

Transition Assistance



Are you separating or retiring soon? If so, FFSC can help you become better prepared for your transition into the civilian sector by providing the following:

- ▶ Employment Workshops
- ▶ Federal Employment Information
- ▶ Individual Career Counseling
- ▶ Internet Job Searching
- ▶ Resume Critiques
- ▶ 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
- ▶ Education Programs
- ▶ Individual and Couples
- ▶ Counseling
- ▶ Therapeutic Group Counseling
- ▶ Sailor Assistance and Intercept for Life (SAIL)



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
- ▶ New Parent Support/Parenting Programs
- ▶ Stress and Anger Management
- ▶ Ready Navy

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:

- ▶ 21st Century Career Options and Navy Skills Evaluation Program (CONSEP)
- ▶ Crisis Support
- ▶ Exceptional Family Member Program (EFMP) POC Training
- ▶ FAP Command Leadership Training
- ▶ FFSC Command Representatives
- ▶ Family Readiness Group Training
- ▶ Leadership Spouse Training
- ▶ Leadership Training
- ▶ Ombudsman Training and Support
- ▶ Operational Stress Control Brief
- ▶ Sexual Assault Prevention and Response (SAPR) Support
- ▶ Suicide Prevention Brief
- ▶ Trainings and Workshops at Your Command



To schedule a counseling appointment, call
1-800-372-5463



For more information about FFSC Programs and Services, visit:
www.cnic.navy.mil/navylifema



SCAN FOR WEBSITE

FLEET AND FAMILY SUPPORT CENTERS (FFSC) CONNECTICUT

New London	860-694-3383
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
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NEW HAMPSHIRE

Portsmouth.....	207-438-1835
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NEW JERSEY

Earle	732-866-2115
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NEW YORK

Saratoga Springs	518-886-0200 ext. 146
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RHODE ISLAND

Newport	401-841-2283
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NATIONAL RESOURCES

National Suicide Prevention Lifeline	1-800-273-8255
National Domestic Violence Hotline	1-800-799-SAFE (7233)
National Child Abuse Hotline	1-800-4-A-CHILD (422-4453)
Sexual Assault Victim Advocate 24/7	
DOD Safe Helpline	1-877-995-5247
	or call your installation FFSC.
Military OneSource.....	1-800-342-9647
	militaryonesource.mil



NRMA-FFSC-2004-368-LW - MRKTNG

Supporting MISSION Readiness Through FAMILY Readiness



FLEET & FAMILY SUPPORT 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!



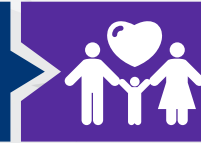
Family Employment Readiness Program



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
- ▶ Resume Critiques

Family Advocacy Program



Domestic violence, spouse and child abuse and neglect, are serious problems which may be experienced by individuals and families. The Navy's Family Advocacy Program provides the following vital services to commands and individuals:

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

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:

- ▶ Victim Advocacy
- ▶ Case Management
- ▶ Training for SAPR POCs and Advocates
- ▶ Command Consultation

Personal Financial Management



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

Command Financial Specialist Training and Support

- ▶ Individual Financial Counseling
- ▶ Personal Financial Management Workshops



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 offer advice and assistance. In addition, FFSC offers the following deployment and mobilization programs:

- ▶ Deployment Readiness Brief
- ▶ Deployment Readiness for Parents
- ▶ Individual Augmentee Support
- ▶ Reserve Mobilization/Demobilization Assistance
- ▶ Return and Reunion
- ▶ Singles and Couples Pre-deployment

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 an information link 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

Navy Gold Star Program



The Navy Gold Star Program demonstrates the Navy's commitment to Families of the Fallen by providing dedicated services and support to Survivors in their communities. Navy Gold Star connects and serves our Surviving Families during and/or immediately following the casualty assistance process. Navy Gold Star Coordinators will:

- ▶ Assist with State and Federal survivor benefits.
- ▶ Facilitate remembrance events to help ensure that the sacrifices of our heroes are never forgotten.

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.