

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.



### Sexual Assault Prevention and Response Program



Provides high quality services and support to victims and survivors of sexual assault that strengthen their resilience and instill confidence and trust in the reporting process, whether they file a restricted or unrestricted report.

**NAVSTA Newport 24/7 Unit  
Victim Advocate:** 401-450- 2327

**Sexual Assault Response  
Coordinator:** 401-450-4212

**SAPR Victim Advocate:**  
401-528-9542

**DoD Safe Helpline:**  
1-877-995-5247



Please note: A victim can also choose to not make a report. A report DOES NOT have to be filed in order to speak with the SAPR team or to receive services

This year's theme is **Respect. Protect. Empower.**

**Respect** one another. Respect is foundational to how we interact with our shipmates and how we see ourselves. Respect is an integral part of healthy relationships with friends, family, co-workers, and our communities.

**Protect** one another. Be an active bystander. Step in when you see a shipmate in trouble. Treat your shipmates like family.

**Empower** one another. Encourage your shipmates to report inappropriate behavior in the workplace. And if a sexual assault occurs, empower them to reach out for support - to a Victim Advocate, SARC or a Chaplain.

April 1<sup>st</sup> 4:30pm – 5:30pm SAPR Cycle  
at John H. Chafee Fitness Center

April 25<sup>th</sup> 3pm-8pm Dodgeball Tournament  
at John H. Chafee Fitness Center  
“NAVSTA Newport doesn't dodge the issues!”

SAPR Awareness Outreach Tables  
Get resources & say Hello to our SAPR team!

April 7<sup>th</sup> 4:00pm-5:30pm Chafee Fitness Center  
April 9<sup>th</sup> 11:00am-12:30pm Leisure Bay Cafe  
April 14<sup>th</sup> 10:00am-12:00pm NMRTC  
April 16<sup>th</sup> 11:00am-1:00pm Ney Hall Galley  
April 23<sup>rd</sup> 10:00am – 11:30am NAPS Ripley Hall

The **Department of Defense** defines **child abuse** and neglect as, “any recent act or failure to act on the part of a parent or caretaker which results in death, serious physical injury or emotional harm, sexual abuse or exploitation; or an act or failure to act which presents imminent risk of serious harm.” Know the signs and risk factors of **child abuse** and what you can do to support a **kid** who may need your help.

**Experts** have identified that some of the common risk factors for abuse are times of uncertainty, high stress, the lack of knowledge of **child** development, and a history of abuse.

**Parents** may need additional support during this global pandemic as our modified habits of social distancing and virtual schooling may lead to feelings of isolation, increased anxiety and uncertainty.

Our **military community** must go all in to support parents to talk to someone and to practice self-care. If you have concerns about a **child's** safety, make sure you know

what to do and how to report suspicions of **child abuse** or neglect in your community.



If you witness abuse or have concerns for a child's safety, contact your installation's Family Advocacy Program NAVSTA Newport (401) 841 - 2283 or the National child Abuse Hotline at 1 (800) - 422 - 4453. If the child is in immediate danger, contact law enforcement or call 911.

**Finance**

Tuesday April 8<sup>th</sup> 2:00pm-3:30pm  
Survivor Benefit Plan

Thursday April 10<sup>th</sup> 2:00pm-3:30pm  
Planning for Retirement

Tuesday April 22<sup>nd</sup> 10:00am-12:00pm  
Home Buying

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



**Ombudsman Basic Training**

Saturday April 26<sup>th</sup> & Sunday April 27<sup>th</sup>  
8:00am – 4:00pm

For more information on the Ombudsman program  
email [katherine.e.goktepe.naf@us.navy.mil](mailto:katherine.e.goktepe.naf@us.navy.mil)

**Transition Assistance Program**

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



**TAP classes held at MWR Conference Room  
656 Whipple Street NAVSTA Newport**

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

**EFMP**



Saturday April 12<sup>th</sup> 12:45pm-1:30pm  
Sensory Friendly Egg Splash Event \*\*



Monday April 14<sup>th</sup> 10am-11am or 1:30pm-2:30pm  
EFMP Naval War College Museum Tours \*\*

\*\* Preregistration required, limited spots available  
To register email [Jessica.L.Hebert19.naf@us.navy.mil](mailto:Jessica.L.Hebert19.naf@us.navy.mil)

**Life Skills**

Thursday April 3<sup>rd</sup> 12:00pm-1:00pm (lunch & learn)  
Resume Workshop

Tuesday April 9<sup>th</sup> 2:00pm-4:00pm  
MBMF Module 1 Stress Resiliency Class

Tuesday April 16<sup>th</sup> 1:00pm-3:00pm  
MBMF Module 2 Mindfulness and Mediation Class

Thursday April 17<sup>th</sup> 11:00am-1:00pm  
Anger Management

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

**Non- Medical Counseling**

New challenges occur all the time – things like new jobs, new babies, relationship problems, or stress at work. Counseling can help! It gives you a chance to develop new problem-solving skills to help reduce your stress-level and focus on solutions. FFSC is staffed with fully qualified, licensed counselors who know how to help. To learn more about our beneficial services call (401) 841- 2283 or email [ffsc\\_nwpt@navy.mil](mailto:ffsc_nwpt@navy.mil)



This April 15th, join us in celebrating the Month of the Military Child by wearing purple to honor the strength and resilience of our military children. Wearing purple is a powerful way to show our support and recognition for these young heroes who face unique challenges and sacrifices with grace. It symbolizes the blending of military and civilian communities coming together in solidarity. Help us pay tribute and acknowledge their bravery and the critical role they play in our military families.

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)

Follow us on Facebook at  
Fleet and Family Support Center NS Newport

**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)

# YOUR *Virtual* FFSC WEBINAR SCHEDULE

April 2025

Visit [MyNavyFamily.com](http://MyNavyFamily.com) to see times converted to your time zone. Click on the topic areas for more webinars in every time zone.

## EMPLOYMENT

AI Resume Building - A Paradigm Shift	4/4/2025	9:00 AM EDT	6:00 AM PDT
First Impressions Matter, Make Yours Count: Civilian Resume Writing	4/28/2025	1:00 PM EDT	10:00 AM PDT
Navigating LinkedIn	4/2/2025	1:00 PM EDT	10:00 AM PDT
PAIN FREE!...Resume Writing Simplified	4/17/2025	3:00 PM EDT	12:00 PM PDT
USAJOBS 2025	4/11/2025	9:00 AM EDT	6:00 AM PDT
Virtual FFSC Spring Job Fair 2025	4/2/2025	11:00 AM EDT	8:00 AM PDT

**Want more? Click on Employment for dates and times for:**

- Becoming Federal Resume Savvy
- Job Search Hacks
- Mastering the Modern Resume
- Mastering Virtual Interviews
- Remote Ready: A Spouse's Roadmap to a Virtual Career!
- Understanding USAJobs

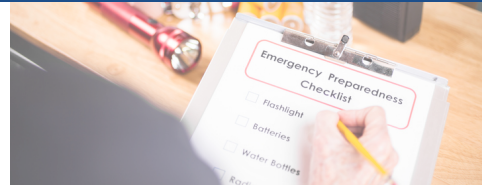
## EXCEPTIONAL FAMILY MEMBER (EFMP)



Getting a Jumpstart into Early Learning	4/17/2025	1:00 PM EDT	10:00 AM PDT
You Got an IEP, Now What? Navigating the Maze of Special Education!	4/2/2025	3:00 PM EDT	12:00 PM PDT

## FAMILY EMERGENCY PREPARATION AND RESPONSE

Weather the Storm: Emergency Preparedness for Families	4/10/2025	3:00 PM EDT	12:00 PM PDT
Resolve to Be Ready: Evacuation Planning	4/7/24	6:00 PM EDT	3:00 PM PDT
	4/14/25	7:00 PM EDT	4:00 PM PDT
	4/21/25	2:00 PM EDT	11:00 AM PDT



## MENTAL WELL-BEING



Child Abuse and Neglect: Identification and Reporting	4/2/2025	3:00 PM EDT	12:00 PM PDT
Healing Through Parenting	4/21/2025	1:00 PM EDT	10:00 AM PDT
Intimate Partner Violence: Identification and Reporting	4/9/25	11:00 AM EDT	8:00 AM PDT
Preventing Harm, Protecting Children	4/8/2025	1:30 PM EDT	10:30 AM PDT

## PARENTING

Self-Care: Parent Edition	4/7/2025	12:00 PM EDT	9:00 AM PDT
Strategies for Co-Parenting: Putting the Child(ren) First	4/14/2025	12:00 PM EDT	9:00 AM PDT
What About the Kids?	4/17/2025	1:00 PM EDT	10:00 AM PDT

Join us for these webinars offered several times throughout April:

- Helping Kids Thrive Through Change
- Spotting the Signs of Youth Suicide

## DEPLOYMENT SUPPORT

Looking for Deployment topics? Click Deployment for the following training topics.

- Deployment Sleep Strategies
- Equipping Your Kids During Deployment
- Ready, Set, Deploy: Pre-Deployment Planning
- Single Sailor Deployment Tools
- The Service Member's Guide to Family Care Plans



**1** Go to [MyNavyFamily.com](http://MyNavyFamily.com) to log in or create a free account.

**2** Select the category on the home page, then select your webinar.

**3** Confirm the start time and click "Enroll Me."

The FFSC LMS also has comprehensive resources like New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.



## PERSONAL GROWTH



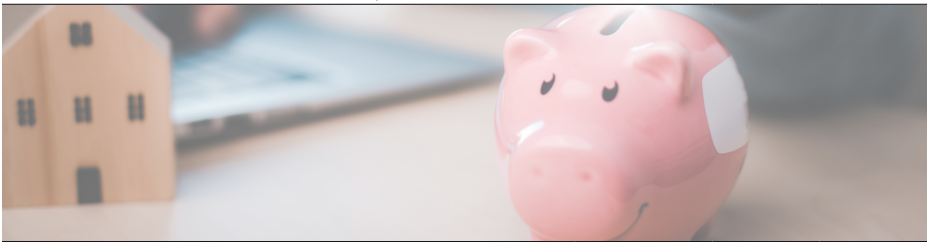
Anger Management	4/23/2025	2:00 PM EDT	11:00 AM PDT
Finding the Good in Conflict	4/3/25	6:00 AM EDT	3:00 AM PDT
	4/10/25	11:00 AM EDT	8:00 AM PDT
	4/17/15	2:00 AM EDT	11:00 PM PDT
Motivating By Appreciation	4/8/2025	2:00 PM EDT	11:00 AM PDT
Organize Your Life	4/15/2025	12:00 PM EDT	9:00 AM PDT
Understanding Anger	4/8/2025	10:00 AM EDT	7:00 AM PDT

## PERSONAL FINANCIAL MANAGEMENT

Car Buying 101	4/7/2025	12:00 PM EDT	9:00 AM PDT
CFS CEU: Spring into Savings	4/22/2025	12:00 PM EDT	9:00 AM PDT
Deployed Dough: Mastering your Finances at Sea	4/9/2025	1:00 PM EDT	10:00 AM PDT
Home Selling	4/8/2025	1:00 PM EDT	10:00 AM PDT
Let's Get Financially Fit!	4/10/2025	11:00 AM EDT	8:00 AM PDT
Now I'm the Landlord...	4/10/2025	1:00 PM EDT	10:00 AM PDT
Tackling TSP: Your Playbook for Retirement Success	4/30/2025	1:00 PM EDT	10:00 AM PDT
Touchpoint Talk: Continuation Pay	4/4/2025	11:30 AM EDT	8:30 AM PDT
Touchpoint Talk: Continuation Pay	4/18/2025	11:30 AM EDT	8:30 AM PDT

Click Personal Financial Management for webinars on:

- Booties & Budgets: Welcoming Your First Child and Baby-Proofing Your Finances
- Command Your Credit
- Emergency Financial Preparedness
- Financial Readiness Before Deployment: Securing Your Future
- Making the Most of your Overseas Pay
- Making your Money work for you
- Military Retirement Planning
- PCS and your Pocketbook
- Planning your Financial Future
- Servicemembers Civil Relief Act Q&A
- Stretching Budgets and Maximizing Nutrition
- TSP Essentials for Navy Life: Grow Your Savings, Secure Your Future



## RELOCATION

Click the Relocation category for Calming Cultural Shock, Planning the Perfect PCS, Stepping up Support: Sponsorship Training, and The PCS Process — all offered several times throughout April for your convenience!

## RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 1: Stress Resilience	4/1/2025	8:00 AM EDT	5:00 AM PDT
Module 2: Mindfulness and Meditation	4/8/2025	8:00 AM EDT	5:00 AM PDT
Module 3: Living Core Values	4/1/2025	3:00 PM EDT	12:00 PM PDT
	4/15/2025	8:00 AM EDT	5:00 AM PDT
Module 4: Flexibility	4/8/2025	3:00 PM EDT	12:00 PM PDT
	4/22/2025	8:00 AM EDT	5:00 AM PDT
Module 5: Problem Solving	4/15/2025	3:00 PM EDT	12:00 PM PDT
	4/29/2025	8:00 AM EDT	5:00 AM PDT
Module 6: Connections	4/22/2025	3:00 PM EDT	12:00 PM PDT
Stoicism and Stress Management	4/18/2025	9:00 AM EDT	6:00 AM PDT
Stress Management	4/15/2025	10:00 AM EDT	7:00 AM PDT
	4/24/2025	2:00 PM EDT	11:00 AM PDT



Want to learn more about resilience? Join us for Bounce Back Better on April 1st, 3rd, 8th, or 10th. See the LMS for times in your time zone.

### Navigate Your Career Transition with Confidence!

The Career Transition Series is here to support you every step of the way through career changes, organizational shifts, or retirement. Whether you're looking to enhance your financial preparedness, boost employment readiness, plan your next career move, or build mental health resilience—this series has got you covered! Expert Webinars, Employer Panels, Spring Job Fair, Downloadable Materials, and More!

**Dates: March 26-27, April 1-3, 7-8, 2025**

VIRTUAL

WORK and  
FAMILY LIFE  
PROGRAM

Book a Free 1:1  
Consultation with a  
team member today



# VTAP

## Virtual Transition Assistance Program

**APR-JUN 2025**

### **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**

- Spouses are welcome to attend VTAP training.
- The self-paced [Navy Spouses in Transition](#) is available 24/7 to prepare spouses for uncertainties such as a possible move, financial adjustment and job searching. The training can be found in the Navy Career and Transition section of the home page of MyNavyFamily.com.

**Classes fill quickly. Register early!**

Title	Date	EASTERN	PACIFIC
Pre-Separation Counseling 2 Hours	8 Apr	11:00 AM	8:00 AM
	22 Apr	6:00 PM	3:00 PM
	13 May	9:00 AM	6:00 AM
	27 May	6:00 PM	3:00 PM
	10 Jun	11:00 AM	8:00 AM
	24 Jun	6:00 PM	3:00 PM
Military Occupational Codes Crosswalk (MOC Crosswalk) 1.5 Hours	23 Apr	7:15 PM	4:15 PM
	13 May	5:00 PM	2:00 PM
	28 May	7:15 PM	4:15 PM
	25 Jun	7:15 PM	4:15 PM
Managing Your Transition (MY Transition) 1 Hour	23 Apr	6:00 PM	3:00 PM
	13 May	11:30 AM	8:30 AM
	28 May	6:00 PM	3:00 PM
	25 Jun	6:00 PM	3:00 PM
Financial Planning for Transition 4 Hours	24 Apr	6:00 PM	3:00 PM
	13 May	1:00 PM	10:00 AM
	29 May	6:00 PM	3:00 PM
	26 Jun	6:00 PM	3:00 PM
DOL Employment Fundamentals of Career Transition 8 Hours	14 May	9:00 AM	6:00 AM
SBA Entrepreneurship (Boots to Business) (Part 1 of 2) 4 Hours	15 May	11:00 AM	8:00 AM
SBA Entrepreneurship (Boots to Business) (Part 2 of 2) 4 Hours	16 May	11:00 AM	8:00 AM

## To Register for these or any other Virtual FFSC webinars:

1. Make a free account at [MyNavyFamily.com](https://MyNavyFamily.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.

