

Fleet and Family Support Center

Purpose/Overview



CLINICAL COUNSELING - Professional therapists provide individual, family, marital and group counseling. Crisis counseling and support groups are also available. A maximum of 12 sessions are free and confidential to all active duty military members, retirees, and their dependents.

EXEPTIONAL FAMILY MEMBER - Customized support, including information and referral, systems navigation, and non-medical case management, to meet the needs of the EFM families.

FAMILY ADVOCACY PROGRAM (FAP) - Designed to address the prevention, identification, reporting, intervention, treatment, and follow-up of child and spouse maltreatment. Five primary goals: 1) prevention of family violence, 2) victim safety and protection, 3) offender accountability, 4) rehabilitative education and counseling, 5) community accountability/responsibility for a consistent, appropriate response.

FAMILY EMPLOYMENT READINESS PROGRAM (FERP) - Most Navy spouses work. It can be challenging to maintain a career while transferring to new duty stations with your Sailor or being stationed overseas and in remote areas. The goal of the Family Employment Readiness Program is to help you learn how to get a job and maintain a career as a military family member. A variety of services are available to family members looking for employment through your local FFSC. The FERP provides information about eligibility requirements, positions, and how to use spouse preference.

INFORMATION & REFERRAL (I&R) - The I&R program provides a service to Sailors and their families by which they can learn what is offered by the FFSC, Navy and local community about how to access the information and services they want or need. Typically, in response to a direct request, I&R offers basic information such as organization names, telephone numbers, addresses, and/or physical accessibility. Some of the information available relates to local military and civilian community services such as education, life-enrichment, and therapeutic services. Callers may remain anonymous, if so desired.

LIFE SKILLS EDUCATION - Life skills are all about self-discovery and exploring new ways to think, interact and solve problems. These workshops focus on communication skills, parenting strategies, conflict management, stress management and anger management, as well as suicide prevention.

OMBUDSMAN PROGRAM - Ombudsmen are volunteers married to a member of the command. They provide a communication link between the Commanding Officer and family members. Trained as Information and Referral I&R) specialists, they provide information to families regarding, but not limited to, command/Navy policies, deployment schedules and assistance to spouses when the service member is deployed. All Navy commands, including shore activities, will have an Ombudsman assigned.

NEW PARENT SUPPORT (NPS) - This is a voluntary early intervention program for new parents. The key component is home visitation. It is designed to promote healthy family functioning, child development, and positive parent-child interactions.

PERSONAL FINANCIAL PLANNING - Learn about budgeting, home buying, checkbook management, and financial issues related to deployment. One-on-one financial counseling is also available from Navy Command Financial Specialists (CFS). CFSs help Sailors and families to develop spending plans and also provide investment information.

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR) - Offers a standardized, consistent, victim sensitive system to prevent and respond to sexual assault Navy-wide. The program provides awareness and prevention education, victim advocacy, intervention services to all Navy service members and their families, as well as initial crisis intervention services for all base civilians.

TRANSITION ASSISTANCE PROGRAM (TAP) - The Department of Labor's TAP program not only provides information and assistance to service members considering separation or retirement but also welcomes spouses to participate in workshops. These workshops include employment, resume' writing, benefits (current and veteran), relocation, and financial planning.



Follow us on Facebook & Twitter
www.Facebook.com/naspaxriver
www.Twitter.com/naspaxriver

TABLE OF CONTENTS

FFSC Purpose/Overview	1
Military Saves Week Digital Toolkit	2
Program Descriptions	3-6
Relocation & Deployment Resources	7-8

Fleet and Family Support Center Purpose/Overview

The Navy's Family Readiness programs have been afforded the highest visibility, advocacy and priority. In practical terms, this has resulted in increased services to family members, increased individual assistance and consultation, more varied educational programs, more proactive outreach, and delivery of family support services in locations most conducive to family member engagement. Navy Fleet and Family Support Program (FFSP) is organized into three functional areas critical to mission success:

CORE FAMILY READINESS

Work and Family Life (WFL)

WFL programs directly support mission readiness by preparing service members and their families for the physical, emotional, interpersonal and logistical demands of the military lifestyle.

- Deployment and Mobilization Support
- Individual Deployment Support
- Ombudsman Program
- Transition Assistance Program (TAP)
- Family Employment Readiness Program (FERP)
- Emergency Preparedness and Response, including nonmedical case management
- Personal Financial Management (PFM)
- Relocation Assistance
- Webinar Classes

Counseling, Advocacy and Prevention (CAP)

CAP programs provide individual, group and family counseling, victim intervention and related prevention education and awareness programs.

- Nonmedical Counseling
- Exceptional Family Member Program (EFMP)
- Crisis Response / Psychological First Aid
- Family Advocacy Program (FAP)
- New Parent Support Home Visitation Program (NPS-HVP)
- Domestic Abuse Victim Advocacy (DAVA)

SEXUAL ASSAULT PREVENTION AND RESPONSE PROGRAM

Sexual Assault Prevention and Response Program (SAPR) provides sexual assault awareness and prevention education, victim advocacy, response coordination, case management and incident data collection to active-duty personnel, adult family members and commands.

NAVY GOLD STAR PROGRAM

The Navy Gold Star program is the Navy's official program for providing long-term nonmedical case management, information and referral, education, recognition and support services to surviving families of service members who pass while on active duty.

Across all three sub-functions, services include Sailor Information and Referral (I&R), individual clinical and non-clinical consultation and educational classes, workshops, and computer tutorial programs.

For additional information please visit https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html/ or Military One Source <http://www.militaryonesource.mil>

FLEET & FAMILY SUPPORT CENTER PAX RIVER

The Fleet Family Support Center (FFSC), located in Building 2090 on Bundy Road, recognizes that being military is a lifestyle that presents unique challenges and opportunities for service members and their families. FFSC programs are intended to help make the most of military life. Workshops and seminars are opened to active-duty and retired military personnel and their family members, and if space is available, DoD Civil Service employees, and their spouses. The workshops and seminars are organized and facilitated by the professional staff of the FFSC as well as professional educators within the local community. Please stop by FFSC, give us a call at 301-342-4911 or visit us at <https://www.navymwrpaxriver.com/programs> for a listing of our workshops.



PROGRAMS FOR EDUCATION AND TRAINING

FLEET AND FAMILY SUPPORT CENTER (FFSC)

February - June 2018

Hours of Operation:

Mon. – Thurs: 7:30 a.m. – 4:30 p.m.

Fri: 7:30 a.m. – 4:00 p.m.

CLOSED for all Federal Holidays

Reservations for classes are Necessary. Please call the Fleet and Family Support Center at 301-342-4911.

Workshops and seminars are open to active duty and retired military personnel and their family members. The facilitators are from the FFSC

Staff or from professional organizations and are not permitted to solicit or promote their business.

CAREER DEVELOPMENT

10 Steps to a Federal Job

Learn how to navigate the federal job system. Receive a Federal Jobseeker Guide with attendance. Information covered includes: Veteran's Preference, Application process, Knowledge, Skills and Abilities (KSAs). *Workshop times: 8:30 a.m. – 12 p.m.

APR 2 • MAY 23 • JUN 4 • AUG 9



Accessing Higher Education (AHE)

This workshop is designed to help guide you through the variety of decisions involved in choosing a degree program, college institution, and funding, as well as the admissions process. The expected future outcome is you eventually creating a customized plan for a successful transition to a higher education institution.

*Workshop times: 8 a.m. – 4 p.m.

JUN 7 • SEP 6

Interviewing Skills

Job interviews can be a source of stress for many people. Come to this three hour interactive seminar to learn about the interview process. Acing the Interview covers traditional and behavioral interview questions and methods of responding to those questions. Attendees will have the opportunity to practice their new skills and gain confidence in the interview process. Call for more information 301-995-4004. *Workshop times: 9 a.m. – 12 p.m.

APR 11 • MAY 16 • JUN 13 • AUG 15

Boots to Business

The Two-day Transition Assistance Program (TAP) Self-Employment Intensive Training Workshop is offered in collaboration among the U.S. Small Business Administration (SBA), the Institute for Veterans and Military Families at Syracuse University (IVMF), the Department of Defense and the Department of Veterans Affairs. We are recruiting 30 interested transitioning service members and veterans to participate in the workshop. You will learn if starting a business is right for you, if your business idea is feasible and much more! *Workshop times: 8 a.m. – 4 p.m.

APR 4 & 5 • JUL 18 & 19

Career Technical Track

The Career Technical Training Track is designed to assist you in: Defining technical career goals, Identifying required credentials, Finding career technical training opportunities, Identifying local Veteran resources, Utilizing your VA education benefits. For an optimal experience in this track, VA recommends completion of the Core GPS program prior to attending. Where available, please bring your Individual Transition Plan (ITP), Military Service Transcripts, O*Net Self-Assessment / MOC Crosswalk results and your personal budget. *Workshop times: 8 a.m. – 4 p.m.

MAY 2 & 3 • AUG 8 & 9

Resumes That Get You Hired!

Your resume is one of the most essential tools in your employment toolbox. Resumes That Get You Hired is a three hour interactive training that will help you understand the three types of resumes, what information should be included on your resume, and how to best select the type of resume for you. You will learn how to craft a resume that will help you land the job you are looking for! Call for more information 301-995-4004.

*Workshop times: 9 a.m. – 12 p.m.

APR 4 • MAY 8 • JUN 11 • JUL 11 • AUG 13

FINANCIAL MANAGEMENT PROGRAMS

Command Financial Specialist Training

CFS training is designed to provide financial education and training counseling and information referral at the command level. To qualify for this CFS training the candidate must be E-6 or above, highly motivated and financially stable. Trained individuals will represent their command and provide education at the command level. *Workshop times: 8 a.m. – 4 p.m.; Business casual attire; no uniform.

MAR 19-23 • AUG 27-31



LIFE SKILLS EDUCATION PROGRAMS

Anger Management (6 2hr Sessions)

Anger is a basic emotion. Join this 6 session workshop if you would like a better understanding of anger and would like to learn how to skillfully express and manage your anger in an effective way. Participants must attend all six sessions in order to receive a Certificate of Completion.

*Workshop times: 2-4 p.m.

MAY 14, 16, 21 & 23

Couples Communication/Healthy Relationships

The goal of this class is to provide couples with new ideas and tools to help them continue to build together the relationship they envisioned. Join us and practice Speaker Listener Technique to enhance communication even on the toughest issues.

APR 10

2-4 p.m.

Effective Communication

This class provides information on different communication styles and ways to develop more effective speaking and listening skills. Participants will practice insightful, productive and rewarding ways to interact with people.

MAY 24

9 a.m. - 11 a.m.

Stress Management

Stress is a part of life. In this class you will understand how your beliefs and thought process have an impact on how you deal with stress. Participants will walk away with specific actions to manage stress that they can incorporate into their life immediately.

APR 19

•

MAY 17

9-11 a.m.

1:30-3:30 p.m.

Myers Briggs Type Indicator (MBTI)

MBTI is a widely used instrument designed to help you have increased insight into yourself and others. MBTI is useful for self-awareness, career interest, relationships and leadership. This workshop will also help you re-evaluate how you behave and interact with others.

JUN 6

8 a.m. - 12 p.m.

MISCELLANEOUS

John Hopkins Health Plan

Whether you are already a member of the Johns Hopkins Health Plan or you are considering joining the “Plan,” join us for an overview of eligibility, cost and provider locations. Please call 800-801-9322 for more information. To register for this workshop, call us at 301-342-4911.

*Workshop times: 8-9 a.m. On the third Friday of the month

Disabled American Veterans (DAV)

The Disabled American Veterans (DAV) provides free, professional assistance to veterans and their families in obtaining benefits and services earned through military service and provided by the Department of Veterans Affairs (VA) and other agencies of government.

*Available on Fridays, 10 a.m. – 12:30 p.m. Appointments only. Must have base access. Call 301-342-4911 to schedule an appointment.

PROGRAMS FOR PARENTS & CAREGIVERS

Playgroup

Wednesdays, 9:30 – 10:30 a.m.

A great opportunity to meet other parents and kids, engage in activities, and have fun!

St. Inie's Coffee Shop

46915 S. Shangri La Dr., Lexington Park MD 20635

Effective Parenting

A brief overview of positive parenting practices that help reduce power struggles and challenging behaviors. Learn about various techniques to build responsibility, problem solving skills and motivation in your child. Learn how to establish control without resorting to anger, threats, nagging or harsh discipline. This class will help you learn how to utilize positive discipline to help your family run more smoothly.

*Workshop times: 1-4 p.m.

MAR 20 • MAY 15 • JUL 17

Amazing Newborns

Learn infant care from hospital to home. Practice bathing, changing, and dressing your baby, and discuss feeding, health care, and safety issues. Participants will receive a complimentary Book, “Your Baby’s First Year” and CD, “Heartbeat Lullabies.”

*Workshop times: 4-6 p.m.

JUN 5

Budgeting for Baby

The Navy Marine Corps Relief Society will illustrate the hidden costs associated with a growing family. All Navy and Marine Corps service members that attend will receive a new layette worth more than \$100.

Chapel Annex - 22187 Arnold Circle, Bldg. 401 Patuxent River, MD 20670

*Workshop times: 10-11:30 a.m.

The “Budgeting for Babies” workshops are held on the last Wednesday of each month from 10-11:30 a.m. (Except for the December workshop, which will be held; December 5, 2018 at 10-11:30 a.m.)



TRANSITION GPS (TGPS)

Transition GPS (TGPS/Retiree: 7-Day Curriculum)

TGPS is for separating and retiring military members. It is a joint venture by the FFSC and the Departments of Defense, Department of Labor, and Veterans Affairs, it is a must attend workshop where topics include skills assessment, resume writing, interview techniques, salary negotiations, financial considerations, and overview of veterans benefits, etc. Please see your Career Counselor to sign up. Seating is limited.

*Workshop times: 8 a.m. - 4 p.m.; Business casual attire, no uniform.

APR 9-17 • MAY 14-22 • JUN 18-26 • JUL 9-17 • JUL 30 - AUG 7 • SEPT 17-25

Transition GPS (TGPS/Separatee: 5-Day Curriculum)

TGPS is for separating and retiring military members. It is a joint venture by the FFSC and the Departments of Defense, Department of Labor, and Veterans Affairs. Topics include skill assessment, resume writing, job search methods, interview techniques, and a review of veterans' benefits. Please see your Career Counselor to sign-up. Seating is limited.

*Workshop times: 8 a.m. - 4 p.m.; Business casual attire, no uniform.

MAR 26-30 • APR 23-27 • MAY 7-11 • JUN 11-15 • JUL 23-27 • AUG 13-17

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

SAPR (Civilian) C-Training

Under SECNAVINST 1752.4B SAPR-C Training is required for all civilians, and, if feasible, highly recommended for DON contractors. One Team, One Fight is the mandatory training for all DON civilians. This training meets Congressional, Department of Defense, and DON requirements for civilians and is an optional, additional training for military. The initial SAPR-C Training is in-person for all new hires. The mandatory annual SAPR Refresher training is done via TWMS once the in-person training has been completed.

*Workshop times: 9:30-11:30 a.m.

APR 3

9 - 9:30 a.m.

10 - 11:30 a.m.

1 - 2:30 p.m.

• JUL 3

9:30 - 11:30 a.m.



SAPR Refresher Training

Role playing SAPR scenarios offers the advocate practice time which builds confidence and skill level. Training topics will vary and cover topics specific to the role and responsibilities of Victim Advocates. Please contact the Civilian Victim Advocate or SARC to schedule a workshop at your command.

SAPR Point of Contact (POC)

An individual trained by the SARC who is responsible for implementing and coordinating Sexual Assault Prevention and Response training for the command, including mandatory annual GMTs. They also maintain current information regarding base and community victim services.

*Workshop times: 8 a.m. - 4 p.m.

MAY 22

SAPR Victim Advocate Training

A victim advocate is a trained volunteer who provides effective and appropriate support and guidance for victims of

sexual assault. This training will prepare volunteers for the initial contact with victims while guiding them through the investigative, medical and judicial processes that they opt to pursue.



RELOCATION & DEPLOYMENT PROGRAMS

*The Relocation Program is no longer available at the Fleet & Family Support Center. Household items from the Loan Locker are now issued by the Information, Tickets and Travel Office. The hours of operation are Monday-Friday, 9 a.m. - 5 p.m. They can be reached at 301-342-3648 for more information. Smooth Move workshops are available via Military Once Source <http://www.militaryonesource.mil/>. Installation Tour/Overview is the responsibility of newcomers Command sponsor.

RELOCATION INTERNET RESOURCES

DoD Installations Worldwide

<http://www.militaryinstallations.dod.mil/MOS/f?p=MI:ENTRY:0> - Official DoD Relocation URL
<https://www.facebook.com/NASPaxRiver> - NAS Pax River official Facebook Page

Childcare

<http://www.care.com> - Commercial childcare locator website
<http://www.CheckCCMD.org> - day care "report card" for centers throughout Md
<http://www.mdchildcare.org> - Maryland Committee for Children, Inc. website
<https://qol.navyaims.net/CYPWeb/> - On-base Childcare thru CDC and CHD sources
<http://www.MilitaryChildCare.com> - DoD-sponsored childcare finding website – global resources
<http://www.thepromisecenter.org> - Non-profit S.Md Child Care Resource Center webpage

Children

<http://www.militarychild.org> - Military Child Education Coalition
<http://www.militarybratlife.com> - Military Brats Network/articles/registry
<http://apps.militaryonesource.mil/MOS/f?p=MYOM:HOME2:0> - Military Youth relocation & other resources
<http://www.parenting.com> - Lots of information & useful links
<http://www.militarykidsconnect.dcoe.mil> - Mobile Military Child DoD website for children, parents and educators

DC/Maryland/VA

<http://somid.com> - Unofficial commercial information for the tri-county area
<http://www.washington.org> - Washington DC department of tourism
<http://www.maryland.gov> - Maryland State Gov't website
<http://www.visitmaryland.org> - Maryland Dept of Tourism website
<http://www.virginia.org> - Virginia Dept of Tourism website
<http://www.co.cal.md.us/> - Calvert County Gov't webpage
<http://www.charlescountymd.gov> - Charles County Gov't webpage
<http://www.stmarysmd.com/> - St. Mary's County Gov't webpage
<http://www.visitstmarysmd.com> - St Mary's County Dept of Tourism Website

Education

<http://www.marylandpublicschools.org/msde> - Maryland Dept of Education Website for Public Schools
<http://www.collegeboard.org> - Information on college boards, financial aid/scholarships
<http://www.jobs2teach.doded.mil> - Troops to Teachers information
<http://www.dodea.edu/> - Department of Defense Education Activity information
<http://www.ed.gov> - U.S. Dept of Education webpage
<http://www.smcps.org> - Saint Mary's County Public School website
<http://www.fastweb.com> - Money for schools (scholarships, internships, fellowships)
<http://www.smhec.org> - Southern Maryland Higher Ed Center (Bachelors/Master/Doctoral Programs)
<http://www.navycollege.navy.mil/information-for-sailors/vec-counseling.htm> – Navy Virtual College On Line

Employment

<http://www.usajobs.gov> – Official Federal Employment Website
<http://www.stmarysmd.com/hro/vacancies.asp> - Information on military job fairs
<http://www.tsa.gov> - Employment opportunities with Transportation Security Agency
<http://www.tjobs.com> - Job opportunities for telecommuters working from home
<http://www.msccn.org> - Military Spouse Career Network
<http://www.careerbuilder.com> - Job searching skills – can post resume
<http://www.Monster.com> - Job opportunities, resume posting and search agent
<http://somid.com/employ/> - Southern Maryland Online resource
<http://www.maryland.gov/pages/jobs.aspx> - Maryland job opportunities, career planning & training

Lodging Information

<http://www.DoDLodging.net> - Direct link to lodging finder for ALL branches of DOD

Finances

<http://www.dfas.mil> - Defense Accounting and Finance Service website (check travel entitlements, etc)
<https://mypay.dfas.mil/> - Military/Civilian Defense Finance website (LES & other services)
<https://www.credit.org> - Non-profit debt counseling organizations & links to other financial services

Housing

<http://cnic.navy.mil/patuxent/index.htm> – Housing at NAS Patuxent River website
<http://www.lpcmil.com> - Lincoln Military privatized community housing information
<http://www.cnic.navy.mil/ffr/housing.html/> – Official Navy Housing website
<http://www.apartments.com> - Get information on apartments in the DC metro area
<http://www.apartmentguide.com> - Nationwide apartment finder and guide
<https://www.homes.mil> - DoD website of homes to rent & for sale for military personnel
<http://www.somd.com> - Find a Place to Live website (Unofficial)
<http://www.realtor.com> - Nationwide Real Estate website for finding a home
<http://www.zillow.com> - Use to find a home for sale in the Tri-State area

Information & Referral

<http://www.militaryonesource.mil/> - 24 hr day/365 day a year on-line/telephonic resource. Calls answered live at 1-800-707-5784.
<http://www.nsopw.gov/> - National Sex Offender Registry webpage (to research where Sex Offenders live)
<http://www.ffsp.navy.mil> – Fleet & Family Support Center website with links to FFSC's worldwide.
<http://www.cnic.navy.mil/Patuxent/index.htm> - NAS Patuxent River website with local area info & links
<http://www.navy.mwrpaxriver.com> - New Navy/Pax River MWR website

International Move Websites

<http://www.move.mil> – Official DoD Household Goods shipping entitlements & information
http://travel.state.gov/passport/passport_1738.html - Website for Passport information/applications
<http://www.state.gov/r/pa/ei/bgn/> - State Dept website for foreign country background information
<https://jkodirect.jten.mil> - Website to complete Level 1 Antiterrorism Training for O'Conus PCS
<https://www.PCSmyPOV.com> – New website for information on shipping POVs.

Medical Care/Emergency Management

<http://www.tricare.mil> - TriCare portal to various Tri-Care services
<http://www.med.navy.mil/sites/paxriver/Pages/index.html> - Pax River Medical facilities information
<http://www.militaryonesource.mil/efmp> - Paste this URL into browser for links to EFMP info
<http://www.stmarysmd.com/est/> - St. Mary's County Dept of Public Safety
<https://www.medstarstmarys.org> – St Mary's Hospital information

Pets

<http://guardianangelsforsoldierspet.org> - or - <http://dogsondeployment.org/> - Care for pets due to deployment or PCS
<http://www.petswelcome.com> - Find places in each state that accept pets plus other helpful information
<http://www.airanimal.com> – Commercial International pet transportation & information service
<http://www.animailers.com/> - Pet transportation service information

Relocation

http://www.cnic.navy.mil/regions/ndw/installations/nas_patuxent_river/ffr.html - CNIC Pax River website
https://www.youtube.com/watch?v=eqPq_8VDwu4 - YouTube videos on Registering for & Navigating Move.mil
<http://www.bestplaces.net> - Commercial website for comparing old/new neighborhoods
<https://www.navsup.navy.mil/household> - DoD Household Goods & Personal Property shipment website
<http://www.mva.maryland.gov> - Maryland motor vehicle registration information website
<http://www.dodlodging.net> - Air Force & Navy installation lodging information
<http://www.defensetravel.dod.mil/site/faqpcs.cfm> - DoD Center for Travel/PCS information
<http://www.smcchamber.com> - Saint Mary's County Chamber of Commerce website
<http://www.pcsmypov.com> - Auto Logistics website for shipping/tracking POV shipments during PCS moves

Schools

<http://www.greatschools.net> – School research, data and comparison website
<http://www.smcps.org> - St Mary's County Public Schools website
<http://www.calvertnet.k12.md.us> - Calvert County Public Schools website
<http://www.ccboe.com> - Charles County Public Schools website
<http://www.marylandpublicschools.org/msde> - Maryland Dept of Education Website for Public Schools
<http://www.somd.com/education/stmarys/private/index.php> - Website for Private Schools in St Mary's County
<http://www.fastweb.com> – Scholarships/Internships/Fellowships/School Money Sources

