

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

FEBRUARY 2024

TEEN DATING VIOLENCE



AWARENESS & PREVENTION MONTH

What Is Teen Dating Violence Awareness and Prevention Month?

February is National Teen Dating Violence Awareness and Prevention Month (TDVAM). This is an issue that impacts everyone – not just teens – but their parents, teachers, friends and communities as well. Together, we can raise the nation's awareness about teen dating violence and promote safe, healthy relationships.

What Is the Impact of Teen Dating Violence?

Studies show that approximately 10% of adolescents report being the victim of physical violence at the hands of an intimate partner during the previous year. Girls are particularly vulnerable to experiencing violence in their relationships and are more likely to suffer long-term behavioral and health consequences, including suicide attempts, eating disorders, and drug use.

Adolescents in abusive relationships often carry these unhealthy patterns of violence into future relationships. Indeed, children who are victimized or witness violence frequently bring this experience with them to the playground, the classroom, later into teen relationships and, ultimately, they can end up the victims and perpetrators of adult intimate partner violence.

How Do I Get Help?

If you know of a teen or parent that could benefit from speaking to a caring, well-trained counselor/therapist, please connect them with our staff at Fleet and Family Support Center at (410) 293-2641. Clinical counseling services are free of charge to active duty personnel and family members. You do not need a referral from your command, from Tri-Care or your primary care physician.

You can also seek confidential information and support services by contacting the National Dating Abuse Helpline, a project of the National Domestic Violence Hotline, at 1-866-331-9474 (TTY: 1-866-331-8453), by texting "loveis" to 7 7054, or through live chat at loveisrespect.org.

Personal Financial Management Month

Millions of people each year fall victim to identity theft or military scams of some kind. If you fall prey, it can cost you money, time and lots of stress. It happens when you let your guard down. Safeguard your Social Security number, military ID and other sensitive data.

Nine ways to prevent identity theft

The rigors of military life can amplify the problems caused by identity theft. It can take months, even years, to recover. Take these steps to guard against identity theft:



1. Check your credit. Federal law entitles you to a free credit report each year. Check it for suspicious activity. If you're a deploying service member and don't plan to seek new credit while deployed, place an active-duty alert on your credit report to reduce the risk of getting swindled.

2. Install anti-virus and anti-spyware software on all your devices. Update these protections regularly.

3. Shop online carefully. Provide your credit card information only on sites that use secure technology. Look for a lock icon on the status bar of your internet browser when shopping on a site.

4. Don't give out personal information online or over the phone unless you initiated the contact.

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FEATURES

- Teen Dating Violence Awareness
- Personal Financial Management Month
- February 2024 Calendar



The
Fleet & Family Support
Center

February 2024

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My Vocational				

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

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Personal Financial Management Month *continued...*

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Workshops and seminars are open to active duty and retired military personnel, their family members and, if space is available, Department of Defense employees, their spouses and contract employees.

Transition Assistance Programs

Transition Assistance Program (In Person)

Monday – Friday, Feb 5-9, 8:00 a.m. – 4:00 p.m.

The Transition Assistance Program (TAP) is a congressionally mandated program for all members who've served 180 days or more and plan to separate or retire. The program offers information, tools and training to guide service members and their spouses to successfully move from the military to civilian life. From start to finish, TAP provides members with information and resources on veteran benefits, educational options, employment support (resume writing, interviewing) and more. The first three days will offer the mandatory core curriculum. The following two days will feature the career path that offers the My Employment Track. Register now if you plan to retire or separate! Classes fill up quickly! **IMPORTANT!!!** You must contact your Command Career Counselor and complete a Self-Assessment 365 days prior to your separation date. During this session, you will be assigned a tier level which is a prerequisite to attending TAP.

Transition Capstone (By Appointment Only)

CAPSTONE is the final mandatory event for all transitioning military members. Service members must demonstrate appropriate Career Readiness Standards (CRS) based on the goals they plan to pursue after completing their military service (employment, education, entrepreneurship, or technical training). All transitioning service members must complete CAPSTONE NLT 90 days before separation. Call FFSC for an appointment with a TAP Team member.

Medical Record Claim Review (By Appointment Only)

Wednesdays, Feb 7, 14, 21, 28, various times available

Annapolis Fleet & Family Support Center collaborates with the National Office of Veterans of Foreign Wars, Washington, DC to provide Medical Record Reviews weekly. This review is available for service members who are within SIX MONTHS of separation/retirement. You will receive guidance and assistance to file your VA Claim application.

VFW Medical Claim Process Brief (In Person)

Wednesday, Feb 21, 12:00 p.m. to 1:00 p.m.

Many Active Duty members and veterans are often unaware of, unsure of, or somewhat perplexed, about the process of filing for a VA Medical Claim. This briefing will answer all of your questions/concerns.

Join us for this amazing and informative Lunch & Learn presentation! It will demystify the process of filing for this very important benefit! Don't miss this! Participants are welcome to bring their lunch.

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

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

My Transition Benefits (Virtual)

Thursday, Feb 22, 8:00 a.m. – 12:30 p.m.

As you prepare to depart from the service, now is the time to check up on your benefits, entitlements and post military available services. Join us and learn more about your separation/retirement benefits to include: TRICARE, Dental, Personal Property/Household Goods, Survivor Benefit Program/ VA Medical Claim, VET Center and more. The first part of workshop will focus on benefits for both separates and retirees, while the second part will target retirement benefits. Spouses are welcome!

My Vocational (In Person)

Monday & Tuesday, Feb 26-27, 8:00 a.m. – 4:00 p.m.

This is an interactive training for transitioning military members and spouses. This workshop offers a unique opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. Service members and spouses who attend the two-day Department of Labor My Vocational Workshop will complete a personalized career development assessment of occupational interest and ability. This industry-standard assessment will present workshop participants with a variety of tailored job recommendations aligned with interests and aptitudes, some of which are classified as "high demand" or "high growth" occupations. Participants will learn to utilize self-sustaining tools to narrow their career focus by establishing achievable career goals and development strategies. Workshop facilitators will guide participants through a variety of career considerations including labor market projections, education, apprenticeships, certifications, and licensure requirements.

DoD Skillbridge (Virtual)

Tuesday, Feb 20 2024, 11:00 p.m. to 12:00 p.m.

SKILLBRIDGE = An opportunity for eligible service members, with proper Commander approval, to participate in an authorized Training Program before separation/retirement.

Join us for a Virtual 90 Minute brief & Q&A session*

Learn about Skillbridge, who's authorized, the application process, and more!

TAP Talk Tuesday (Virtual)

Tuesday, Feb 20 2024, 2:00 p.m. to 3:00 p.m.

ARE YOU A TRANSITIONING SERVICE MEMBER? OR ARE YOU THINKING YOU MIGHT WANT TO BE?

From initial counseling to capstones, self-evaluations to individual transition plans, from choosing education to going back to work in the private sector, relocating to a new place or staying in the area, all of this can be stressful, not to mention confusing. Regardless of where you are in your transition journey, you don't have to go at it alone! Stop by our virtual Team's office every 3rd Tuesday each month between 2pm and 3 and let's chat about all things transition.

PROGRAMS FOR EDUCATION AND TRAINING

Deployment/Relocation Programs

Smooth Move Seminar

Wednesday, Feb 7, 8:30 a.m. – 11:30 a.m.

Are you getting ready for a PCS move? Wondering what to do to prepare? This workshop is for everyone, experienced mover or not, who is on Permanent Change of Station (PCS) orders. You'll receive information on: packing and protecting your belongings, weight allowances and dealing with the moving company, do-it-yourself or Personally Procured Moves, travel and car allowances, budgeting for your move, house hunting hints, information on your upcoming duty station and community, and much more!

Command Indoctrination/Newcomers' Orientation (Virtual)

Thursday, Feb 14, 8:00 a.m. – 3:00 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.

Financial Management Programs

Thrift Savings Plan

Tuesday, Feb 13, 9:00 a.m. – 10:30 a.m.

What is the Thrift Savings Plan? The TSP is a retirement savings and investment plan sponsored by the federal government. The purpose of this class is to provide you with detailed information about the Thrift Savings Plan (TSP) and to help you to understand how the TSP can assist in providing financial security during your retirement.

Credit Management

Tuesday, Feb 20, 9:00 a.m. – 12:00 p.m.

You will learn to establish and maintain good credit, and determine a safe debt load.

Life Skills Education Programs

Anger Management (3 Sessions) (In Person)

Wednesday, February 7, 14, 21, 8:30 a.m. - 11:30 a.m.

Do you find your anger racing from 0 to 60? Do you often regret something you've said or done as a result of being angry? If the answer is yes, this workshop may be for you!

Anger is a completely normal, usually healthy, human emotion. But when it gets out of control, it can lead to problems at work, in your personal relationships, and in the overall quality of your life. This workshop is designed to help you understand and identify triggers for your anger. You will also learn techniques that can be used to manage and transform anger into a power that works for you, not against you!

This is a workshop will be held weekly. All three sessions must be attended for completion. No Uniforms, Civilian attire only.

Love Languages of Children (In Person)

Tuesday, February 6, 12:00 p.m. – 1:00 p.m.

As parents, we all love your children. But do our children feel our love? If you are not speaking your child's love language, then they may not feel deeply connected with you. This workshop will help you discover your child's love language, assist your child in successful learning, use the love languages to correct and discipline more effectively, and build a foundation of unconditional love for your child.

#CoupleGoals: Building Healthy Relationships (In Person)

Thursday, February 29, 4:00 p.m. – 6:00 p.m.

How would you rate the health & well-being of your romantic relationship? Is it satisfying, fulfilling or is it frustrating and a source of pain?

In this workshop you will learn how to successfully nurture intimate relationships. Topics include emotional record keeping, expectations, communication and developing healthy habits.

New Spouse Orientation (Virtual)

Wednesday, February 28, 11:00 p.m. – 1:00 p.m.

Whether you are a new Navy spouse or you have been around awhile, sometimes you wonder if you moved to another planet! The Navy has its own language, traditions and customs. Everything can seem so different! How are you supposed to understand life on this planet? Make your Fleet and Family Support Center one of your first stops in your new Navy adventure. You can attend a workshop and meet other new Navy spouses, and gather informational materials. FFSC provides new spouse orientation and support for spouses to prepare them for their responsibilities and acquaint them with military and community resources.

Exceptional Family Member Program (EFMP)

Navigating the Individualized Education Plan (IEP) (In Person)

Wednesday, Feb 21, 2023 1:00 p.m. – 2:00 p.m.

Navigating the Individualized Education Plan (IEP) process is not easy. What is your role in the process? What questions do you wish you would have known to ask before you went into the process? This workshop will walk you through the entire IEP process: the referral, evaluation process and the IEP development.

Retired Activities Office (In Person)

Wednesdays, 9:00 a.m. – 11:00 p.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. Office is staffed by retired military volunteers.



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.

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—WiFi, computers, printer, copier, and helpful reference materials.

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