

THE 2017 BEACON MAY

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



MILITARY SPOUSE

Appreciation Month

National Military Spouse Appreciation Day is celebrated on the Friday before Mother's Day in May. This year it will be celebrated on Friday, May 12th, 2017.

In 1984 President Ronald Reagan recognized the profound importance of spousal commitment to the readiness and well-being of military members with Proclamation 5184, dated April 17, 1984. Congress officially made Military Spouse Appreciation Day part of National Military Appreciation Month in 1999. Subsequently the Department of Defense standardized the date by declaring the Friday before Mother's Day every year as Military Spouse Appreciation Day to show appreciation for the sacrifices of military spouses.

On Military Spouse Appreciation Day, we celebrate military spouses' contributions to keeping our country safe. America's military spouses are the backbone of the families who support our troops during mission, deployment, reintegration and reset. They are the silent heroes who are essential to the strength of the nation and they serve our country just like their loved ones.

Read more: <http://militarybenefits.info/military-spouse-appreciation-day/#ixzz4T1PfonFP>



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Calendar May 2017

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1	2	3 Smooth Move-Home or Abroad, 9-10 am	4 Playgroup@GlenFCC 10-11 am	5	6
7	8 Sponsorship Training 9-10 am	9	10 Welcome to Pax 9-11 am TAP Career Technical Training Track May 10-11, 8 am-4 pm	11 Playgroup@GlenFCC 10-11 am Ten Steps to a Federal Job, 9 am-12 pm 1-2-3 Magic, 1-4 pm	12	13
14	15 Stress Management 1-3 pm	16	17	18 Playgroup@GlenFCC 10-11 am Effective Communication 9-11 am	19 John Hopkins Health Plan, 8-9 am	20 Military Spouse Appreciation Brunch 11:30 am- 2:30 pm
21	22	23 SAPR Refresher Training 8 a.m.-4:30 pm	24	25 Playgroup@GlenFCC 10-11 am	26	27
28	29 MEMORIAL DAY Closed	30 SAPR C Training 9:30-11:30a am	31 Budgeting for Baby 10-11:30 am			

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

*Reservations for classes are Necessary 301-342-4911

The Fleet and Family Support Center always is looking for a few good volunteers. If you are interested, please give us a call.

CLOSED Monday, May 29 - Memorial Day

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

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. Classes are for patrons 18 and older unless otherwise specified. Facilitators are FFSC staff members or from professional organizations and are not permitted to solicit or promote their business.

The Fleet and Family Support Center always is looking for a few good volunteers. If you are interested, please give us a call.

CAREER DEVELOPMENT

Ten Steps to a Federal Job, May 11, 9 a.m.-12 p.m.

Learn how to navigate the federal job system. Determine if you are applying for a position within your series classification. Understand federal vacancy announcements. A 137 pg. training guide will be provided.

HEALTH CARE PLAN

John Hopkins Health Plan

May 19, 8-9 a.m.

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.

RELOCATION & DEPLOYMENT PROGRAMS

Smooth Move-Home or Abroad

May 3, 9-10 a.m.

This class is designed for those moving anywhere in the U.S. or overseas. Receive expert information about travel and pay, household goods shipments, stress management, budgeting for your move, housing concerns, moving with kids, cultural adaptation, plus specific overseas information.

Sponsorship Training, May 8, 9-10 a.m.

This training is for the active duty military person who has been assigned to "SPONSOR" another active duty military service member who will be arriving at this duty location. Sign up please.

Welcome to Pax, May 10, 9-11 a.m.

Take a windshield tour of the NAS Patuxent River complex, and attend a class jam-packed with information about the base and surrounding communities. Local information packet provided.

LIFE SKILLS EDUCATION PROGRAMS

Stress Management, May 15, 1-3 p.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.

Effective Communication, May 18, 9-11 a.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.

PROGRAMS FOR PARENTS & CAREGIVERS

Playgroup @ Glen Forrest Community Center

May 4, 11, 18 and 25, 10-11 a.m.

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

Glen Forrest Community Center

21560 Green Tree Dr. Lexington Park, MD 20653

1-2-3 Magic, May 11, 1-4 p.m.

Are you frustrated trying to find an effective and positive way to discipline your children? 1-2-3 Magic: Effective Discipline for Children 2-12 is an evidence-based, easy-to-learn method that will help promote effective parenting in a way that engages both mom and dad. We will help you break down the task of parenting into three straightforward jobs: Controlling obnoxious behavior, encouraging good behavior, and strengthening your relationship between you and your children.

Budgeting for Baby, May 31, 10-11:30 a.m.

The Navy Marine Corps Relief Society (NMCRS) 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, Transition GPS (TGPS)

Transition GPS (TGPS/Retiree)

May 1-May 9, 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 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.





Transition GPS (TGPS/Separatee)

May 15-March 19, 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 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.

TAP Career Technical Training Track

May 10 and 11, 8 a.m.-4 p.m.

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.

SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

SAPR Refresher Training, May 23, 8 a.m.-4:30 p.m.

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.

SAPR C Training, May 30, 9:30-11:30 a.m.

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.

MISCELLANEOUS

Military Spouse Appreciation Brunch @ Glenn Forest Community Center

May 20, 11:30a.m. - 2:30p.m.

Finger food, coffee and tea provided. This is a kid-free event. Only 50 spots are available. Reservations are required by May 10.

Glenn Forest Community Center

21560 Green Tree Dr. Lexington Park, MD 20653



Clinical Counseling Services

FFSC 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 can be caused by such things, as family hardships, marital conflicts, parent/child issues, money concerns, frequent moves, health and environmental factors, and other difficulties. If you would like to make an appointment with a Counselor, please call (202) 685-6019 or 301-342-4911.

Financial Counseling Services

The Personal Financial Educator at the Fleet & Family Support Center (FFSC) 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 FFSC Financial Educator, you can take control of your finances, reduce money-related stress and overcome the financial challenges of military life. Open to active duty, retirees and family members. If you would like to make an appointment with a Counselor, please call (301) 342-4911.

General Military Training

The FFSC will bring seminars and workshops to your Command. Call the FFSC at 301-342-4911 for more info.

School Liaison Program

School Transitions - Deployment Support - Home School Linkage
Special Education Navigation - Post Secondary Support
Command/School, Communications - Partnerships in Education
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, NAS Pax River at dawn.simpson@navy.mil or 301-757-1871.

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 (EFM) 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 EFMP information, or if you would like to receive monthly EFMP Newsletters/event announcements, please contact (301)757-1862.

Sexual Assault Prevention & Response, SAPR

The Sexual Assault 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 FFSC at 301-757-1867 for the next available SAPR 40-hour Victim Advocate training.

