



Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

AUGUST 2023

34TH ANNUAL FFSC, MWR & ANNAPOLIS AREA

FAMILY FUN DAY

SATURDAY, AUG. 19, 10 A.M. - 2 P.M.



Come out and enjoy a day full of fun in the sun! Fun Day promises to deliver military and civilian resources, delicious food, refreshing drinks, exciting games, and entertainment for both kids and adults. Over the years, Fun Day has become an event that is much anticipated by the Annapolis Navy community. Single members, couples, and families all come to enjoy the day.




Fun Day provides an opportunity for newcomers to make new friends and for old friends to see each other again. It's a wonderful opportunity to see all the many services available in our beautiful community. Do you need information on health care? Are you interested in services available at the Fleet and Family Support Center or would you like to know what MWR has to offer? All of this and much more will be available.

The best part is — Fun Day is FREE! Local commands, MWR committees, and the Enlisted Recreation Committee will have food and drinks available for purchase.

The following are some of the participants for Fun Day & more:

- All Annapolis Area Commands
- Fire Prevention House
- Navy Exchange & DECA
- Navy League
- Navy Federal Credit Union
- CPOA & 1st Class Association
- Navy Lodge
- League Cadets
- More info at <https://navymwrannapolis.com/fun-day>

CONTACT FFSC ANNAPOLIS

-  (410) 293-2641
-  (410) 293-5237
-  m_FFSC_Annapolis@navy.mil

FEATURES

- PAGE 1:** Command Fun Day
- PAGE 2:** August 2023 Calendar
- PAGE 3:** Programs for Education and Training



The
Fleet & Family Support
Center

August 2023

PROGRAMS FOR EDUCATION AND TRAINING | SOME CLASSES WILL BE VIRTUAL
(After registration you will be sent a link to join the workshop)

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Smooth Moves Seminar 0830 Anger Management Workshop - (3 Sessions) - In-Person 0830	3 Developing Your Spending Plan – In-Person 0900	4
7	8 Conflict Resolution - In- Person/Virtual 1200	9 Anger Management Workshop - (3 Sessions) - In-Person 0830	10 Resume Writing Workshop 0900	11
Transition Assistance Program (TAP) Virtual - 0800				
14	15	16 Anger Management Workshop - (3 Sessions) - In-Person 0830	17 Command Indoctrination/ Newcomers' Orientation – In-Person 0800 Resumes for Seasoned Professionals - Virtual 1100	18 Planning for Your Retirement – In-Person 0900
21	22 Federal SES ECQ Resume Writing - Virtual 1100	23 Smooth Moves and Military Pay 0900 Medical Record Claim Process Brief - In-Person 1200	24 Navigating Federal Employment 0900	25
28	29	30	31	

PROGRAMS FOR EDUCATION AND TRAINING

PROGRAMS FOR EDUCATION AND TRAINING | SOME CLASSES WILL BE VIRTUAL
(After registration you will be sent a link to join the workshop)

Career Development

Resume Writing Workshop

Thursday, Aug. 10, 9 a.m. - Noon

Wondering how to write your resume?

Have you written a resume but it isn't getting the results you want? Our resume writing workshop will help you get started or show you how to improve the one you have written. This class will discuss targeting your resume, selecting the best format for your work experience, and creating a cover letter. Don't pay someone else to write your resume!

Navigating Federal Employment

Thursday, Aug. 24, 9 a.m. - Noon

The Federal Government has excellent career opportunities in a variety of occupations. However, the Federal Employment Hiring process is complex and challenging! This process can be a confusing experience. This workshop will provide an overview of the hiring process. You will learn how to navigate the USAJOBS system, analyze a vacancy announcement, type of hiring programs and preferences and write a federal resume, and more. Please join us and learn strategies and tips for a successful federal job search.

Transition Assistance

Transition CAPSTONE

Tuesdays, (by appointment only)

CAPSTONE is the final mandatory event for transitioning military members. Service members must demonstrate appropriate Career Readiness Standards (CRS) based on the goals they plan to pursue after service (employment, education, or technical training). All transitioning service members must complete CAPSTONE NLT 90 days before separation.

Transition Assistance Program - Virtual

Monday – Friday, Aug. 7 – 11, 8 a.m. - 4 p.m.

The Transition Assistance Program (TAP) provides information, tools, and training to help service members and their spouses get ready to successfully move from the military to civilian life. From start to finish, TAP guides users on veteran benefits, education options, federal assistance, and veteran employment help. The first three days will offer the basic mandatory core curriculum. The following two days will feature the career path that offers the My Employment Track. **Register now if you are within 1 year of separation or 2 years of retirement.** Classes fill up quickly! **IMPORTANT!** You must contact your Command Career Counselor and complete a self-assessment where you will be assigned a tier before attending TAP.

Resumes for Seasoned Professionals - Virtual

Thursday, Aug. 17, 11 a.m. - Noon

Join us to learn what the market looks like now, why many seasoned individuals are being turned away from great job opportunities, and what you can do about it!

Federal SES ECQ Resume Writing - Virtual

Tuesday, Aug. 22, 11 a.m. - 12:30 p.m.

Executive Core Qualifications (ECQs) are reserved for Senior Executive Service positions in the federal government. How well these are written determines your selection for an interview. Join us to learn key ways to write ECQs that will boost your chances of being referred to the hiring manager.

Medical Record Claim Process Brief - In-Person

Wednesday, Aug. 23, Noon - 1:15 p.m.

This workshop will provide an overview of the VA Medical Claim Process to include:

- Documentation required to file a claim
- VA Rating System
- Timeline of the process
- Resources and more

Deployment/Relocation

Smooth Moves Seminar

Wednesday, Aug. 2, 8:30 a.m. - 11:30 a.m.

Are you getting ready for a PCS move? This single-session workshop is for everyone, experienced mover or not, who is on Permanent Change of Station (PCS) orders. It offers tips to help make your move as “painless” as possible! Topics will include the new www.move.mil / DPS registration/move process, Personally Procured Moves (formally known as Do-It-Yourself moves), house hunting, tips from your School Liaison Officer (SLO), travel and financial planning, entitlements, family preparation, and ways to cope with relocation. Receive information on your upcoming duty station, community, and much more.

Command Indoctrination/Newcomers' Orientation – In-Person

Thursday, Aug. 17, 8 a.m. - 3 p.m.

Command Indoctrination Programs are designed to facilitate the adaptation of Sailors and their families into their new working and living environments. This will afford Sailors and their families the greatest opportunity for a successful and productive tour of duty. The Indoc/Orientation is for all active duty service members reporting to the U.S. Naval Academy, Naval Support Activity Annapolis, Navy Band, and Naval Health Clinic! Don't miss our information-packed days designed to make your move to a new community a “smooth” one. A highlight of the Orientation: a tour of the Naval Academy! Spouses are encouraged to attend.

Smooth Moves and Military Pay

Wednesday, Aug. 23, 9 a.m. - 10 a.m.

Are you getting ready for a PCS move soon? Do you understand the benefits and entitlements of your military pay while traveling? If not, then this workshop is for you. Come and learn about your daily per diem, advance payments, and much more!

PROGRAMS FOR EDUCATION AND TRAINING

Financial Management Programs

Developing Your Spending Plan – In-Person

Thursday, Aug. 3, 9 a.m. - Noon

To help make sure your move doesn't drain your wallet, we will explore the expenses involved with a move, how to develop a financial plan for a move, what the Navy will pay for, and cost-cutting tips for relocations. Whether you have never moved or made ten moves, this is the workshop to take before you move across town or the country!

Planning for Your Retirement – In-Person

Thursday, Aug. 18, 9 a.m. - Noon

Although your final retirement may seem far away, the earlier you start planning for it, the easier it will be. This course will provide an introduction to retirement planning, which includes estimating your retirement needs, understanding your military retirement plan options, and building personal savings and investments.

Life Skills Education

Anger Management Workshop - (3 Sessions) - In-Person

Wednesday, Aug. 2, 9, 16, 8:30 a.m. - 11:30 a.m.

Do you find your anger racing from zero to 60 at work or home? The Anger Management workshop is designed to help participants become more aware of anger in themselves and others; to understand how anger or the repression of anger affects us; to develop positive ways of expressing anger, techniques for dampening anger, and dealing with anger in others.

Conflict Resolution - In-Person/Virtual

Tuesday, Aug. 8, Noon - 1 p.m.

Conflict is inevitable and simply a normal part of life. Everyone will encounter conflict at varying degrees throughout their life. When conflict is not addressed or when conflict is internalized, it can resurface in the forms of anger, bitterness, resentment, aggression, detachment, etc. Attending this workshop will provide tools on how to strengthen relationships, recognize five conflict styles, how to prevent conflict from escalating, and more.

Outreach Programs

34th Annual FFSC/MWR Area Command Fun Day

Saturday, Aug. 19, 10 a.m. - 2 p.m.

Come out and enjoy a day full of fun in the sun! Fun Day promises to deliver military and civilian resources, delicious food, refreshing drinks, exciting games, and entertainment for both kids and adults. Over the years, Fun Day has become an event that is much anticipated by the Annapolis Navy community. Single members, couples, and families all come to enjoy the day. The best part is — Fun Day is FREE!

Other Programs

Retired Activities Office

Wednesdays, 9 a.m. - 11 a.m.

Assists all retired military and their family members in such areas as Survivor Benefits Plan, retired rights and benefits, widow's outreach, and assistance. The office is staffed by retired military volunteers.

FFSC Resource Room...is now open

The Resource Room has everything that military family members (16 years old and up) and transitioning service members need to conduct successful job searches and relocations resources -- computers with internet access, laser printer, fax machine, copier access, reference books, informational self-help pamphlets, resource hand-outs, and more.

The Fleet & Family Support Center Job Search Resource Room is located at the Fleet and Family Support Center, 168 Bennion Road, Annapolis, Md.

PLEASE COME & TAKE ADVANTAGE of the Fleet & Family Support Center Resource Room! We looking forward to seeing you.



ADDITIONAL INFORMATION

Workshops and seminars are open to active-duty and retired military personnel and their family members.

Call the FFSC at (410) 293-2641 to register or for more

information.

New to NSA Annapolis? Make the Fleet and Family Support Center one of your first stops! You can attend a workshop, meet other Navy spouses and gather informational materials.



JOB SEARCH RESOURCE ROOM

The Resource Room has everything that military family members (16 years old and older) and transitioning service members need to conduct successful job searches and relocations resources -- computers with internet access, laser printer, fax machine, copier access, reference books, informational self-help pamphlets and resource hand-outs. The room is located at the FFSC.

The FFSC is located at 168 Bennion Road, Annapolis, MD.