



# Family Connection

JULY 2023



## In this Issue...

July Holidays and Observances:

CAP Offers Stress Management Strategies to Incorporate into Your Routine

Pathway Established for U.S. Military Families to Pursue Jobs Locally in Bahrain

EFMP Families Enjoy Day Filled with Fun, Laughter

Transition Assistance for Sailors and Families

NAS Pensacola Fleet and Family Support Center Holds EFAC Drill

Celebrate Park and Recreation Month

Your Virtual FFSC Webinar Schedule

Visit us online at:



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

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

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

If you have questions or comments, contact the Fleet and Family Support Program, [cnic.ffsp.fct@navy.mil](mailto:cnic.ffsp.fct@navy.mil).

## July is Military Consumer Month

### PROTECT YOUR IDENTITY AND FINANCES

July is Military Consumer Month, an annual opportunity to raise awareness of financial literacy and consumer protections for service members, military families and veterans. Military families are vulnerable to economic challenges because of the unique nature of their careers including deployments, frequent moves and spouses' employment gaps.

According to the Consumer Financial Protection Bureau, identity theft is one of the most common financial problems service members cite. Taking proactive measures to protect personal information may help prevent identity theft. Here are ways to stay proactive in protecting your identity from scammers:



### READ CREDIT CARD AND BANK STATEMENTS MONTHLY.

Monitor accounts monthly and contact financial institutions immediately if there is a discrepancy in your records or if you have a missed payment or unauthorized withdrawals. State and federal laws limit losses if unauthorized transactions are not reported within an appropriate timeframe after statements are issued. Contact your institution if you do not receive your bank and credit card statements. Missing mail can be a sign someone has stolen your mail or account information and possibly changed the mailing address to open accounts in your name from another location.

### SHRED DOCUMENTS WITH PERSONAL AND FINANCIAL INFORMATION.

Keep financial trash empty to protect against "dumpster divers." A dumpster diver is a person who picks through garbage looking for personal information such as social security numbers, insurance information, bank statements and other details useful to commit fraud. To prevent this from happening, shred documents using a micro-cut shredder before throwing them away. These devices diagonally cut essential documents from both corners, making them impossible to reconstruct.

### PROTECT YOUR INFORMATION FROM SCAMMERS ONLINE AND ON YOUR PHONE.

Use a strong password of at least 12 characters in length. Making a password longer is the easiest way to increase its strength. Consider using a passphrase of random words to make your passwords more memorable, but avoid using common words or phrases. Add multi-factor authentication (MFA) for accounts. MFA is a security enhancement that allows you to present two credentials (such as password, text message or authentication app) when logging into an account. It makes it harder for scammers to access your account if they get your username and password.

Remaining vigilant and safeguarding your information from scammers are the best ways to avoid identity theft.

### VIRTUAL FFSC WEBINARS FOR THE MONTH OF THE MILITARY CONSUMER

**July 11 | 12:00 pm ET**  
Saving and Investing 101

**July 11 | 2:00 pm ET**  
7 Healthy Money Habits

**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](mailto:cnic.ffsp.fct@navy.mil)

## July Holidays and Observances:

- July 4 – Independence Day
- July 16 – Fleet and Family Support Program Anniversary (1979)
- July 23 – Parent's Day
- July 25 – National Hire a Veteran Day
- Month of the Military Consumer
- National Parks and Recreation Month



# CAP Offers Stress Management Strategies to Incorporate into Your Routine

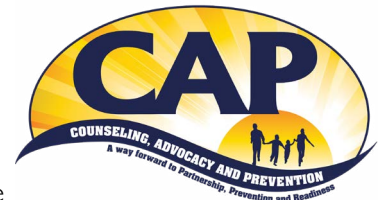
BY KATHY VI, LCSW, FFSP CLINICAL COUNSELING PROGRAM SUPERVISOR

From minor challenges to major crises, stress is part of everyday life. Stress can take a toll on a person's health if it becomes overbearing or is chronic. It is important to have strategies to help manage stress. The goal is a balanced life with time for work, relationships, relaxation and fun – and the resilience to hold up under pressure and meet challenges head on.

Here are some easy and healthy ideas to manage stress:

- **Build in regular exercise.** Moving your body on a regular basis balances the nervous system and increases blood circulation, helping to flush out stress hormones. Try incorporating a daily 20-minute walk into your routine.
- **Incorporate more nutrients in meals.** Well-nourished bodies cope with stress better, so start with a good breakfast, add more organic fruits and vegetables and drink more water.
- **Have a support system in place.** Talking to another person releases hormones that reduce stress. This may include family, friends or people in your community. In addition, contact your local Fleet and Family Support Center (FFSC) for support. There are counselors available to help. Visit the [FFSC directory](#) to find the center closest to you.
- **Find an enjoyable hobby.** Research shows that engaging in activities that bring you pleasure and joy reduces stress by almost half and lowers your heart rate, too.
- **Develop a sleep routine.** Turn off electronics earlier, dim the lights and give yourself time to relax before going to bed. Sleep is a powerful stress reducer.

The good news is that, in many cases, stress is manageable. With some patience and a few useful strategies, you can reduce your stress.



## VIRTUAL FFSC WEBINARS TO HELP MANAGE STRESS

**July 6 | 2:00 pm ET**

Transforming Stress into Resilience

**July 11 | 4:00 pm ET**

Mind Body Mental Fitness Module 1: Stress Resilience

**July 18 | 10:00 am ET**

Stress Management

**July 18 | 12:30 pm ET**

Adapt and Overcome: Building a Resilient Lifestyle

**July 18 | 4:00 pm ET**

Mind Body Mental Fitness Module 2: Mindfulness and Meditation

**July 20 | 1:00 pm ET**

Mind Body Mental Fitness Module 5: Problem Solving

**July 25 | 4:00 pm ET**

Mind Body Mental Fitness Module 3: Living Core Values

# Pathway Established for U.S. Military Families to Pursue Jobs Locally in Bahrain

U.S. military family members now have a pathway to work in the Kingdom of Bahrain after the government of Bahrain finalized a policy with U.S. 5th Fleet, June 11.

Families residing in Bahrain with U.S. service members and Department of Defense (DoD) civilians will be eligible to pursue employment in the local economy under Bahraini law while maintaining their status. The policy allows U.S. military families to work under an employee-sponsored work visa without having to give up their DoD-dependent visa.

"This is about taking care of our families and continuing to make Bahrain the best overseas duty station in the U.S. Navy," said Vice Adm. Brad Cooper, commander of U.S. Naval Forces Central Command, U.S. 5th Fleet and Combined Maritime Forces. "This would not be possible without the gracious support from the Kingdom of Bahrain's government. We are deeply grateful for their warm hospitality to the U.S. military and our families."

For more information, visit <https://www.dvidshub.net/news>.



## VIRTUAL FFSC WEBINARS TO HELP WITH YOUR JOB SEARCH

**July 7 | 2:00 pm ET**  
USA Jobs 2023

**July 11 | 4:00 pm ET**  
Resume Writing and Cover Letters Workshop

**July 12 | 10:00 am ET**  
Interview Techniques

**July 12 | 12:30 pm ET**  
A Roadmap to Your Suitcase Career

**July 13 | 4:00 pm ET**  
Acing the Interview

**July 19 | 1:00 pm ET**  
Interview Skills Workshop

**July 27 | 4:00 pm ET**  
The Road to Remote Job Success

# EFMP Families Enjoy Day Filled with Fun, Laughter

The Exceptional Family Member Program (EFMP) helps service members and their family members with special medical and educational needs identify and access programs and services. EFMP may also link service members and their families to support resources both on base and in the local community while supporting the quality of life of Navy families with exceptional family members.

EFMP families from Joint Base Charleston, South Carolina, traveled to Ravenel, South Carolina, for a nature-based learning experience at the Unbridled Education Farm on June 3.

EFMP Family Support Coordinator, Mr. Zeus started the event by inviting everyone to choose a "farm name" for the day. Ms. Katie Jagger, EFMP case liaison, was a good sport and demonstrated the correct way to handle a snake.

Participants enjoyed learning about different reptiles on the farm and their behaviors. Additionally, families watched the resident pot-bellied pig, Bart, roam around the grounds throughout the day. The day ended with a shared experience learning about three horses living on the farm, their behavior, temperament and how closely connected humans become to horses and their energy when they are together.

To learn more about EFMP, contact your local [Fleet and Family Support Center](#).





# Transition Assistance for Sailors and Families

BY S. L. WALKER, PH.D., FFSP TRANSITION ASSISTANCE PROGRAM

## WHY ATTENDING THE TRANSITION ASSISTANCE PROGRAM IS VITAL?

No one could have anticipated the long-lasting impact the COVID-19 pandemic would have on service members transitioning from the military to civilian life. If you are a transitioning service member, the Transition Assistance Program (TAP) can help prepare you for the increased economic pinches you may face transitioning from military to civilian life.

- TAP can prepare you for any employment woes.
- TAP can prepare you for the retirement uncertainties you may have.
- If you are married, TAP can assist your spouse with navigating employment options.
- If you have children, TAP can help you avoid school and childcare shortages.

If the thought of transitioning from the military to civilian life is a bit overwhelming, TAP can help you and your family better prepare and adjust to the increased stressors of returning to civilian life. TAP builds on the readiness to manage chaos and give it order and purpose. This is not new to you. You have had to face many unique challenges throughout your service in the military. Although the impact of the pandemic has changed life in the civilian world, TAP reminds you to think and rely on skills you have already learned in the military to aid you back into civilian life.

## HAVE YOU CONSIDERED HOW THE COVID-19 PANDEMIC CHANGED HOW SERVICE MEMBERS TRANSITION FROM MILITARY TO CIVILIAN LIFE?

- Flexible and telework employment schedules.
- Employment for your spouse.
- Increased stress and incidence of mental health symptoms.
- Possible disruptions to health or mental health care.
- Access to state-level and local benefits and services or state of record.
- Caregivers facing increased responsibility with less support.
- School and childcare availability.
- Demographic, geographic and occupational groups' opportunities.



## DO YOU KNOW THE STEPS FOR A SMOOTH MILITARY TRANSITION TO CIVILIAN LIFE?

- **Step 1: Visit** - Contact the Fleet and Family Support Center (FFSC) throughout your military career to receive information about the installation, local area, community involvement, workshops and available support services.
- **Step 2: Initial Self-Assessment** - If thinking about separating or retiring, contact a command career counselor (CCC) or the FFSC to receive information about your career path self-assessment, starting two years before but not less than 365 days from your official separation date.
- **Step 3: Transition Workshop** - During the transition workshop, you receive your congressionally mandated pre-separation briefing, have a transition overview, learn to be job seeking whiz, become financially alert about current decisions and learn about existing veteran benefits and service options.
- **Step 4: Capstone Event** - A Capstone briefing is the last required step for every transitioning service member to attend for a smooth transition before officially retiring or separating from military service.

## VIRTUAL FFSC WEBINARS TO EASE THE TRANSITION

**July 6 | 2:00 pm ET**  
Transforming Stress into Resilience

**July 11 | 11:00 am ET**  
Pre-Separation Counseling

**July 13 | 12:00 pm ET**  
Acing the Interview

# NAS Pensacola Fleet and Family Support Center Holds EFAC Drill

BY BRUCE CUMMINS, NAVAL AIR STATION PENSACOLA

PENSACOLA, Fla. - Naval Air Station (NAS) Pensacola's Fleet and Family Support Center (FFSC) held a drill June 1, designed to improve the quality of air station's support services during an emergent situation.

The drill, an activation of an Emergency Family Assistance Center (EFAC) at the air station's Mustin Beach Club, primarily centered around training FFSC staff on responses during and after a simulated weather event, something which FFSC Director R. Train Hatton said is critical to ongoing mission success at the U.S. Navy's largest training command aside from Recruit Training Command Great Lakes.

"Because it has been a few years since we have conducted a fully integrated drill and the FFSC staff has many new members who have never been involved with an EFAC, we thought it was a great opportunity for training as well as an opportunity to reconnect with partner organizations."

The EFAC, a temporarily activated entity in response to an event causing relocation through which service members and eligible beneficiaries can receive disaster relief services and information, essentially serves as a one-stop shop. Although the drill was primarily focused on NAS Pensacola's FFSC, several departments and mutual aid partnerships participated, something Hatton said would mimic a real-world emergency response.

"Several departments are critical to the success of an EFAC," Hatton said. "Along with Housing; the Navy Lodge; Navy Gateway Inn and Suites (NGIS); the Navy Exchange (NEX); Morale, Welfare and Recreation (MWR); the NAS Pensacola Religious Ministries Dept.; and Legal; other organizations such as the Navy and Marine Corps Relief Society (NMCRS) and off-installation organizations like the American Red Cross play a pivotal role in ensuring our service members are aware of the resources available. These partnerships were tested during the drill, and these relationships will be enormously beneficial during the activation an actual EFAC."

For more details, visit [www.dvidshub.net/news](http://www.dvidshub.net/news).



## Celebrate Park and Recreation Month

Since 1985, July has been celebrated as the nation's official Park and Recreation Month. Created by the National Recreation and Park Association (NRPA), Park and Recreation Month specifically highlights the essential and powerful role local park and recreation professionals — such as our staff at Navy Morale, Welfare and Recreation (MWR) — play in building stronger, more vibrant and more resilient communities all across the country.

This July, we will celebrate the vital role park and recreation professionals play in bringing people together, providing essential services and fostering the growth of our communities.

Wherever you live, you can celebrate Park and Recreation Month by visiting [www.navymwr.org](http://www.navymwr.org) to find a [Community Recreation Park](#) near you. There you will find playgrounds, hiking trails, beaches, pavilions, outdoor games, BBQs and more. From Key West to Japan, MWR offers activities for all ages.

NRPA encourages everyone who supports parks and recreation to share how it has impacted their lives with the hashtag #WhereCommunityGrows. For more information, visit [www.nrpa.org/July](http://www.nrpa.org/July).

# YOUR *Virtual* FFSC WEBINAR SCHEDULE



July 2023

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.

## Finding Employment as a Military Spouse

This unique lifestyle finds us uprooted from our employment every few years. For some, this is an exciting adventure; for others it's a challenge. Check out these two new webinars with appeal to the mobile lifestyle.

**A Roadmap to Your Suitcase Career**

12 Jul 11:00 AM

**The Road to Remote Job Success**

27 Jul 1:00 PM

*All times are Eastern.*





## June 2023

**Deployment****Wednesday, July 5<sup>th</sup>**

10:00 AM EST Pre-Deployment Brief

**Friday, July 7<sup>th</sup>**

10:00 AM EST Couples and Deployment

**Tuesday, July 25<sup>th</sup>**

3:00 PM EST Deployment Started; Now What?

**Employment****Friday, July 7<sup>th</sup>**

9:00 AM EST USAJobs 2023

**Tuesday, July 11<sup>th</sup>**

10:00 AM EST Resume Writing and Cover Letters Workshop

**Wednesday, July 12<sup>th</sup>**

9:00 AM EST Interview Techniques

11:00 AM EST A Roadmap to Your Suitcase Career

1:00 PM EST Unlocking Opportunities: The Ticket to Work Program for SSDI Recipients

**Thursday, July 13<sup>th</sup>**

12:00 PM EST Acing the Interview

**Wednesday, July 19<sup>th</sup>**

11:00 AM EST Interview Skills Workshop

**Thursday, July 27<sup>th</sup>**

1:00 PM EST The Road to Remote Job Success

**Finances****Tuesday, July 11<sup>th</sup>**

12:00 PM EST Saving and Investing 101

2:00 PM EST 7 Healthy Money Habits

**Thursday, July 13<sup>th</sup>**

4:00 PM EST College Degrees are More than Tuition and Fees: Financial Planning and Saving for College

**Wednesday, July 19<sup>th</sup>**

1:00 PM EST Spouse Boot Camp

**Tuesday, July 25<sup>th</sup>**

1:00 PM EST Managing Short-Term Rentals

**Life Skills****Monday, July 3<sup>rd</sup>**

9:00 AM EST Positive Leadership Strategies

**Wednesday, July 5<sup>th</sup>**

2:00 PM EST Youth Suicide Prevention

**Thursday, July 6<sup>th</sup>**

11:00 AM EST Exceptional Family Member Program Overview

2:00 PM EST Transforming Stress into Resilience

**Monday, July 10<sup>th</sup>**

10:00 AM EST Emergency Management

**Tuesday, July 11<sup>th</sup>**

9:00 AM EST Becoming a Great Leader by Following the Footsteps

10:00 AM EST Emergency Family Assistance Center

10:00 AM EST Understanding Anger

4:00 PM EST Mind Body Mental Fitness Module 1: Stress Resilience

**Wednesday, July 12<sup>th</sup>**

11:00 AM EST Improving Workplace Relationships

1:00 PM EST Preventing and Responding to Intimate Partner Violence

**Tuesday, July 18<sup>th</sup>**

10:00 AM EST Emergency Family Assistance Center

10:00 AM EST Stress Management

12:30 PM EST Adapt and Overcome: Building a Resilient Lifestyle

4:00 PM EST Mind Body Mental Fitness Module 2: Mindfulness and Meditation

**Wednesday, July 19<sup>th</sup>**

11:00 AM EST Military Spouse Orientation

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

**Thursday, July 20<sup>th</sup>**

12:00 PM EST Motivating by Appreciation

1:00 PM EST Mind Body Mental Fitness Module 5: Problem Solving

**Tuesday, July 25<sup>th</sup>**

1:00 PM EST How to Protect the Next Generation

4:00 PM EST Mind Body Mental Fitness Module 3: Living Core Values

**Ombudsman****Tuesday, July 25<sup>th</sup>**

1:00 PM EST Ombudsman vs. Family Readiness Groups

**Parenting****Wednesday, July 12<sup>th</sup>**

7:00 PM EST College Bound: Observations and Tips from a Parent Survivor

**Thursday, July 20<sup>th</sup>**

1:00 PM EST What About the Kids?

3:00 PM EST Early Developmental Sign Language

**Relocation****Wednesday, July 26<sup>th</sup>**

11:00 AM EST Sponsor Training