



The NAVSTA Newport Fleet and Family Support Center Newsletter is created monthly. All active duty, family members, reservists, National Guard, retirees and DoD employees are welcome to attend any of the classes we offer. For assistance to register for a class or to schedule a counseling appointment please call our office at (401) 841-2283.



## 7 TIPS TO MANAGE STRESS & MENTAL HEALTH DURING THE HOLIDAYS

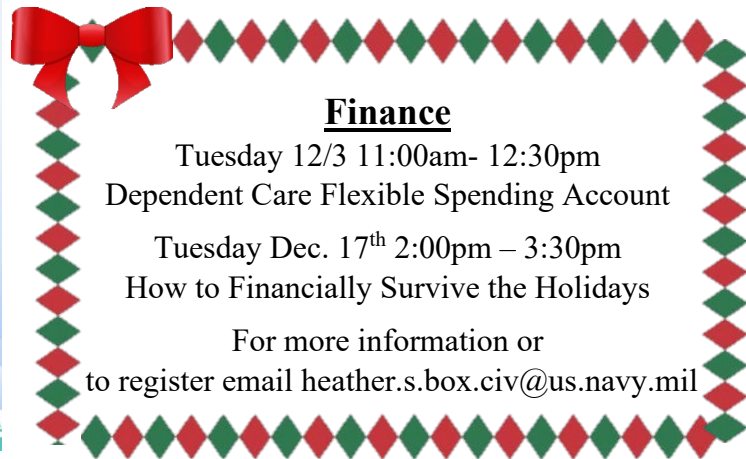
- PLAN AHEAD**  
Have a plan in place for all your holiday tasks and activities.
- BE REALISTIC**  
Don't stress yourself out by trying to create the perfect holiday.
- STAY ACTIVE**  
Exercise is a great way to deal with holiday stress, and anxiety.
- DON'T WORRY**  
Don't feel obligated to complete every small thing on your list.
- JUST SAY NO**  
If you have too much on your plate, let your friends and family know.
- SET ASIDE DIFFERENCES**  
Enjoy other's company and talk about topics that bring happiness.
- ACKNOWLEDGE YOUR FEELINGS**  
Have a plan in place for all your holiday tasks and activities.



## HOLIDAY Open House

Come meet our staff, enjoy festive treats and spread some holiday cheer!

Thursday, December 5th 11:00am-2:00pm  
1260 Peary Street  
NAVSTA Newport



### Finance

Tuesday 12/3 11:00am- 12:30pm  
Dependent Care Flexible Spending Account

Tuesday Dec. 17<sup>th</sup> 2:00pm – 3:30pm  
How to Financially Survive the Holidays

For more information or  
to register email [heather.s.box.civ@us.navy.mil](mailto:heather.s.box.civ@us.navy.mil)

Counseling Services  
Family Advocacy Program  
SAPR Program  
Transition Assistance  
Exceptional Family Member Program  
Ombudsman/Life Skills Education Program  
Relocation Assistance  
Personal Financial Management  
Family Employment Readiness/ Deployment Support  
Command Support



1260 Peary Street, NAVSTA Newport  
(401) 841-2283 - [ffsc\\_nwpt@navy.mil](mailto:ffsc_nwpt@navy.mil)

**Military OneSource**  
[www.militaryonesource.mil](http://www.militaryonesource.mil)  
1 (800) 342-9647  
**SAPR Unit Victim Advocate**  
24/7: (401) 450-2327  
DoD Safe Helpline 1 (877) 995-5247  
**Suicide/Crisis 24 Hotline Dial - 988**  
**Military Crisis Line**  
1-800-273-TALK (option 1)  
Text 838255  
or live chat [www.militarycrisisline.net](http://www.militarycrisisline.net)



## Transition Assistance Program

March 24<sup>th</sup> – 28<sup>th</sup>, 2025  
 May 5<sup>th</sup> – 9<sup>th</sup>, 2025  
 July 28<sup>th</sup> – August 1<sup>st</sup>, 2025  
 September 22<sup>nd</sup> – 26<sup>th</sup>, 2025  
 November 17<sup>th</sup> – 31<sup>st</sup>, 2025

For more information or to register email  
[stephanie.a.westbrook2.naf@us.navy.mil](mailto:stephanie.a.westbrook2.naf@us.navy.mil)



## Life Skills

Monday 12/2 1pm-3pm  
 MBMF Module 1 Stress Resiliency

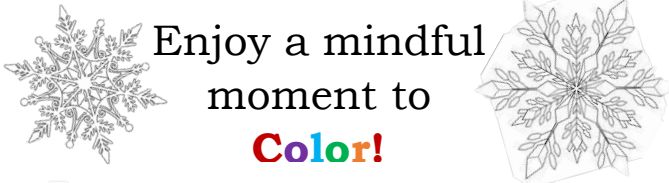
Monday 12/9 10am-12pm  
 MBMF Module 2 Mindfulness & Meditation

Thursday 12/12 12pm – 1pm (lunch & learn)  
 Public Speaking

Monday 12/16 1pm-3pm  
 Anger Management

Friday 12/20 12pm- 1pm (lunch & learn)  
 Effective Communication Holiday Edition

For more information or to register email  
[katherine.e.goktepe.naf@us.navy.mil](mailto:katherine.e.goktepe.naf@us.navy.mil)



## SAPR

Wednesday 12/4 1pm – 3pm  
 Administrative Victim Advocate Training

Wednesday 12/11 1pm – 3pm  
 Refresher training for current Victim Advocates  
 “Communicating with Victims”

To register email [theo.greenblatt.naf@us.navy.mil](mailto:theo.greenblatt.naf@us.navy.mil)



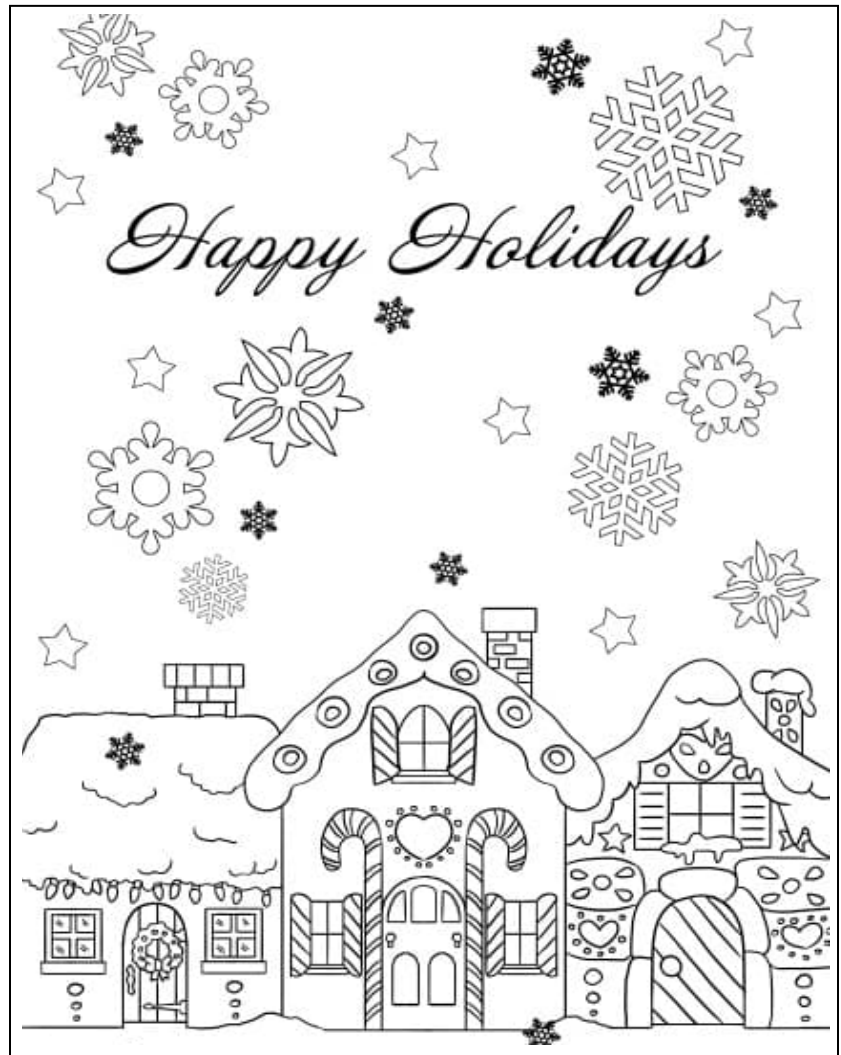
Thank you to our new victim advocates  
 who just completed training.

NSCS      NAVSTA

SWSC      NMRTC

NRC NEWPORT

Our Navy family depends on you for support  
 in making the choice that is best for them.





# Your FFSC LMS Webinar Schedule

December 2024

## How to register:

**Step #1:** Make a free account at [MyNavyFamily.com](https://www.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 Holidays*

## EMPLOYMENT

Mon	2 Dec	8:00 AM ET	Mastering the Modern Resume
Wed	4 Dec	11:00 AM ET	Mastering Virtual Interviews
Fri	6 Dec	9:00 AM ET	Using Artificial Intelligence (AI) to Build Resumes
Mon	9 Dec	1:00 PM ET	Mastering the Modern Resume
Fri	13 Dec	9:00 AM ET	USAJOBS 2024
Mon	16 Dec	3:00 PM ET	LinkedIn and How to Make it Work for You
Tue	17 Dec	1:00 PM ET	Navigating Federal Employment: Road Map Edition

## PARENTING

Mon	2 Dec	11:00 AM ET	Spotting the Signs of Youth Suicide
Thu	5 Dec	1:00 PM ET	Tear Free Dinner
Mon	9 Dec	4:00 PM ET	Spotting the Signs of Youth Suicide
Tue	10 Dec	10:00 AM ET	Self Care: Parent Edition
		11:00 AM ET	Strategies for Co-Parenting: Putting the Child(ren) First
Wed	11 Dec	1:00 PM ET	What About the Kids?
Thu	12 Dec	12:00 PM ET	Raising Siblings

## MENTAL WELL BEING

Tue	3 Dec	1:00 PM ET	Autopsy of a Deceased Relationship
Thu	5 Dec	10:00 AM ET	Co-Parenting: Working with Domestic Violence Families
Wed	11 Dec	2:00 PM ET	Intimate Partner Violence (IPV) Identification and Reporting
Thu	12 Dec	2:00 PM ET	Building Bridges: Nurturing Healthy Relationships

## PERSONAL FINANCIAL MANAGEMENT

Thu	5 Dec	10:00 AM ET	December Dollars: Year-End Financial Mastery
		4:00 PM ET	Military Retirement...Is it Enough?
Mon	9 Dec	12:00 PM ET	The Ins and Outs of Continuation Pay
Tue	10 Dec	10:00 AM ET	CFS Quarterly Forum
Wed	11 Dec	12:00 PM ET	CFS Forum for Naval Base Kitsap-Case Studies



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**

Fri 6 Dec 12:00 PM ET

**Module 2: Mindfulness and Meditation**

Fri 13 Dec 12:00 PM ET

**Module 3: Living Core Values**

Fri 3 Jan 12:00 PM ET

**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**

Thu 19 Dec 4:00 PM ET New Spouse Orientation

**PERSONAL GROWTH**

Tue 10 Dec 10:00 AM ET Understanding Anger

Wed 11 Dec 12:00 PM ET Anger Management

Thu 12 Dec 12:00 PM ET Motivating by Appreciation

**RESILIENCE**

Tue 3 Dec 1:00 PM ET Bad Latitude:  
Coping with Seasonal Affective Disorder

Fri 6 Dec 3:00 PM ET Success Under Stress:  
Is Stress an Everyday Occurrence

Tue 17 Dec 10:00 AM ET Stress Management

Wed 18 Dec 12:00 PM ET Stress Management

Thu 19 Dec 9:00 AM ET Stoicism and Stress Management

**RELOCATION**

Thu 12 Dec 2:00 PM ET Cultural Adaptation



HAPPY NEW YEAR



# VTAP

## Virtual Transition Assistance Program

**OCT-DEC 2024**

### The Transition Assistance Program

- Designed to provide success in transitioning from military to civilian life
- Meets career Readiness Standards (CRS) with resources, tools, services and skill-building
- Live facilitator components from the Fleet and Family Support Center, Department of Labor and the Small Business Administration

### Certificate of Completion

- Must be logged into the live classroom under your own LMS account
- Single-session training: Attendance required for the full length
- Multiple-session training: Attendance required for all components to fulfill Career Readiness Standards

### Transitioning Spouses

- This self-paced course, available 24/7, prepares spouses for uncertainties such as a possible move, financial adjustment and job searching
- Go to [MyNavyFamily.com](https://MyNavyFamily.com) on a non-NMCI device to make a free account on the CNIC LMS and take [Navy Spouses in Transition](#) on the home page

## LOGIN INSTRUCTIONS

1. Make a free account at <https://learning.zeiders.refineddata.com>.
2. Click on “Live Webinars” at the top of the page to view the full list of offerings.
3. Click on the title of a session to view the information and description.
4. Click on “register now” to register for the course.

You will get reminder emails with your personalized link.  
If you have any trouble, please write to [learning@zeiders.com](mailto:learning@zeiders.com).

**Classes fill quickly. Register early!**

All times listed are Eastern.

## October 2024

Date	Day of Week	Start Time	Duration	Session Name
Oct 8 <sup>th</sup>	Tuesday	6:00 AM ET	2 hrs	Pre-Separation Counseling
		8:30 AM ET	30 min	Managing Your Transition [My Transition]
		9:30 AM ET	3 hrs	Financial Planning for Transition
		1:00 PM ET	1.5 hrs	Military Occupational Crosswalk [MOC Crosswalk]
Oct 9 <sup>th</sup>	Wednesday	9:00 PM ET	2 hrs	Pre-Separation Counseling
		11:30 PM ET	30 min	Managing Your Transition [My Transition]
Oct 10 <sup>th</sup>	Thursday	8:00 PM ET	3 hrs	Financial Planning for Transition
		11:30 PM ET	1.5 hrs	Military Occupational Crosswalk [MOC Crosswalk]

## November 2024

Nov 12 <sup>th</sup>	Tuesday	9:00 AM ET	2 hrs	Pre-Separation Counseling
		11:30 AM ET	30 min	Managing Your Transition [My Transition]
		12:30 PM ET	3 hrs	Financial Planning for Transition
		4:00 PM ET	1.5 hrs	Military Occupational Crosswalk [MOC Crosswalk]
Nov 13 <sup>th</sup>	Wednesday	9:00 AM ET	8 hrs	DOL Employment Fundamentals of Career Transition
Nov 14 <sup>th</sup>	Thursday	9:00 AM ET	8 hrs	DOL Vocational Track (Part 1 of 2)
Nov 15 <sup>th</sup>	Friday	9:00 AM ET	8 hrs	DOL Vocational Track (Part 2 of 2)

## December 2024

Dec 10 <sup>th</sup>	Tuesday	11:00 AM ET	2 hrs	Pre-Separation Counseling
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