providing support to deployed commands and geographically isolated and remote locations.

The **Integrated Primary Prevention** program is staffed at all region headquarters and supervisory staff are aboard in most locations. Our Integrated Prevention Coordinators are in select installations in the Southeast, Southwest, and EURAFCENT regions and have partnered with commands during their Command Climate Assessment process, developing prevention activities to target the unique needs of each command.

The Navy's **Sailor Assistance and Intercept for Life (SAIL)** program is a suicide prevention program supported by remote counselors from FFSCs supporting our Sailors. This model allows for flexible and accessible care coordination, ensuring that Sailors can receive the help they need, regardless of their location.

We've worked diligently, providing a wide range of tools and resources that can positively impact your Navy family's well-being and resiliency. Our FFSC financial counselors, dedicated family-life staff, and counselors are here to get (or keep) you and your money shipshape, and to help you start this new year with a brighter and more resilient outlook. Begin with a plan that prioritizes your mind, body, and spirit. Don't be afraid to seek help to address the root cause of issues that may impact your overall mental or physical well-being.

Our **Sexual Assault Prevention and Response** program continues to grow with several new policy updates. To support these efforts, we've updated several training modules in addition to the creation of both a leadership series and a health and wellness series for our Sexual Assault Response Workforce.

Your **Fleet and Family Support Program's** wellness resources have grown in ways I couldn't imagine at the beginning of 2024, and we will continue to grow. Your installation, region, and headquarters Fleet and Family Support Program professionals are ready and available throughout our Navy communities to help you get ahead start in 2025. Please reach out today! Just email cnichg-ffsp@us.navy.mil, and you will hear from us.

Happy Holidays!

Sincerely,

Shauna Turner
Fleet and Family Support Program, Director
Commander, Navy Installations Command

2025

Happy New Year

JANUARY HOLIDAYS AND OBSERVANCES

- January 1 - New Year's Day
- January 20 - Martin Luther King, Jr. Day
- January 27 - International Holocaust Remembrance Day
- Financial Wellness Month
- National Stalking Awareness and Prevention Month

JANUARY 20TH

★ MARTIN LUTHER KING JR. DAY ★

I HAVE A DREAM



NAVY VIRTUAL DOD SKILLBRIDGE SUMMIT

Interest in the DoD SkillBridge program continues to grow, but many still have questions. To help answer these questions, **Commander, Navy Installations Command (CNIC)** is proud to announce the first **Navy Virtual DoD SkillBridge Summit**, taking place from **February 4-6, 2025**. This event is designed to provide clarity on the DoD SkillBridge program and connect you with over 20 DoD SkillBridge partners.

The DoD SkillBridge program offers service members the opportunity to gain valuable civilian work experience through industry-specific training, apprenticeships, or internships. Additionally, many SkillBridge partners extend training and employment opportunities to military spouses and veterans.

Throughout the week, guest speakers from DoD SkillBridge, Navy SkillBridge, and other DoD SkillBridge leaders will provide a DoD SkillBridge overview, discuss policy updates, detail the Navy's application process, outline ways veterans and spouses can participate and highlight other career pathway opportunities.

From **Tuesday, February 4 to Thursday, February 6**, DoD SkillBridge partners from across the nation will host virtual booths to answer questions about their educational programs.

Tuesday, February 4 will focus on programs that offer virtual or national opportunities. Participating partners include:

- United Association Veterans in Piping Program
- Full Magazine Publishing
- Amazon AWS
- Microsoft Software and Systems Academy (MSSA)
- Headlamp
- UBC Military Veterans Program

[continued below]

Register Now
www.mynavyfamily.com

What exactly is SkillBridge?

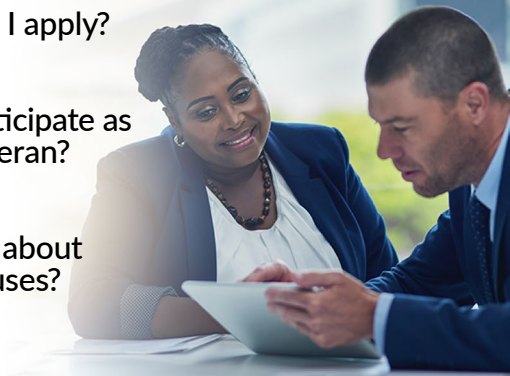
Who is eligible to participate?

What free programs are available?

How do I apply?

Can I participate as a veteran?

What about spouses?



 [Back To Top](#)

Day Two, Wednesday, February 5, will highlight programs that accept veterans and military spouses. Featured partners include:

- Hiring Our Heroes
- 7 Eagle Group
- Onward to Opportunity

Day Three, Thursday, February 6, will give federal agencies the opportunity to present their DoD SkillBridge programs. Participating agencies include:

- Bureau of Industry and Security
- DHS/Customs and Border Protection
- National Parks Service - Historic Preservation Center
- Veterans Affairs (VA)
- DHS Customs and Border Protection

All participating programs are 100% free and have demonstrated success in placing DoD SkillBridge graduates in quality positions. **This event is open to all service members, veterans and their spouses.**

To view the schedule and register, visit www.MyNavyFamily.com.



This year the Navy is celebrating 250 years of honor, courage, and commitment to our great nation!

Your Fleet and Family Support Centers are joining in on marking this incredible milestone with numerous activities and celebrations throughout our communities.

Keep following your monthly "Family Connection Newsletter" with information on webinars, events, and so much more.

Happy 250th Birthday, U.S. Navy!

WEBINAR HIGHLIGHT

Honoring 250 Years of Naval Heritage

Are you ready to celebrate the Navy's 250th Anniversary October 2025? How can your organization participate in commemorating a quarter century of Naval excellence? Join us for a CNIC sponsored webinar that assists Ombudsmen and Family Readiness Groups (FRGs) to celebrate 250 years of a Navy achievements and strengthen the sense of community in your command. The webinar will provide outreach tips, celebration ideas and provide you with lots of resources including social media downloads, newsletter templates and more.

Webinar Times

10 Feb @ 6 pm EST

11 Feb @ 1 pm and 10 pm EST

12 Feb @ 6 am EST














YOUR FFSC, READY TO SUPPORT YOU, YOUR FAMILY

Have the stress of the holidays or the last year got you down, drained or even worse? Never fear, your Fleet and Family Support Centers (FFSCs) worldwide are standing by to help you get back on your feet! We have put together a list of resources where you, your shipmates and your whole family can find help.

Mental Health and Suicide Prevention Contact Information:

-  Visit the [988 Lifeline](#) or dial 988 from any telephone in the United States.
-  Visit the [Veterans Crisis Line](#) or Dial 988, then press 1, or text 838255.
-  [Send an email to the Fleet and Family Support Program](#) for information and referral to helping services.
-  To find the closest FFSC, visit the [FFSC Directory](#).
-  Visit the [Psychological Health Resource Center](#) (formerly the Real Warriors Live Chat) or call 866-966-1020.
-  For information about mental health medical telemedicine benefits, visit [TRICARE's Telemental Health website](#).
-  Install the [MyNavy Family](#) app.
-  Contact your installation [Navy chaplain](#).
-  Visit [Military OneSource](#) for free, confidential, non-medical counseling, CONUS or OCONUS, by phone or live chat, 24 hours a day, seven days a week.

Sometimes it takes a lot to get through a day, week or year. Remember you have a support team at your installation's FFSC, who's ready to help you and your Navy family. We are here for you, you are needed, and you can count on us!

For more information, visit the [Fleet and Family Support Program](#) online.



STALKING AWARENESS STARTS WITH US: HIGHLIGHTING NATIONAL STALKING AWARENESS MONTH

January is National Stalking Awareness Month (NSAM) and it is important to highlight, recognize, respond to and lessen the impact of stalking. Despite the profound impact on victims' psychological, emotional and physical health, stalking is a common problem that is often ignored or misunderstood.

Stalking involves a pattern of behavior directed at a specific person that causes fear, distress or safety concerns. As fear is highly personal, so is stalking. Stalking behavior often seems benign to outsiders but terrifying in context. Most stalkers target people they know, and the majority of stalkers are intimate partners or acquaintances who know about the victim's vulnerabilities and fears. Individual incidents may or may not be criminal acts and tactics can include:

- Repeated, unwanted contact in person or through calls, texts, social media or email.
- Following or watching someone physically or digitally, such as GPS tracking or social media monitoring.
- Sending unwanted gifts or messages.
- Spreading rumors.
- Threatening harm to an individual or their family members.

According to the Stalking Prevention, Awareness, & Resource Center (SPARC), nearly 1 in 3 women and 1 in 6 men are victims of stalking in their lifetimes. Too often, stalking goes unrecognized and unaddressed, which means many of these offenses either do not receive any attention or are never prosecuted. However, it's important to know that:

- Intimate relationship abuse frequently occurs alongside stalking.
- Stalkers often rely on technology, such as spyware, social networking and GPS tracking.

Learn the signs of stalking so you can recognize them and help prevent them. If people are aware of the behavior, they will be better able to spot it early and take precautions. It is important to listen without passing judgment, believe the victim and provide emotional support if they confide in you about stalking. If necessary, direct them to local resources or the police. Ensuring technology safety is crucial. Spread awareness about safe online habits, such as setting strong passwords, adjusting privacy settings and being cautious of sharing location information.

If you or someone you know is dealing with stalking, help and advocacy is available. Visit your local [Fleet and Family Support Center](#) to learn more about stalking or contact a victim advocate at your installation.



NATIONAL **STALKING** AWARENESS MONTH

KNOW IT. NAME IT. STOP IT.

JANUARY 2021

FINANCIAL WELL-BEING IN MILITARY FAMILIES: STRIKING THE RIGHT BALANCE

When it comes to financial well-being, most people think about building savings, staying debt-free and planning for retirement. But for military families, financial well-being has an added layer of complexity. The demands of military life — frequent relocations, deployments and time away from loved ones — make it crucial to balance financial preparation with creating meaningful family experiences.

This balancing act is especially important because the time parents spend with their children is limited. Studies show that by the time a child turns 18 years old, parents have spent about 3,000 days with them. For service members, deployments, training exercises and long work hours can significantly reduce this time. Over a 20-year military career, service members often miss out on years of everyday moments with their children.

Military families face unique financial challenges. Relocations, often required every few years, can strain budgets despite government reimbursements. Spouses frequently struggle to find consistent employment, creating an additional layer of financial stress.

Although military pay and benefits provide a stable foundation, they do not always cover everything a family needs to save for the future while enjoying life in the present. On top of this, transitioning out of the military can bring uncertainty. Many families worry about post-service employment, healthcare and retirement planning, making it vital to manage finances carefully throughout a military career.

Financial well-being for military families is not just about saving for the future. It is about finding a balance that allows for meaningful family time, even within the constraints of military life. This does not mean splurging or sacrificing financial goals. Instead, it is about intentional choices that strengthen family bonds while staying financially responsible.

For example, families can prioritize low-cost activities that create lasting memories, such as family game nights, picnics or exploring local attractions. Military resources, like recreational facilities, discounted tickets or travel programs, provide affordable ways to spend quality time together. Budgeting intentionally to include both savings and family experiences can help service members and their families achieve this balance.

Making time for family experiences is more than just fun. It is essential for family well-being. The military lifestyle is full of sacrifices, but creating positive memories helps children feel connected and supported despite the challenges. At the same time, building a strong financial foundation ensures that families are prepared for whatever the future holds, whether it is a deployment, an unexpected move or the transition to civilian life.

For military families, financial well-being is not just about numbers in a bank account. It is about balancing the limited time parents have with their children and the need for financial security. By intentionally planning both savings and meaningful experiences, military families can make the most of their time together while securing their future.

Free resources available through the Fleet and Family Support Center (FFSC) help achieve this balance. FFSCs offer financial counseling, budgeting workshops, relocation assistance and family support programs, all at no cost to service members and their families. Taking advantage of these resources can help families navigate the unique challenges of military life while strengthening both their finances and their family bonds.

After all, financial well-being is not just about what you save. It is also about the memories and connections you create along the way. With the right support, military families can thrive both financially and emotionally.

To find your installation's FFSC, visit the [FFSC Directory](#).



Wellness Watch

As the calendar turns to a new year and the holidays fade into the background, Financial Wellness Month is a reminder to check financial goals, review the family budget and make a plan to ensure financial wellness in 2025 and beyond.

Financial wellness describes a person's ability to meet financial obligations and stay on track to reach future financial goals. The Office of Financial Readiness offers a Financial Well-Being Assessment to help individuals calculate their financial health.

Taking time to assess financial health can provide insight into whether an individual is on the right path or has areas to improve. Once the score has been calculated, additional resources are available, organized by topic to help improve future financial well-being. Answers are anonymous, and the assessment does not track any data.

Financial readiness is a key element of mission readiness. If you have questions or need help to improve your financial wellness, contact a financial specialist at your installation [Fleet and Family Support Center](#) today.



January is Financial Wellness Month

UNLEASHING THE POWER OF AI IN YOUR JOB SEARCH: SMARTER, SAFER, MORE EFFECTIVE



Supercharge your job search with artificial intelligence (AI) as your partner. AI provides the tools to reach your professional goals faster and smarter by helping craft impactful, keyword-optimized resumes, offering feedback to help ace interviews, enhancing your LinkedIn profile for recruiter visibility and creating personalized insights to chart your career development.

Always prioritize safety by not sharing personal or sensitive information in AI tools. Embrace this cutting-edge technology responsibly to open doors to new opportunities, connect with the right people and stay ahead in the competitive job market.

For those looking to leverage AI without a significant financial investment, there are several free options available:

- **ChatGPT:** This AI tool can help with resume optimization, interview preparation and career path recommendations. It is free to use and can be accessed through various platforms.
- **Jobscan:** This tool offers a mix of free and paid features, allowing users to choose the level of service that suits their needs.
- **Careerflow:** Offers free AI job search tools, including AI cover letters, resume review, job application autofill and a networking tracker.

For additional tips, the following articles have quick and easy ideas to assist with your job search:

[Using AI in Your Job Search](#)

[5 Ways AI Can Help in Your Job Search](#)

Visit the [Fleet and Family Support Program website](#) to find additional information on the various employment services, along with the [FFSC Directory](#) to find personalized assistance near you.

Artificial Intelligence can help in the employment process in the following ways:

Resumes



1. AI helps transform job responsibilities into impactful, results-driven bullet points.
2. AI can analyze job descriptions to identify relevant keywords to incorporate into your resume, making it more friendly to applicant tracking systems (ATS).

Interviews



1. AI-powered platforms simulate interviews and provide feedback on answers, tone and body language.
2. AI generates role-specific interview questions to help you prepare effectively.
3. Apps analyze practice sessions to suggest improvements in communication and presentation.

LinkedIn



1. AI suggests skills, keywords and summary updates to make your profile stand out to recruiters.
2. AI identifies trending topics in your field for impactful LinkedIn posts.
3. AI recommends professionals to network with based on your career goals.

Career Development



1. AI identifies areas for improvement and suggests certifications or courses.
2. AI provides insights into in-demand skills and roles, helping you stay ahead.
3. AI builds personalized career paths by analyzing your experience and future aspirations.

IMPORTANCE OF TEACHING TODAY'S YOUTH RESPECT

As we celebrate Martin Luther King Jr. Day, be mindful of promoting and modeling respect and kindness toward all people. Respect is the foundation of all good interactions between humans; all actions must begin with respect. Remember, our youth are always watching and imitating us as adults.

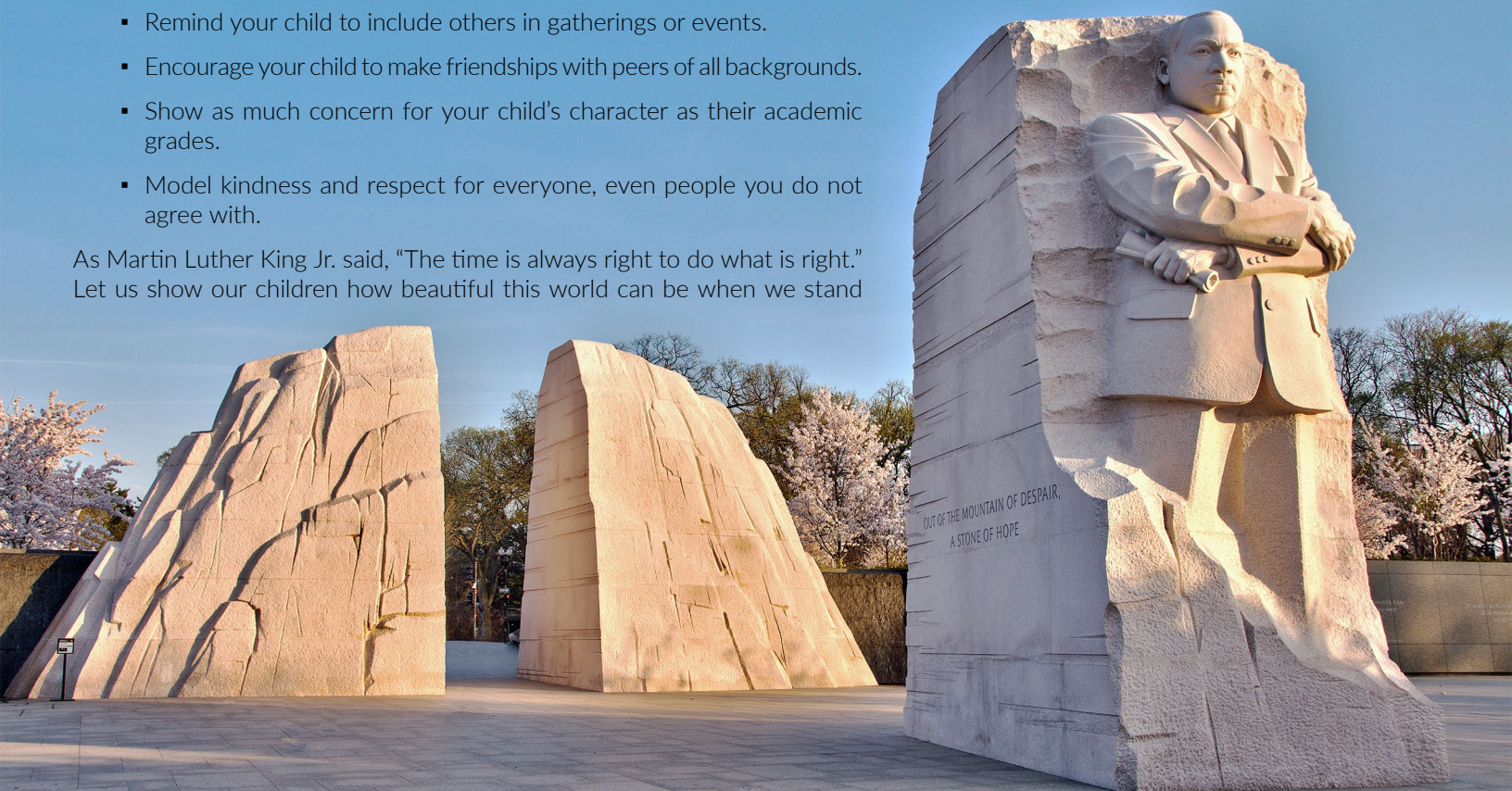
Respect, in children's terms, simply means treating others the way you want to be treated. Respect says you accept and value someone for who they are, even though they may be different from you. It also means that you care how your actions affect others.

Teaching respect significantly affects a child's capacity for empathy. Classrooms and homes that encourage respect promote values of diversity and self-worth. A healthy environment normalizes and celebrates looking and being different. This also fosters creativity in children as they process the world around them. History's greatest inventions came from those who thought outside of the box and dared to dream of new and innovative ideas. Our greatest leaders show us not only strength and courage but also openness and humility.

How can we reinforce respect every day in real ways for our youth? Here are some tips:

- Read books or watch movies about other cultures and people together.
- Take trips to other geographical areas and learn about the local people and customs.
- Read inspirational quotes or biographies of individuals who conquered adversity.
- Use language that acknowledges equality and diversity.
- Reinforce kind words such as "please" and "thank you."
- Address mean or offensive language right away.
- Participate in outreach events that help your neighbors or those in need.
- Allow children to choose activities and sports so they may find their interests.
- Do not compare individuals, even family members, to one another.
- Highlight creative thinking and trying new ideas.
- Remind your child to include others in gatherings or events.
- Encourage your child to make friendships with peers of all backgrounds.
- Show as much concern for your child's character as their academic grades.
- Model kindness and respect for everyone, even people you do not agree with.

As Martin Luther King Jr. said, "The time is always right to do what is right." Let us show our children how beautiful this world can be when we stand



SPECIAL THANKS TO THIS MONTH'S CONTRIBUTORS:

- Fran Jackson, MBA, AFC, FFSP Personal Financial Manager Program analyst
- Dr. Lee Anna Belton, LICSW, LCSW-C, FFSP FAP Program analyst
- Ebonie Powe MSW, MBA, FFSP Family Employment Readiness Program analyst
- Ericka Sam, LCSW, NAS Pensacola, FFSC CAP supervisor
- A.J. Lemire, SUBASE New London, FFSC personal financial manager
- Kippie Martin, SUBASE New London FFSC family life specialist,
- Tim McGough, FFSP Communications analyst



Your FFSC LMS Webinar Schedule

January 2025

How to register:

Step #1: Make a free account at

MyNavyFamily.com or

use the QR code to the right (NMCI users should register at least one day before the webinar.)



Follow the on-screen instructions to create a new account. Be sure to enter your time zone! category

Step #2: Choose a on the home screen or click the Live Webinars link at the top of the page to view the descriptions and time/date converted to your time zone.

Step #3: Click on "Register Here" to sign up for the training.

In addition, the FFSC LMS has comprehensive resources for Navy spouses and family members such as New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.



HAPPY NEW YEAR

EMPLOYMENT

Wed	15 Jan	10:00 AM ET	Innovative Interviewing
		1:00 PM ET	Power Up Your Resume for Remote Jobs
Thu	16 Jan	10:00 AM ET	Resume Writing & Cover Letters Simplified
Mon	27 Jan	3:00 PM ET	First Impressions Matter, Make Yours Count: Civilian Resume Writing

PARENTING

Wed	15 Jan	12:00 PM ET	Parenting and Sexual Development (SHAPE Module 1)
Thu	16 Jan	1:00 PM ET	What About the Kids?
		9:00 AM ET	Proactive Parenting Strategies for Healthy Sexual Development
Wed	22 Jan	12:00 PM ET	Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)
Wed	29 Jan	12:00 PM ET	Parenting to Prevent PSB: Ages 5-9 (SHAPE Module 3)

MENTAL WELL BEING

Thu	16 Jan	10:00 AM ET	FAP Hour: Transitional Compensation and Safety Transfers
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PERSONAL FINANCIAL MANAGEMENT

Tue	21 Jan	1:00 PM ET	7 Healthy Money Habits
Thu	23 Jan	1:00 PM ET	The Ghost of Christmas Past
Fri	24 Jan	1:00 PM ET	Let's Get Financially Fit!
Thu	30 Jan	12:00 PM ET	Tax Prep for service members

RELOCATION

Tue	14 Jan	10:00 AM ET	Leading the Way: Empowering Newcomers
Mon	27 Jan	1:00 PM ET	Sponsorship-From the Sailor to the Family





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 a challenge to overcome, rather than a threat.

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 can stand alone.

The MBMF modules are:

1. Stress Resiliency
2. Mindfulness and Meditation
3. Living Core Values
4. Flexibility
5. Problem Solving
6. Connection

Module 1: Stress Resilience

Module 2: Mindfulness and Meditation

Module 3: Living Core Values

Module 4: Flexibility

Fri 10 Jan 12:00 PM ET

Module 5: Problem Solving

Fri 17 Jan 12:00 PM ET

Module 6: Connection

Fri 24 Jan 12:00 PM ET

NAVY LIFE

Wed 29 Jan 2:00 PM ET Diary of an Ombudsman

PERSONAL GROWTH

Wed 8 Jan 11:00 AM ET Conflict Management
 Tue 14 Jan 10:00 AM ET Understanding Anger
 Thu 16 Jan 2:00 PM ET Anger Management
 Discover the Building Blocks of Fostering Healthy Relationships
 1:00 PM ET
 Wed 22 Jan 11:00 AM ET Conflict Management
 Couples Communication: Couples
 Thu 23 Jan 2:00 PM ET Enhancement/Getting Unplugged

RESILIENCE

Wed 15 Jan 2:00 PM ET Stress Management
 Tue 28 Jan 10:00 AM ET Stress Management

EXCEPTIONAL FAMILY MEMBER

Fri 17 Jan 11:00 AM ET Music Together for Children with Special Needs

