

January-March 2024

Fleet & Family Support Center
151 Ellyson Avenue, Bldg. 625
NAS Pensacola, FL 32508
Monday-Friday 0730-1600



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NAS Pensacola
151 Ellyson Avenue, Building 625
Pensacola, FL 32508

FLEET AND FAMILY SUPPORT CENTER NAS PENSACOLA

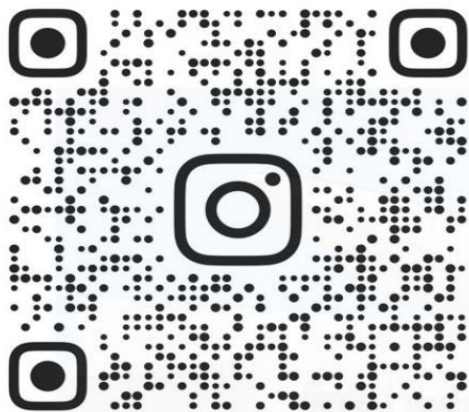
 (850) 452-5990

 nasppfsc@navy.mil

 facebook.com/FFSCPensacola

MEETING YOUR NEEDS AT HOME AND AT SEA

CONNECT WITH US ON SOCIAL MEDIA



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STAY CONNECTED WITH US
ON SOCIAL MEDIA
BY SCANNING OUR QR CODES!

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MONDAY-FRIDAY 0730-1600



Relocation Classes:

Base Tour

January 4 from 0900-1100

Learn Interesting facts about America's first settlement and this base while learning how to get around.

First Move

January 4 from 1430-1600 or January 18 from 1430-1600

Open to everyone who will be moving. Terminology explained and all questions answered. If you have orders you can use our computers and set up your move! Class is offered virtually and in person.

Smooth Move

January 18 from 0900-1000

Are you about to PCS? Come and learn about some relocation tips and links that can make your move a little easier.

Welcome Newcomer

January 18 from 1100-1200

Learn what is available to you at your new home base of NAS Pensacola.

Life Skills Classes:

Parenting with Purpose-Tips for Blended Families

January 4 from 0900-1000

Learn some techniques for dealing with issues and get some suggestions for creating harmony with step-children, biological children, mom, dad, step-parents, exes, visitation, house rules, traditions, jealousy, parenting, and discipline.

Mind Body & Mental Fitness (MBMF) -Module 4, Flexibility

January 8 from 0900-1100

Learn how your thoughts, emotions, and behaviors interact with each other and how they can be changed.

Keeping Your Cool

January 9 and 16 (2 Sessions) from 0930-1130

Why is it important to know about anger? Learn how the body reacts to anger while learning coping tips to correct it.

Parenting with Purpose-Partners in Parenting

January 10 from 1300-1600

Learn about pregnant partners and new babies so you will be ready when the big day arrives.

Love Talk-Couples Communication

January 19 from 0900-1200

Communication is the key to a strong, healthy relationship. On so many levels, communication allows partners to exchange messages about love and other emotions. Effective communication requires practicing the skills of listening and the expression of thoughts and feelings.

Making the Grade-Studying Strategies for Success

January 29 from 1300-1400

Studying for college classes is different than studying for high school. Study smarter not harder, starts with properly managing how much time you are studying. Learn about several new and innovative ways to study.

Exceptional Family Member Program:

Command EFMP POC Training

January 24 from 0900-1100

Offered Quarterly Or By Appointment

This two hour training provides information that enables newly designated EFMP POCs to assist members in their commands. Per OPNAVINST 1754.2F, each command is responsible to appoint an EFMP POC.

Special Needs Guest Speaker Spotlight Session

January 24 from 1800 to 1900

Information session from a relevant community agency to discuss the resources and benefits they offer.

Transition Assistance:

My Career Options: First Term

January 16-17 from 0800-1530

This course gives you the opportunity to gather and understand information as you analyze your options to continue your service in the Navy or pursue a civilian career.

TRICARE

January 19 from 0800-1000

Learn about the healthcare benefits you are entitled to when you retire.

Survivor Benefit Plan (SBP)

January 19 from 1000-1200

Learn about the SBP plan, which allows a surviving spouse to continue receiving a substantial income source in the event of the death of a military retiree.

Intro to SkillBridge

January 31 from 0900-1000

Interested in the DoD SkillBridge program, or unsure of what it is? Sign-up to attend this 1-hour class that will teach you what the program is, who is eligible, and how to apply.

Employment Assistance:

LinkedIn: Networking

January 9 from 1300-1500

This workshop gives you the basics of setting up LinkedIn and how to use it for networking and job search purposes.

USAJOBS & Resume Writing

January 25 from 0800-1100

Attendees will receive information on creating both federal and civilian resumes. Review different types of Federal Employment Hiring Preferences and Special Hiring Authorities as well as when to apply them respectively.

Personal Financial Management:

Developing Your Spending Plan

January 5 from 1400-1530

This class provides the background and tools to help learners develop financial goals and a written plan to achieve those goals.

Planning for Your Retirement

January 19 from 1400-1530

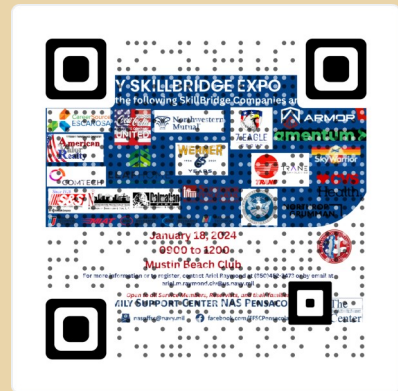
This class teaches learners to estimate retirement needs, understand military retirement plans, and evaluate retirement account options. Upon completion of this class, learners should be able to estimate retirement funding needs and compare and evaluate different retirement account options.



NAS Pensacola Fleet and Family Support Center Offices will be closed on January 1st and January 15th to observe the federal holidays.



January SkillBridge Expo featuring more than 20 companies. Scan the QR code for more information.



National Stalking Awareness Month

Since 2004, each January is recognized by the National Center for Victims of Crime as the National Stalking Awareness Month (NSAM), aiming to raise awareness and help individuals and communities across the US identify, prevent and stop this dangerous behavior. Intrusive and harmful, stalking destroys a person's sense of safety, leaving victims suffering from severe depression, insomnia or anxiety.

Nearly 60 percent of the 315 women veterans who were surveyed reported experiencing a stalking incident during military service. For males on active duty, the reported number was 35 percent. In all, nearly 40 percent of men and women reported experiencing incidents of stalking while serving in the military, the majority of which occurred when personnel occupied the ranks of E-1 to E-4.

Financial Wellness Month

The Navy personal financial management program exists to provide financial education, counseling, information, and referral to Navy personnel and commands in order to increase personal, family, and operational readiness. Although the personal financial management program has a counseling mission, its primary focus is on prevention of financial difficulties and mismanagement through education of Sailors and their eligible dependents. FFSCs provide support to all elements of the personal financial management program.

Relocation Classes:

First Move

February 1 from 1430-1600 or February 15 from 1430-1600

Open to everyone who will be moving. Terminology explained and all questions answered. If you have orders you can use our computers and set up your move! Class is offered virtually and in person.

New Military Spouse Orientation

February 8 from 0900-1000

Open to all service branches, virtual and in person. Learn about the military life and where the spouse fits in to it all. We even have a dictionary for military acronyms!

Command Sponsor & Indoctrination Program Training

February 8 from 1400-1500

Commands should ensure 100% Sponsor assignment. After completing the required training, Sponsors are prepared to provide reliable information to incoming personnel and their families.

Mid-Deployment

February 15 from 0900-1000

Congratulations, you are halfway through a deployment. This workshop is designed to promote deployment success for the spouse or significant other at home during mid-deployment.

Life Skills Classes:

You Matter-Suicide Awareness and Prevention

February 1 from 1300-1400

Suicide is a preventable personnel loss that impacts unit readiness, morale, and mission effectiveness.

Under the Influence of Social Media

February 2 from 1000-1100

Find out what social media addiction is, why its harmful, and how to prevent it.

Mind Body & Mental Fitness (MBMF)-Module 5, Problem Solving

February 12 from 0900-1100

Understand the basics of problem solving to help build coping skills and healthy relationships.

Bored No More

February 21 from 1000-1100

A deep-dive into the world of boredom, exploring its causes and effects, and equipping participants with simple and effective strategies.

Cultivating Healthy Relationships

February 26 from 0900-1100

This course will provide an overview of what healthy and unhealthy relationships look like, and how to avoid getting signals crossed, which can lead to domestic violence.

Personal Financial Management:

Insurance Needs

February 9 from 1400-1530

This class is designed to develop the knowledge and skills that will enable learners to make informed consumer decisions on typical types of insurance and their personal insurance needs. Upon completion of this class, learners should be able to make informed choices when selecting insurance products to manage risk, safeguard wealth and protect assets.

Renting

February 23 from 1400-1530

This class is designed to increase the knowledge and comfort level of first-time renters, and serve as a refresher for repeat renters. Upon completion of this class, learners should be able to research rental options, determine affordability, and locate an appropriate rental property.

Transition Assistance:

Capstone Workshop

February 1 from 1300-1500 or February 22 from 1230-1430

This workshop will ensure transitioning Service Members have met the TAP Career Readiness Standards (CRS) and are prepared to transition back to civilian life.

VA Claims 101

February 2 from 1000-1100

Are you separating or retiring from the service? Come learn from the local military service coordinator about the forms and claims process so you are prepared to file your disability claim.

My Education

February 20 & 21 from 0800-1530

This 2-day workshop is designed for anyone interested in earning an academic degree. It will provide information, resources, and strategies to guide you with your pursuit towards an undergraduate or graduate degree.

NavyCool/milGears

February 26 from 1300-1500

This class helps you find information on certifications and licenses related to your military and civilian careers. Attendees will also learn how to empower your career planning, decision making and professional growth.

MY Entrepreneurship

February 27 & 28 from 0800-1530

This workshop is for those interested in exploring business ownership or other self-employment opportunities. Participants learn about evaluating business concepts, developing a business plan, the resources available to access technical assistance, start-up capital, contracting opportunities, and more.

Employment Assistance:

USAJOBS & Resume Workshop

February 15 from 0800-1100

Attendees will receive information on creating both federal and civilian resumes and review different types of Federal Employment Hiring Preferences and Special Hiring Authorities as well as when to apply them respectively.

Interviewing: Your Best First Impression

February 15 from 1300-1430

Attendees will learn tips and tricks on how to make their best first impression before, during, and after their interview.

Exceptional Family Member Program:

The Basics of Special Education and IEPs

February 8 from 1230-1400

The world of special education can be confusing to navigate. Where to start, who can help, what's involved, what are my rights, and how do I speak the language? Join us for a basic overview to get you started and help you on your special education journey. Webinar is 1 hour with 30 minutes for questions afterward.

Register for this LMS workshop online at <https://learning.zeiders.refineddata.com>

The Road Ahead

February 22 from 1230-1400

There is so much information and planning involved in our lives when we have a family member with a disability. This presentation will provide information on the many types of programs, services, and supports that every family should be aware of and what consideration you should think of for future planning.

Register for this LMS workshop online at <https://learning.zeiders.refineddata.com>

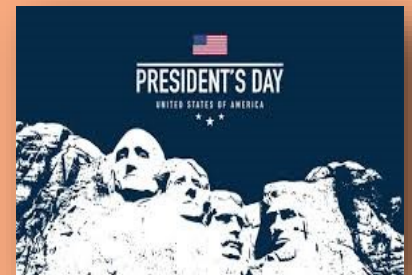


Teen Dating Violence Month

Teens are learning how dating and healthy relationships work, so they don't always recognize excessive teasing or controlling behavior as a problem. By accepting inappropriate behaviors, teens leave themselves open to more serious forms of abuse — such as physical, sexual or emotional abuse from a current or former partner.

Nearly ten percent of high school students report being physically abused by a partner within the past year. Teen dating violence can lead to poor performance in school, underage and binge drinking, suicide attempts and violence in future relationships. That's why it's crucial for parents to stay aware and involved.

NAS Pensacola Fleet and Family Support Center Offices will be closed on February 19th in observance of President's Day.



Personal Financial Management:

Saving and Investing

March 8 from 1400-1530

This class is designed to develop the knowledge and skills that will enable learners to achieve their saving and investing goals. Upon completion of this class, learners should be able to understand the purpose and value of saving and investing, and evaluate and choose appropriate tools and techniques to build wealth.

Home Buying

March 22 from 1400-1530

This class is designed to increase the knowledge and comfort level of first-time home buyers, and serve as a refresher for repeat home buyers. Upon completion of this class, learners should be able to determine whether they are ready to purchase a home, know how to choose a real estate agent and mortgage, and be able to negotiate and close the deal.

Relocation Classes:

Pre-Deployment

March 7 from 0900-1000

This workshop highlights key areas of personal and family preparation for deployment.

First Move

March 7 from 1430-1600 or March 21 from 1430-1600

Are you about to PCS? Come and learn about some relocation tips and links that can make your move a little easier.

Post-Deployment

March 21 from 0900-1000

This workshop is designed to help military families learn how to readjust after a deployment.

Life Skills Classes:

Effective Communication

March 5 from 1100-1230

The overall objective of this course is for learners to be able to use the power of effective communication as a vehicle for enhancing relationships at home and work.

Finding Calm in Chaos

March 7 from 1100-1200

Learn how to recognize stress and become more productive, happier, and healthier. This class explores different stress management tips and techniques, including breathing exercises.

Mind Body & Mental Fitness MBMF-Module 6, Connection

March 11 from 0900-1000

Learn the importance of interpersonal connection and different communication styles.

From Clash to Collaboration

March 13 from 0900-1000

Manage conflict by examining attitudes and behaviors when faced with conflicting situations; practicing skills that prevent conflict from escalating; and working with others to solve problems.

Employment Assistance:

USAJOBS & Resume Workshop

March 14 from 1200-1500

Attendees will receive information on creating both federal and civilian resumes. Review different types of Federal Employment Hiring Preferences and Special Hiring Authorities as well as when to apply them respectively.

Exceptional Family Member Program:

Nuts And Bolts of EFMP

March 14 from 1230-1400

What is EFMP? Who needs to enroll? What does it do, how do you enroll, and how does it work? Join us to learn about this Exceptional program! Learn about the process to enroll, EFMP and overseas screening, updating and dis-enrollment questions, what services and supports are available to you, as well as some of the many benefits and resources available to families enrolled in this program. Webinar is 1 hour with 30 minutes for questions after.

Register for this LMS workshop online at <https://learning.zeiders.refineddata.com>

Transition Assistance:

My Employment

March 19 & 20 from 0800-1530

This workshop presents a comprehensive overview covering best practices in career employment, including learning new interview skills, building effective resumes, and using emerging technology to network and search for employment.

Capstone Workshop

March 21 from 1300-1500

This workshop will ensure transitioning Service Members have met the TAP Career Readiness Standards (CRS) and are prepared to transition back to civilian life.

Save the Date:

Navy Federal Virtual SkillBridge Expo

21 March 2024

1000-1100

Call 850-452-3473 for more information.



Women's History Month



The Defense Department honors the contributions of women serving in the military and DOD civilian forces, celebrating the richness and diversity of their achievements in March and throughout the year.

"In 1973, the first eight women began flight school in Pensacola, and one year later six of those eight women, titled "The First Six", earned their Wings of Gold. In the fifty years since, Naval Aviation has expanded its roles for women to lead and serve globally. Today, our women aviators project power from the sea and in every type, model, and series aircraft. They fly and fight in all strike missions, hunt submarines, protect the integrity of our nuclear triad, supply essential cargo and personnel to every corner of the globe, and rescue those in distress at sea and ashore. They command aircraft carriers, carrier air wings, squadrons, and missions to space. In 2024, we reflect on our Naval Aviation history and pay tribute to all of our women Naval Aviators- "The First Six", and all those who have come after them. Our Nation and our Navy is stronger because of their service."



Social Work Month in March is a time to celebrate the great profession of social work. The theme for Social Work Month 2024 is Empowering Social Workers. For more than a century, social workers have helped our nation tackle major societal challenges, including the push for equal rights for women, people who are of color and people who are LGBTQIA2S+. Social workers have also been behind initiatives we continue to benefit from, including Social Security, a minimum wage, Medicare, and improved workforce safety. Our nation continues to face challenges ahead, including a higher demand for mental health services. It is important that our society empower and support social workers so they can continue to help millions of Americans improve their lives. During Social Work Month take time to learn more about the many positive contributions of the profession and to celebrate the social workers that you know.

The Beacon

Wounded Warrior

The term “wounded warrior” is much broader than those wounded in combat. Service Members who have been seriously ill, injured, or wounded also are considered wounded warriors. The formal Navy definition of a “wounded warrior” is any sailor or Coast Guardsman who has a serious illness or injury requiring long-term care that may necessitate a Medical Evaluation Board/Physical Evaluation Board (MEB/PEB) to determine fitness for duty. Navy Wounded Warrior enrollment consideration is given to: Operation Iraqi Freedom (OIF)/Operation New Dawn (OND) casualties ; Shipboard, liberty and training accidents; Serious illnesses; Serious medical and psychological conditions like cancer, severe PTSD, military sexual assault trauma, and other conditions.

Participation in Navy Wounded Warrior is voluntary and services are only provided to enrollees. Its important to take action so that all sailors and Coast Guardsmen who need help have access to it

For additional information regarding Navy Wounded Warrior, you can contact the call center at: 855-NAVY WWP/855-628-9997 or email navywoundedwarrior.fct@navy.mil

The Retired Activities Office (RAO)



The RAO Program provides a link between local retirees and the military communities as well as other government agencies that provide assistance to retirees and their families. The services provided by RAO are varied and important to the retired community. All retirees and their families are encouraged to use these services to save time and money as well we provide peace of mind.

RAO is staffed by volunteer military retirees to assist military retirees, dependents, and survivors by advising and helping them to interface with the various government agencies on matters unique and important to retiree rights and benefits

[For more information call 850-452-5622](tel:8504525622)



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151 ELLYSON AVENUE, BUILDING 625
PENSACOLA, FL 32508

OFFICE HOURS:
MONDAY - FRIDAY
0730 - 1600

NAS Pensacola Fleet & Family Support Center offers the following services:

Clinical Counseling • New Parent Support Home Visitation Program • Information & Referral
Retired Activities Office • Disaster and Emergency Preparedness • Exceptional Family Member Program
Family Advocacy Program • Navy Gold Star Program • Sexual Assault Prevention & Response
Family Employment Readiness Program • Individual Augmentee & Deployment • Relocation Assistance
Ombudsman Support • Transition Assistance Program • Sailor Assistance & Intercept for Life (SAIL)

For more information, call (850) 452-5990.

Local FFSC locations to serve your needs:



RAO (Retired Activities)

 **(850) 452-5622**

Fleet and Family Support Center

NAS Pensacola

151 Ellyson Avenue, Building 625



Transition Assistance Office

 **(850) 452-7788**

Fleet and Family Support Center

NAS Pensacola

280 Farrar Road, Building 741



FFSC Corry Station Office

 **(850) 452-6131**

Fleet and Family Support Center

Corry Station

Kidder Hall BLDG 511, RM 201A

Hours of Operations:

Mon-Fri, 0730-1600. Closed weekends and Federal Holidays. The Loan Locker and the computer lab opens and closes weekdays at the same time as the FFSC.



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