

Transition Assistance



Are you ready for your transition into the civilian sector? FFSC will help you become better prepared by providing the following:

- ▶ Employment Workshops
- ▶ Federal Employment Information
- ▶ Individual Career Counseling
- ▶ Internet Job Searching
- ▶ Resume Reviews
- ▶ Transition Assistance Services

Counseling Services



New challenges occur all the time – things like new jobs, new babies, relationship problems, or stress at work. Counseling can help! It gives you a chance to develop new problem-solving skills to help reduce your stress-level and focus on solutions. FFSC is staffed with fully-qualified, licensed counselors who know how to help.

Call FFSC to learn more about these beneficial services:

- ▶ Child Counseling
- ▶ Deployed Resiliency Counselors
- ▶ Education Programs
- ▶ Individual and Couples Counseling
- ▶ Sailor Assistance and Intercept for Life (SAIL)
- ▶ Therapeutic Group Counseling



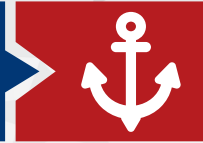
Military Life Skills Education



Military life can be a challenging, yet very rewarding experience. The following FFSC Life Skills Education programs provide a variety of valuable resources that can help service members and their families successfully manage the challenges of military life:

- ▶ Building Healthy Relationships
- ▶ Family Violence Prevention Education
- ▶ Information and Referral
- ▶ Mind Body Mental Fitness
- ▶ New Parent Support/Parenting Programs
- ▶ Ready Navy
- ▶ Stress and Anger Management
- ▶ Suicide Prevention Education

Command Support



Whether your command needs support during a crisis, training for command leadership, or an FFSC Command Representative specifically assigned to serve the needs of your command, FFSC is here to support your command by providing:

- ▶ Crisis Support
- ▶ Exceptional Family Member Program (EFMP) POC Training
- ▶ Family Readiness Group Training and Support
- ▶ FAP Command Leadership Training and FAP POC Training
- ▶ FFSC Command Representatives
- ▶ Leadership Spouse Training
- ▶ Leadership Training
- ▶ Managing Your Navy Career Options (MYNCO)
- ▶ Ombudsman Training and Support
- ▶ Sexual Assault Prevention and Response (SAPR) Training and Support
- ▶ Sponsor Training
- ▶ Suicide Prevention Brief
- ▶ Trainings and Workshops at Your Command



FFR.CNIC.Navy.mil/
Family-Readiness/



NavyLifeMA.com/FFSC

FLEET AND FAMILY SUPPORT CENTERS (FFSC)

CONNECTICUT

New London860-694-3383

HAMPTON ROADS, VIRGINIA

Dam Neck Annex 757-492-6342
 Fort Story 757-422-7311
 Little Creek 757-462-7563
 Newport News 757-688-6289
 Norfolk 757-444-2102
 NSA HR - Northwest Annex 757-421-8770
 NSA HR - Portsmouth Annex 757-953-7801
 Oceana 757-433-2912
 Yorktown 757-887-4606

ILLINOIS

Great Lakes 847-688-3603 ext. 100

NEW HAMPSHIRE

Portsmouth 207-438-1835

NEW JERSEY

Earle 732-866-2115

NEW YORK

Saratoga Springs 518-886-0200 ext. 146

RHODE ISLAND

Newport 401-841-2283

NATIONAL RESOURCES

National Suicide Prevention Lifeline988
 National Domestic Violence Hotline1-800-799-SAFE (7233)
 National Child Abuse Hotline1-800-4-A-CHILD (422-4453)
 Sexual Assault Victim Advocate 24/7
 DOD Safe Helpline 1-877-995-5247
 or call your installation FFSC.
 safehelpline.org
 Military OneSource1-800-342-9647
 militaryonesource.mil



No Navy endorsement implied.

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Supporting MISSION Readiness Through FAMILY Readiness



FLEET &
FAMILY
SUPPORT
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**FLEET &
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CENTERS**
MID ATLANTIC

Mid-Atlantic Fleet & Family Support Centers (FFSC) recognize that being in the military presents unique challenges and opportunities for service members and their families.

FFSC's programs and services are designed to help you make the most of your military experience...and they are available to you at no cost.

WE'VE GOT YOU COVERED!



Family Employment Readiness Program



With approximately half of today's military spouses working, FFSC's Family Employment Readiness program is a valuable resource to help spouses and family members find employment. FFSC offers:

- ▶ Employment Workshops
- ▶ Federal Employment Information
- ▶ Individual Career Counseling
- ▶ Local and National Employment Information
- ▶ Mock Interviews
- ▶ Resume Reviews

Family Advocacy Program



FFSC is committed to preventing domestic violence and child abuse in our military community. The Navy's Family Advocacy Program provides the following vital services to commands and individuals:

- ▶ Clinical Counseling Resources
- ▶ Family Violence Prevention and Awareness Education
- ▶ Intervention and Case Management
- ▶ New Parent Support Home Visitation Program
- ▶ Victim Advocacy Services

Sexual Assault Prevention and Response Program



Provides high quality services and support to victims and survivors of sexual assault that strengthen their resilience and instill confidence and trust in the reporting process, whether they file a restricted or unrestricted report.

Call your local FFSC to learn more about:

- ▶ Case Management
- ▶ Training for SAPR Victim Advocates
- ▶ Victim Advocacy

Personal Financial Management



FFSC has many resources that can help you manage your money. Here's how FFSC's fully-qualified financial educators and counselors can help:

- ▶ Command Financial Specialist Training and Support
- ▶ Individual Financial Counseling
- ▶ Personal Financial Management Workshops
- ▶ Financial Literacy Touchpoint Education and Training
- ▶ Touchpoint Education and Counseling



Deployment and Mobilization Support



Deployments are a way of life for our military service members. Whether single or married, there are effective ways of dealing with this experience. FFSCs work very closely with deploying commands, their Ombudsman, and Family Readiness Groups to provide information and assistance. In addition, FFSC offers the following deployment and mobilization programs:

- ▶ Deployment Readiness Briefs for commands, individuals, couples, family members and children
- ▶ Deployment Support for families, spouses and children
- ▶ Homecoming and Reintegration preparation for families, spouses and children
- ▶ Return and Reunion for service members on the transit back to homeport. Target populations are

command leadership, single sailors, sailors with partners, sailors with children and new parents. Additional training is available regarding stress management, financial management, car buying and sexual assault prevention and response.



Relocation Assistance Services



Whether you're arriving to or departing from your duty station, the following FFSC relocation services can help make the move easier on you and your family with:

- ▶ Relocation Assistance
- ▶ Relocation Workshops
- ▶ Welcome Aboard Information

Ombudsman Support



An Ombudsman is a command-appointed volunteer who serves as a liaison between command leadership and Navy families. Ombudsmen also provide resource referrals to command families when assistance is needed.

FFSC supports the Ombudsman program with:

- ▶ Ombudsman Basic Training
- ▶ Ombudsman Advanced Training
- ▶ Ongoing Guidance for Ombudsmen

FFSC also offers a host of other programs and services including information and referral, individual deployment support and Family Readiness Group training. Call your FFSC today for more information.