

# THE 2015 BEACON SEPTEMBER

NAS PATUXENT RIVER FLEET AND FAMILY SUPPORT CENTER NEWSLETTER • (301) 342-4911



## Ombudsman Appreciation

The Navy Ombudsman Program is celebrating its 45th anniversary this year. Navy Ombudsmen are volunteers who provide relentless support, leadership and care for sailors and their families during sea duty and while stationed ashore. One of the most valuable offerings we have is our time; and this special group dedicates countless hours of support to the Navy and its programs.

During deployment, the Ombudsman provides command-approved updates, relevant resources and an ear for listening to cares, woes and fears as well as joys and accomplishments. While sailors are on shore duty Ombudsmen serve as a constant link to the command's support systems. While the mission of the Navy falls to the command, the mission of family care and guidance is be directly linked to the Ombudsman.

This invaluable link between families and the command has ensured our sailors are better prepared for the task at hand. Their dedication and service is formally recognized on **Ombudsman Appreciation Day, Sept. 14**. While Ombudsman Appreciation Day is designed to show support and gratitude for all they do, the true recognition comes when a spouse calls and says, **"Thank you for helping!"**. Let us all take a moment to stop and appreciate the tireless efforts of our Ombudsmen.

To the NAS Patuxent River Ombudsmen,

*We thank you and honor you for your care, service, dedication and time.  
Happy Ombudsmen Appreciation Day!*



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# Calendar September 2015

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1	2 Money and Deployments 11:30 am-12:30 pm Welcome to Pax 1-3 pm Accessing Higher Education, 8 am-4:30 pm	3 Playgroup@GFCC 10-11 am	4	5
6	7 CLOSED	8 Amazing Newborns 4-6 pm	9 Suicide Awareness/Prevention, 9-10 am Effective Communication 12-1:30 pm	10 Playgroup@GFCC 10-11 am EFMP IEP/504 Workshop 10 am-12 pm	11	12
13	14	15 Militray Spouse 101 1-4 pm	16 Awareness and Identity Theft 11:30 am-12:30 pm	17 Playgroup@GFCC 10-11 am Resume Writing 1-4 pm	18	19
Transition GPS (TGPS/Retiree), Sept. 14-22 (Monday-Thursday, 8 am-4:30 pm, and Friday 8 am-4 pm)						
20	21	22	23	24 Playgroup@GFCC 10-11 am Ten Steps to a Federal Job, 1-4 pm	25	26
Transition GPS (TGPS/Retiree) Sept. 21-22, 8 am-4:30 pm						
27	28	29	30 Stress Management 9-11 am Budgeting for Baby 10 am-Noon			
Transition GPS, Sept. 28-Oct. 2 (Monday-Thursday, 8 am-4:30 pm, and Friday 8 am-4 pm)						

Hours of Operation: Monday-Thursday 7:30 a.m. - 4:30 p.m. and Friday 7:30 a.m.- 4 p.m.

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# Programs for Education and Training

The FFSC is always looking for a few **GOOD VOLUNTEERS**. If interested please give us a call.

**CLOSED Monday, Sept. 7**

**HOURS OF OPERATION:** Monday-Thursday 7:30 a.m.-4:30 p.m., Friday 7:30 a.m.-4 p.m.

*Workshops and seminars are open to active-duty and retired military personnel and their family members. The facilitators are from the Fleet and Family Support staff or professional organizations and are not permitted to solicit or promote their businesses. All classes/seminars are held at the Fleet and Family Support Center unless otherwise noted.*

Reservations for classes are necessary call (301) 342-4911.



## CAREER DEVELOPMENT

### **Resume Writing, Thursday, Sept. 17, 1-4 p.m.**

Don't get passed over because your resume lacks keywords or isn't in the preferred format. This program offers many different trends and techniques for writing the best resume. Seating is limited.

### **Ten Steps to a Federal Job, Thursday, Sept. 24, 1-4 p.m.**

Learn how to navigate the federal job system. A 137-page training guide is provided.

## DEPLOYMENT

### **Military Spouse 101, Tuesday, September 15, 12-4 p.m.**

New and not so new military spouses: Learn how to make your military time more successful and enjoyable. Understand military language and customs, understand your benefits and entitlements, as well as the culture of the military family.

## FINANCIAL MANAGEMENT

### **Money and Deployments**

#### **Wednesday, Sept. 2, 11:30 a.m.-12:30 p.m.**

Deployment can be a time of anxiety and uncertainty for both service members and their families. Finances have a tendency to take a back seat to spending time with family and preparing for deployment. This workshop will address maintaining good habits while away, it is actually possible to return to a much better financial situation than when you left.

### **Awareness and Identity Theft**

#### **Wednesday, Sept. 16, 11:30 a.m.-12:30 p.m.**

Identity theft is a serious crime. It can disrupt your finances, credit history and reputation, and take time, money and patience to resolve. The rigors of military life may compound the problems that identity theft creates. In this workshop we will talk about steps you can take to prevent it and also what to do if it happens.

## LIFE SKILLS

### **Suicide Awareness/Prevention, Wednesday, Sept. 9, 9-10 a.m.**

This program is designed to raise awareness about the issues surrounding suicide. Learn to identify the warning signs, how to respond to a suicidal person and information on how to access local resources.

### **Effective Communication, Wednesday, Sept. 9, 12-1:30 p.m.**

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.

### **Stress Management, Wednesday, Sept. 30, 9-11 a.m.**

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.

## PARENTS AND CAREGIVERS

### **Playgroup at Glen Forrest Community Center**

#### **Thursdays, Sept. 3, 10, 17 and 24, 10-11 a.m.**

Moms, dads and caregivers are invited to bring their children for playtime at the Glen Forrest Community Club House. Open to all military and family members.



### **Amazing Newborns, Tuesday, Sept. 8, 4-6 p.m.**

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."

### **Exceptional Family Readiness Program**

#### **(EFMP) Workshop, Thursday, Sept. 10, 10 a.m. - 12 p.m.**

A comprehensive review of the Individualized Education Plan (IEP) and 504 processes how to navigate and lead the IEP team, and how to best advocate for your child. Will review sample goal writing and what it means to make "data-based decisions." Will also include a brief study of educational law and breakout session for goal writing and problem solving.

### **Budgeting for Baby**

#### **Wednesday, Sept. 30, 10 a.m.-Noon, Bldg. 401**

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

## RELOCATION

### Welcome to Pax

**Wednesday, Sept. 2, 1-3 p.m.**

Take a windshield tour of NAS Patuxent River and attend a class jam-packed with information about the air station and surrounding communities. A packet with local information is provided.

## TRANSITION

### Accessing Higher Education

**Wednesday and Thursday, Sept. 2-3, 8 a.m.-4:30 p.m.**

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.

### Transition GPS (TGPS/Retiree)

**Tuesday, Sept. 14-22, Monday-Thursday, 8 a.m.-4:30 p.m., Friday 8 a.m.-4 p.m.**

TGPS is for separating and retiring military members. It is a joint venture by the Fleet and Family Support Center and the Departments of Defense, Labor and Veterans Affairs. It is a must-attend workshop. Topics include skills assessment, resume writing, interview techniques, salary negotiations, financial considerations and an overview of veterans' benefits. Please see your Career Counselor to register for this class. Seating is limited.

Reservations for classes are necessary. Please call (301) 757-1865 to register for a class.



### Transition GPS

**Monday-Friday, Sept. 28-Oct. 2, Monday-Thursday, 8 a.m.-4:30 p.m. and Friday 8 a.m.-4 p.m.**

Transition GPS (TGPS) is for separating and retiring military members. It is a joint venture by the Fleet and Family Support Center and the Departments of Defense, 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 register for the class. Seating is limited.

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## SERVICES

### Clinical Counseling Services

Clinical Counseling services can directly improve the quality of life of service members and their family members by addressing the stressors facing today's military. Stress may be caused by such things as family hardships, marital conflicts, parent/child issues, money concerns, frequent moves, health and environmental factors, and other difficulties. To make an appointment with a counselor, please call (202) 685-6019 or (301) 342-4911.



### Exceptional Family Member Program

The Exceptional Family Member Program (EFMP) is a DoD program addressing the special needs of our NAS Patuxent River military families. If you have an Exceptional Family Member with special needs (i.e., a medical condition or educational disability), it's important to enroll in EFMP so the Navy can ensure appropriate assignments and provide helpful information and referral resources. For more information, please call (301) 757-1861.

### Financial Counseling Services

The Personal Financial Educator at the Fleet and Family Support Center can help you and your family work towards managing your finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement. With the help of the financial educator, you can take control of your finances, reduce money-related stress and overcome financial challenges. Open to active-duty, retirees and family members. To make an appointment with a counselor, please call (301) 342-5442.

### General Military Training

Fleet and Family Support Center staff members can bring seminars and workshops to your Command. For more information, please call (301) 342-4911.

### School Liaison Program

The School Liaison Officer (SLO) helps prepare students, parents, schools and Navy leaders to respond to moves and deployment issues concerning school-age children and youth. SLOs help Navy families be the best advocates for their child's education. Parents and community members with questions on school-age military/DoD child education may contact Dawn Simpson, School Liaison Officer at dawn.simpson@navy.mil or (301) 757-1871.



### Sexual Assault Prevention and Response

The Sexual Assault and Prevention and Response Coordinator (SARC) is available for General Military Training, Supervisor's Training and Commander's Tool-kit Training. SAPR Victim Advocate Mandatory Refresher Trainings are scheduled quarterly. Topics differ from month to month. Please contact the Fleet and Family Support Center for the next available SAPR 40-hour Victim Advocate training.