



Family Connection



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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.

FFSP Hosts Spouse Engagements

After making stops at bases in Commander, Navy Region Northwest last month, professionals from the Fleet and Family Support Program (FFSP) at Commander, Navy Installations Command (CNIC) in partnership with OPNAV N17, are hosting spouse engagements at Navy installations worldwide.

Feedback collected through the engagements will be used to recommend legislation, policy, program or processes that improve the quality of life of Sailors and their families.

Conducting the engagements will be professionals from the command's Fleet and Family Support Program (FFSP), which support individual and family readiness through a full array of programs and resources that help Navy families be resilient, well-informed and adaptable to the Navy environment.

"Our mission is to support our warfighters and families and to ensure we successfully do so, we need to hear directly from them on how we can do better," said Ebonie Powe, Family Employment Readiness Program analyst at CNIC. "Spouses from all service branches are also welcome."

Spouse engagement sessions will be held:



Date	Location
May 4-12	Naval Base Guam, Commander Fleet Activities Sasebo, Commander Fleet Activities Okinawa
May 9-11	Naval Weapons Station Earle
May 22-26	Naval Air Facility El Centro, Naval Air Station Fallon, Naval Air Weapons Station China Lake
June 12-16	Naval Air Station Key West, Naval Air Station Joint Reserve Base New Orleans, Naval Construction Battalion Center Gulfport
Aug. 12-20	Naval Support Activity Bahrain, Naval Support Activity Souda Bay

Spouse engagement sessions are conducted in compliance with DoDI 1342.22, Military Family Readiness, which mandates a triennial assessment of military family needs, and in alignment with guidance provided by the Chief of Naval Operations in the Navy Family Framework.

For more information on your installation's spouse engagement sessions, contact your Fleet and Family Support Center and visit FFSC Directory (navy.mil).

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

Gold Star Spouses Day Recognizes Sacrifices of Spouses of the Nation's Fallen

BY: STEPHANIE HUNTER, CNIC NAVY GOLD STAR PROGRAM ANALYST

Gold Star Spouses Day is April 5, 2023; a day to pay tribute to the husbands and wives of those who died while serving on active duty. While not a national holiday, many installations observe and honor the spirit of Gold Star Spouses Day.

Since 2010, Congress has passed an annual resolution recognizing April 5 as "Gold Star Wives' Day" to pay tribute to the contributions of individuals belonging to Gold Star Wives of America, a non-profit established in 1945 by women who lost their husbands in service to the country. Over the years, as the military has evolved, the military spouse's role and demographics have also changed. Guidance has become more inclusive and the observance is known as Gold Star Spouses Day.



The Gold Star recognition first appeared on flags in 1918, when families would pin a gold star over the blue service star hanging in their window to indicate that their loved one had died overseas while serving in the U.S. military.

In 1947 Congress approved the design, manufacture and distribution of the official Gold Star lapel button. The Gold Star lapel button symbolizes service members who lost their lives in combat operations. This pin features a gold star on a purple background. Introduced in 1973, the lapel button for next of kin of deceased personnel symbolizes active duty service members who lost their lives in non-combat operations. This pin features a gold star on a gold background surrounded by laurel leaves.

The Survivor support community has adopted April 5 as the date to acknowledge the sacrifices of and say thank you to all Gold Star spouses. The Navy Gold Star Program is committed to providing support and ensuring Gold Star families remain connected to their Navy family for as long as they desire.

As we observe Gold Star Spouses Day, let us all remember that no one has given more for the nation than the families of the fallen; let them know they will never be forgotten. If you see someone wearing a Gold Star lapel button or the lapel button for next of kin of deceased personnel, remember these symbols identify the families of our fallen heroes. If you know or meet a Gold Star spouse, please take the opportunity to acknowledge their spouse's sacrifice and thank them for their continued service.

To find out about how the Navy Gold Star Program is honoring Gold Star spouses in your area, visit www.navygoldstar.com/locations to find a Navy Gold Star coordinator near you.

April Holidays and Observances:

- Alcohol Awareness Month
- Child Abuse Prevention Month
- Month of the Military Child
- National Financial Literacy Month
- Sexual Assault Awareness and Prevention Month
- World Autism Month
- April 5 – Gold Star Spouses Day
- April 14 – Air Force Reserve Birthday
- April 15 – Military Kids Day
- April 16-22 – National Volunteer Week
- April 22 – Earth Day
- April 23 – Army Reserve Birthday
- April 27 – Take Our Kids to Work Day

WORLD EARTH DAY 22 APRIL



Navy Teen Honored as '2022 National Military Youth of the Year'

Selected among five outstanding regional finalists from Boys & Girls Clubs of America-affiliated [military youth centers](#) across the country and overseas, [Ahsha B.](#), of Kings Bay Naval Submarine Base has been named the 2022 National Military Youth of the Year by Boys & Girls Clubs of America.

During the annual Washington, D.C., celebration, emceed by American sports commentator and Boys & Girls Clubs of America supporter Lewis Johnson, Ahsha was awarded a \$20,000 scholarship to support her future educational endeavors. This is in addition to the \$22,500 in college scholarships already awarded to her at the state and regional levels of the Military Youth of the Year Program.

"For 30 years, we are honored to support military-connected youth, providing safe spaces, positive mentors and life-enhancing programs to help young people learn, grow and thrive," said Jim Clark, president & CEO, Boys & Girls Clubs of America. "We are extremely proud of Ahsha and her achievements as we champion great futures for young people across the nation."

After a move from Virginia to rural Georgia, Ahsha's parents encouraged her to join the Military base's Youth Center. She was less than thrilled.

"The first time I attended the Kings Bay Teen Center in January 2019, I did so begrudgingly," Ahsha said. "I had no clue what to expect."

Within two weeks of the program, a Youth Center staff member encouraged Ahsha to audition for a talent program through the Youth Center. She had the opportunity to perform an original spoken word piece and perform alongside a spoken word artist. In the same year, she received the nomination as Boys & Girls Clubs of America's East Coast National UPS Road Code Ambassador, which provided the opportunity to conduct safe driving workshops for teens. After these two leadership milestones, Ahsha had the confidence to launch a podcast for teens at Kings Bay Naval Submarine Base, connecting directly with her peers.

"Immediately, I began to build friendships and realized that this was not just a 'program,'" Ahsha said. "It was a place of growth and opportunity where I could be surrounded by people willing to invest in my success."

Ahsha's list of achievements has continued to grow, becoming a member of several Club committees, locally and nationally. Perhaps the most profound experience for her so far has been participating in the 'Whatever it Takes to Fight for your Voice' series, which connected her with other young people of color.

"My experiences have shown me that the only limitations I have are the ones I place upon myself," Ahsha said. "Through these opportunities, I have been surrounded by successful teens of color and other ethnicities, who have shown me the importance of not allowing others to define my limitations by the color of my skin. Seeing all these confident and successful teens made me become more confident in who I am as a person and revitalized the pride I feel for my culture, my unique gifts and talents."

National Military Youth of the Year is a component of Boys & Girls Clubs of America's National Youth of the Year recognition program for Club and Youth Center members.

For more information about Youth of the Year, visit www.youthoftheyear.org.



RESOURCES FOR MILITARY KIDS:

- [Navy Child & Youth Programs](#)
- [Defense Department Summer Camps](#)
- [Operation Purple Camp](#)
- [Armed Services YMCA Operation Camp](#)
- [Military Teen Adventure Camps](#)
- [Military OneSource: Military Youth and Teen Programs](#)

VIRTUAL FFSC WEBINARS FOR THE MONTH OF THE MILITARY CHILD

April 12 | 11:00 am ET
Youth Suicide Prevention

April 13 | 1:00 pm ET
Reintegration with Children

April 20 | 1:00 pm ET
What About the Kids?

CNIC Force Chaplain's Corner: Military Child Month - Let's Purple Up!

BY: CNIC FORCE CHAPLAIN'S OFFICE

"I believe the children are our future/ Teach them well and let them lead the way/ Show them all the beauty they possess inside/ Give them a sense of pride to make it easier/ Let the children's laughter remind us how we used to be." (Linda Creed, 1977)

April is Military Child Month.

In 1986, former Secretary of Defense Caspar Weinberger wanted to honor the military family by paying specific tribute to children of military members and designated April as the Month of the Military Child.

Also in 1986, Whitney Houston's, "The Greatest Love of All" was released and became an immediate hit song. The lyrics were written by Linda Creed, when she was a breast cancer patient. Michael Masser, an attorney who abandoned his law practice in order to follow his passion for writing music, collaborated to produce the inspiring tune to Creed's words, "I believe the children are our future."

Interestingly, George Benson had recorded the song in 1977 with great success, however nothing like the success of Whitney Houston. As a standalone, the song is about children. Historically, the song was written as the musical theme of a movie on the life of Muhammad Ali and his triumphs over multiple legal challenges as he dared to claim his own identity, embrace his religion, and stand on his moral convictions against U.S. involvement in the Vietnam conflict. Ali refused to be drafted and was stripped of his boxing heavyweight champion title.

"Teach them well and let them lead the way."

Why would the Secretary of Defense designate a month to celebrate the military child? There is no clear answer. One can only surmise that this insightful leader appreciated how military parents love their children dearly. So dearly that they wear the cloth of our nation to not only uphold all that military service means but also to do their part to ensure that all children have a future brimming with the hopes and aspirations of our great nation. Perhaps Weinberger was touched by the unspoken price that military children bear as their parents deploy in harm's way with no guarantee that there will be a happy homecoming. Perhaps Weinberger was moved by the impact of selfless service by military members who happen to be parents, or knew that military children are duly influenced by their role modeling parents to be strong, resilient, resourceful, hopeful and kind.

"Show them all the beauty that they possess inside."

Weinberger's intent has grown exponentially. In 2011, the University of New Hampshire Cooperative Extension Military Youth and Family Program started the "Purple Up! For Military Kids" initiative which has struck a chord throughout our nation. Many Americans today wear purple in April to show appreciation for the military child and for their role modeling military parents.

"Give them a sense of pride to make it easier."

Too many years have passed for most to be aware of the history of this observance. Even fewer people are aware that the history of the song, "The Greatest Love of All," bears the weight of a theme that is complicated yet simple, inspiring yet sobering, personal yet universal. Linda Creed sought to write a message of hope and love to children everywhere.

"Let the children's laughter remind us how we used to be."

The last stanza of this powerful song reveals what Creed was up to with her timeless message, "And if, by chance, that special place/ That you've been dreaming of/ Leads you to a lonely place/ Find your strength in love."

In 2023, let us do as the University of New Hampshire community will do. Let's "Purple Up"!



Sexual Assault Awareness and Prevention Month: Respect. Protect. Empower.

Every April, the Navy participates in Sexual Assault Awareness and Prevention Month (SAAPM) with awareness-raising events, command-sponsored activities to engage Sailors in prevention and active intervention strategies, and trainings that provide tools and actionable skills to service members, DoD civilians, contractors, and family members.

In 2020, Navy Sexual Assault Prevention and Response (SAPR) introduced our call to action and asked service members, civilians, and families to make a commitment to the Navy family by implementing the following steps every day of the year: **Respect. Protect. Empower.**

So how can Navy families help?

RESPECT is an integral part of healthy relationships with friends, family, co-workers, and our communities. Some of the best modeling occurs in the spaces where we live, work and play. When members of our family and communities need help, we feel a great sense of duty to support and help them navigate life's difficulties. We call upon families and communities to protect one another by looking out for signs of unhealthy behaviors, whether living on or off base.

To **PROTECT** one another also includes actively intervening or enlisting the support of your service member's command or the local Fleet and Family Support Center to prevent harm.

Finally, we can all **EMPOWER** one another by providing nonjudgmental support and referrals to those seeking advocacy, mentorship, and other services. As a Navy family, we can generate powerful change that benefits us all.

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/>.

Sexual Assault Prevention & Response (SAPR)

RESPECT.

- Treat every person with respect.
- Embrace the diversity of ideas, experiences and backgrounds of individuals.
- Exercise discipline in conduct and performance.

PROTECT.

- Take responsibility for my actions.
- Hold others accountable for their actions.
- Intervene when necessary.
- Uphold the highest degree of integrity in professional and personal life.

EMPOWER.

- Be a leader and encourage leadership in others.
- Grow personally and professionally every day.
- Contribute to team success through actions and attitudes.

VIRTUAL FFSC WEBINARS FOR SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH

April 7 | 10:00 am ET

Sexual Predators: The Science Behind the Seduction

April 14 | 10:00 am ET

How Perception is Prevention: Eliminating Sexual Assault

April 20 | 10:00 am ET

How Media Portrayal of Interpersonal Violence Impacts Reporting and Survivor Care



[safehelpline.org](https://www.safehelpline.org) | 877-995-5247

'Rock-Solid Families Start Here' to Prevent Child Abuse

April begins a new year of child abuse and neglect prevention, outreach, and education. This year's campaign will extend throughout the year and promote the theme MilParents Rock.

MilParents Rock promotes healthy family dynamics and positive parenting by sharing resources for MilParent Power. The tagline, **Rock-Solid Families Start Here**, focuses on strengthening families by providing resources and tools for a variety of topics including child development, coping strategies and where to ask for help to rock the parenting journey.

Prevention occurs along a continuum (primary, secondary, tertiary) and requires a community. People are the key to military readiness and our leaders are committed to supporting the well-being of our Navy families. This campaign aims to reach parents earlier in order to help them build a solid foundation to help them feel secure and be a rock for their children. The research-informed practices through MilParent Power help parents be at their best and level up their parenting skills through a variety of easy-to-adopt activities. Community collaboration, prevention services, peer support and positive parenting produce thriving families and reduce instances of child abuse and neglect in our military community.

If you have concerns about a child's safety, make sure you know what to do. Call your installation Family Advocacy Program (FAP) office or the Childhelp National Child Abuse Hotline at 800-422-4453. If you are not sure what to do, you can contact Military OneSource at 800-342-9647. Reporting suspected child abuse and neglect is required by law for the military chain of command and covered professionals.

To find your Local Family Advocacy Program professional, visit [Military OneSource](#).

REPORTING CHILD ABUSE & NEGLECT

Here are some tips for reporting suspected child abuse and neglect.

- Call 911 or military law enforcement if a child is in immediate danger.
- Call your installation's Family Advocacy Program representative.
- Call your local Child Protective Services office.
- Call the National Child Abuse Hotline at 800-422-4453.
- Contact Military OneSource at 800-342-9647 if you are not sure what to do.

MILPARENTS
ROCK
 Rock-Solid Families Start Here



VIRTUAL FFSC WEBINARS FOR CHILD ABUSE PREVENTION MONTH

April 3 | 4:00 pm ET
Effects of Domestic Violence on Children

April 14 | 1:00 pm ET
Child Abuse and Neglect Prevention

April 25 | 1:00 pm ET
Child Abuse and Neglect Prevention

GITMO FFSC Hosts MBMF Event

The Naval Station Guantanamo Bay Fleet and Family Support Center (FFSC) hosted a two-day kickoff event for the Mind Body Mental Fitness (MBMF) program with support from the FFSC team and the naval station Ombudsman. The event showcased the program before offering weekly activities. Counselor Cassie Pearson guided a group through some yoga stretches and then worked on the stress catcher activity. FFSC professionals then guided recalibrations, meditations, and progressive muscle relaxations utilizing the MBMF guidebook. According to Work and Family Life Specialist Lindsay Fowler, the kickoff had outstanding community participation and was a great success.



VIRTUAL FFSC WEBINARS FOR MIND BODY MENTAL FITNESS

April 4 | 1:00 pm ET
Module 6: Connection

April 11 | 4:00 pm ET
Module 1: Stress Resilience

April 18 | 4:00 pm ET
Module 2: Mindfulness and Meditation

April 25 | 4:00 pm ET
Module 3: Living Core Values

April is National Financial Literacy Month

How fit are your finances? This year, for National Financial Literacy Month, take steps to reach your financial goals. Whether you plan to pay off debt, buy a home, retire early, or have another goal in mind, careful planning can put your goal within reach. Here are tips to turn your financial goals into reality:

- **Create a spending plan and stick to it.** Do the math to determine your monthly spending for housing, food, transportation, health, personal and family care and other recurring expenses, including savings. Agree that any change to the plan has to be discussed and agreed to as a family.
- **Pay off your debt as soon as you are able to.** It takes planning, but you can do it! There are two popular methods that many people use successfully.
 - First, the snowball method where you pay off the lowest balance first. List all debts from smallest balance to largest. Make the minimum payment on all debt except for the smallest, which you will pay as much as you can toward the balance until it is paid. Then, take the amount you were paying on the smallest debt and apply it to the next smallest, and continue the snowball until all debt is paid. The goal is to score small wins and reduce the overall amount of debt without worrying about the interest rate.
 - Second is the avalanche method, where you first pay off the debt with the highest interest rate. Make the minimum payments on all debt except the debt with the highest interest rate with the goal of reducing the amount of overall interest you will pay.
- **Invest in yourself.** Contribute to your Thrift Savings Plan or civilian 401K plan. Small contributions now will pay large dividends when you are ready to retire.
- **Create SMART goals.** SMART goals are goals that are specific, measurable, achievable, realistic, and time-bound. For example, “I want to save \$500 for an emergency fund by the end of the year.” Keep track of your goal, and when you achieve it, set a new SMART goal to keep working toward your financial future.
- **Small savings add up in big ways.** Saving a few dollars does not seem like a lot, but a few dollars today, and a few dollars tomorrow, will continue to grow. If you save \$3 per day for a year, you will have more than \$1000 at the end of the year.



MyNavyHR Assists Expectant Sailors with Maternity Pilot Program (MPP)

Each month, there are approximately 450 new expectant mothers in the Navy. MyNavyHR is assisting those new mothers with free maternity uniforms through the Maternity Pilot Program (MPP).

The MPP is open to officers and enlisted, active and reserve Sailors, assigned to stateside and overseas commands. Selection for participation in the MPP is on a first-come, first-serve basis provided all eligibility requirements are met.

Upon selection, participants will receive one set of maternity working, service and dress uniforms, and the maternity cardigan sweater free of charge.

Maternity working uniforms will have sewn-on embroidered name tape, service tape and qualification insignia. Enlisted seaman to petty officer first class (E-1 to E-6) maternity dress uniforms will have sewn-on rank insignia and neck tab. Uniform alterations and shipping will also be free of charge. Participation in the MPP is voluntary through September 30, 2026 and command endorsement is required.

For more information on the Maternity Pilot Program and how to apply, visit mynavyhr.navy.afpims.mil/References/US-Navy-Uniforms/Maternity-Pilot-Program/.



Don't Wait for Emergencies to Occur, Start Preparations Now

BY COLEEN R. SAN NICOLAS-PEREZ, COMMANDER, NAVY INSTALLATIONS COMMAND PUBLIC AFFAIRS

The Navy prepares for “what if” scenarios because “what if” can become real-world emergencies without notice.

Sailors and families must also be ready for any disaster or emergency. The key to being ready is to prepare in advance, according to Judith Wright, who manages the deployment support and family emergency response division of Commander, Navy Installations Command (CNIC).

“When you are prepared for potential impacts that may come your way, you reduce stress and worry,” Wright said. “You are more able to address and respond to the stressors you are facing when you have awareness, a plan, and the means to do so.”

Be Informed, Make a Plan, Build a Kit

There are three basic yet important steps to ensure preparedness for those “what if” events.

“Being informed, having a plan, and building a kit are all part of those preparations that will help anyone effectively reduce stress and anxiety post any event or disaster,” Wright explained. “Your local Fleet and Family Support Center is a great place to start. The centers can help Sailors and their families have that peace of mind that preparation can bring.”

First, be informed. Sailors and Navy families should know about possible disasters and crises in their areas. According to FEMA, the federal entity that supports people before, during, and after disasters, it is critical to learn the risks specific to your communities and homes, ways to assess risks if away from home, and actions to take before, during, and after different hazards.

Wright also urges Sailors and families to know the resources available through the Navy, installations, and local communities, as well as where to go for information and support before and after a crisis or disaster.

“[Ready.Navy.mil](https://ready.navy.mil) and [Ready.gov](https://ready.gov) have great information about being prepared for any crisis or disaster you might face,” Wright recommended. “The [My Navy Family app](#) is another great tool to learn about disaster preparedness. Tapping into local emergency management pages can help with local resources and support in your area.”

Another great resource to utilize is the command ombudsman. This is your command-appointed point of contact to connect you to resources and support anytime during your affiliation with the Navy. Visit the [Ombudsman Registry](#) to find your command ombudsman.

Next, make a plan. According to Wright, all should make a communications plan and prepare for both evacuating and sheltering in the event they are separated from their family. Prepare for your family's unique needs with customized plans and supplies. Make sure all members of the family, including children, know the plan.

Finally, build a kit. Make sure you have enough essentials to survive after a crisis event or disaster. If you are at work, keep a small go-to bag at your office desk in case you are unable to leave work or your area. Maintain a kit for your car in case you are stuck in your vehicle or unable to get home and make sure you have enough provisions at home to sustain you, your family, and pets until recovery efforts can get underway and get to you, which may take days to weeks.

“Don't wait until the threat of an event to start planning,” Wright said. “Any time is a good time. Start a little at a time if it seems overwhelming. Some preparation is better than no preparation. Visit your [Fleet and Family Support Center](#), and they can help you find ways to start now.”

April is World Autism Month



autism speaks[®]
LIGHT
IT UP
BLUE

VIRTUAL FFSC WEBINARS FOR WORLD AUTISM MONTH

April 4 | 1:00 pm ET
Moving with an Exceptional Family Member

April 26 | 11:00 am ET
Moving with an Exceptional Family Member

April 27 | 11:00 am ET
Exceptional Family Member Program Overview

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.

Deployment: A 360° Perspective

Are you preparing for a deployment or are homecoming preparations in full swing? Where are the kids in all of this? One or more of these webinars may contribute to your successful navigation of the cycle of deployment.

Managing Deployment Successfully	6 April	1:00 PM
Reintegration with Children	13 April	1:00 PM
Reintegration with Partners	20 April	1:00 PM
Deployment Disasters: The Game Show	27 April	1:00 PM

All times are Eastern.



APRIL 2023

Employment**Wednesday, April 5th**

11:00 AM EST Portable Careers

Thursday, April 6th

1:00 PM EST Effective Resume Writing

Friday, April 7th

9:00 AM EST USAJobs 2023

Wednesday, April 12th4:00 PM EST "Careering": Career Assessment Basics
for Navy Family Members on the Go**Thursday, April 13th**

1:00 PM EST Interviewing Skills

Wednesday, April 19th

1:00 PM EST Resume Writing

Tuesday, April 25th1:00 PM EST How to Design Mock Interviews to Get Results:
Working with Clients to Put Their Best Foot Forward**Wednesday, April 26th**

1:00 PM EST Navigating Federal Employment

4:00 PM EST "Careering": Career Assessment Basics
for Navy Family Members on the Go**Finances****Tuesday, April 11th**

2:00 PM EST Vacation Planning for ALL

Wednesday, April 12th

11:00 AM EST Command Financial Specialist Forum

Tuesday, April 18th

2:00 PM EST Command Financial Specialist Forum

Wednesday, April 19th

12:00 PM EST Baby Breaks the Bank!

Tuesday, April 25th

9:00 AM EST Continuation Pay 101

Life Skills**Tuesday, April 4th**

1:00 PM EST Mind Body Mental Fitness Module 6: Connection

Wednesday, April 5th

1:00 PM EST Stress Management

Friday, April 7th

10:00 AM EST Sexual Predators: The Science Behind the Seduction

Monday, April 10th

1:00 PM EST Anger Management

Tuesday, April 11th

10:00 AM EST Understanding Anger

10:00 AM EST Back to Basics: Essential Communication Skills

11:00 AM EST Effective Communication

4:00 PM EST Mind Body Mental Fitness Module 1:
Stress Resilience**Wednesday, April 12th**

11:00 AM EST Youth Suicide Prevention

Friday, April 14th10:00 AM EST How Perception is Prevention:
Eliminating Sexual Assault

1:00 PM EST Child Abuse and Neglect Prevention

Tuesday, April 18th

10:00 AM EST Stress Management

4:00 PM EST Mind Body Mental Fitness Module 2:
Mindfulness and Meditation**Wednesday, April 19th**

1:00 PM EST Transforming Stress Into Resilience

Thursday, April 20th

11:00 AM EST Improving Workplace Relationships

Friday, April 21st10:00 AM EST How Media Portrayal of Interpersonal Violence
Impacts Reporting and Survivor Care

11:00 AM EST Stress Management

Tuesday, April 25th

1:00 PM EST Child Abuse and Neglect Prevention

4:00 PM EST Mind Body Mental Fitness Module 3:
Living Core Values**Thursday, April 27th**

11:00 AM EST Exceptional Family Member Program Overview

12:00 PM EST Effective Communication

2:00 PM EST Couples Communication

Parenting**Monday, April 3rd**

4:00 PM EST Effects of Domestic Violence on Children

Thursday, April 20th

1:00 PM EST What About the Kids?

Wednesday, April 26th

11:00 AM EST Ask a Medical Provider/Contraception

Relocation**Tuesday, April 4th**

1:00 PM EST Moving with an Exceptional Family Member

Wednesday, April 5th

12:00 PM EST Sponsor Training

Wednesday, April 19th

11:00 AM EST Sponsor Training

Wednesday, April 26th

11:00 AM EST Moving with EFM

Transition**Thursday, April 13th**

11:00 AM EST SkillBridge

Wednesday, April 19th

1:00 PM EST Transition Topics for Spouses: Boot Camp

Tuesday, April 25th

11:00 AM EST Goal Setting