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NSA Hampton Roads Portsmouth Annex  
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Portsmouth, VA 23708

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**SUICIDE & CRISIS LIFELINE**  
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**7928 14th Street**  
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# SIGNAL

**FLEET & FAMILY SUPPORT CENTERS OF HAMPTON ROADS**

**2023**  
**OCT**  
**NOV**  
**DEC**

## FFSCs: Supporting Sailors and Families Before, During and After Deployments

### The Deployment Cycle

For service members and their families, deployments encompass more than the time spent at sea or in a foreign country. There is a cycle that begins long before the ship or unit departs, and it continues beyond homecoming. For the different warfare communities — aviation, submarine, surface, expeditionary and special forces — the cycle may be different, but the overall process is the same. The deployment cycle consists of four phases: pre-deployment, deployment, post-deployment and reintegration. You never return to the same deployment phase; you move forward. You learn, grow and change through your deployment experiences, making you more resilient and ready for the next deployment. Fleet & Family Support Centers (FFSCs) work closely with command triads and other command support teams to assist Sailors and family members with briefs and other activities to help with their deployment support needs.

### ► Pre-Deployment Phase

Before deployment, commands and units go through additional training to prepare for their upcoming missions. There is an increased operations tempo (OPEMPO) as equipment is tested and training intensifies. Service members may be gone for days or weeks at a time, returning home for brief periods before leaving again to continue training. This period, sometimes referred to as "workups," can be stressful due to the uncertainty of the schedule. For families, this is the time to begin preparing for the longer separation of deployment.

### ► Deployment Phase

The deployment phase begins with the departure of the ship or unit. Facing the extended separation can result in stress for both service members and their families. For service members, once the ship or unit has deployed, it becomes a time to focus on the mission at hand. For families, it is a time to adjust to the absence of their loved ones and develop a new "normal" for the duration of the deployment.

### ► Post-Deployment Phase

Once the ship or unit has returned, there is a brief respite before a return to normal duties. Service members may be able to take leave during this time, but it is important to remember that leave is determined by the needs of the command. There may also be opportunities for service members to attend training, as needed.

### ► Reintegration Phase

The final phase of the deployment cycle. During this time, service members adjust to being home with loved ones and return to their customary routines and activities. This time can be stressful for some service members and family members as everyone adjusts to being together again.

*If you are feeling stressed or anxious and need help for dealing with any phase of the deployment cycle, please contact your local Fleet and Family Support Center (FFSC) for assistance.*

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## COMMAND SUPPORT PROGRAMS

### Deckplate Resource Awareness Training

This two-day training is specifically for Second Class Petty Officers in supervisory positions. It provides information on Navy and community resources available to military personnel. Through solution-focused exercises, participants learn techniques to effectively address personnel concerns brought to their attention. Hampton Roads commands are invited to nominate participants by calling their FFSC.

### Exceptional Family Member POC Training

This half-day training provides information that enables POCs to assist members in their commands. Who should attend: any newly-designated EFMP POC in the Hampton Roads area.

### Family Readiness Group (FRG) Trainings

FRGs play an integral part in keeping families together in various situations, especially during deployment. Please contact your closest FFSC for more information regarding all FRG trainings.

### FAP POC Quarterly Training

This two-hour course emphasizes the Command's crucial role in all aspects of the Family Advocacy Program (FAP). Topics include an overview of FAP, prevention, intervention, legal issues, and reporting. Who should attend: COs, XO's, CMCs, COBs, Chaplains, Command FAP POCs, CRC members, and Key Responders.

### My Navy Career Options (formerly CONSEP)

The standard of career readiness, this course provides Navy Career Counselors and Fleet & Family Support Center (FFSC) staff an opportunity to guide first-term and mid-career Sailors through the career opportunities available in the Navy and in the civilian sector. This course will enhance mission readiness by giving Sailors the tools to make informed decisions about their educational and career options.

### Ombudsman Advanced Training

This training is for all Ombudsmen who have completed the Ombudsman Basic Training course. The purpose of advanced training is to support Ombudsmen's ongoing educational and informational needs.

### Ombudsman Basic Training

This training consists of nine modules that help official Command Ombudsmen and command leadership team members work effectively with their commands. Workshops provide resources for helping families through crisis and daily living. Open to Ombudsmen, COs, XO's, Chaplains, CMCs, COBs, and their spouses.

### PCO-PXO Spouses Workshop

This is a one-day workshop for spouses of Prospective Commanding Officers (PCO) and Prospective Executive Officers (PXO). It provides information on military and community resources, roles of PCO/PXO spouses, and leadership/growth opportunities. It also gives participants a chance to network and problem solve together.

### SAPR Administrative Unit Victim Advocate Training

This two-hour course provides guidance to SAPR command-level designees to effectively oversee compliance with SAPR program policy requirements onboard their units and commands. The training provides current information and guidance on roles and responsibilities to include available military and community victim support services, SAPR reporting requirements, and facilitation of CNIC-approved awareness and prevention training. Administrative Unit VAs are also required to attend the SAPR Victim Advocate Basic Training and become D-SAACP certified before being designated in writing.

### SAPR Victim Advocate Basic Training

The 40-hour victim advocate basic training prepares participants with the skills and knowledge to become Unit Victim Advocates. The training covers a broad spectrum of services available to sexual assault victims, to include roles and responsibilities of SAPR personnel, Confidentiality Policy, Victimization, Reporting Options, Medical, Investigative, Legal Processes, and Self-Care. Participants will also gain a better understanding of command and system responses, how to address safety needs, provide services, referrals, and advocacy throughout the process from initial reporting to final adjudication or disposition. Upon successful completion of the training, participants are eligible to apply to the Department of Defense Sexual Assault Certification Program (D-SAACP) as a requirement to be certified as a "SAPR Victim Advocate".

### SAPR Victim Advocate Continuing Education Training

This training facilitates maintaining victim advocates' DOD Sexual Assault Advocate Certification Program (D-SAACP) credentialing. These workshops provide SAPR program updates and advanced training in assisting victims of sexual assault. Who should attend: D-SAACP credentialed victim advocates in the Hampton Roads area. All other SAPR trained personnel are welcome. However, continuing education hours are not mandated for other SAPR positions.

### Sponsor Training

This single-session training, available for presentation at your worksite, teaches command personnel to serve as sponsors. Topics include ways to be an effective sponsor, duties and responsibilities, military and community resources, and FFSC relocation assistance.

## FAMILY EMPLOYMENT/TRANSITION ASSISTANCE PROGRAMS

### Career Development

The program observes the processes of assessing career interests, as well as exploring and choosing careers and entrepreneurship. It addresses employment challenges resulting from the mobile military lifestyle and provides tools and learning to help bring you closer to your ideal job, skill set and lifestyle.

### Effective Resume Writing

This interactive training will review the basic types of resumes and discuss which types are appropriate for different job seekers and what information should be included on each. It will also discuss the essential elements of cover letters to use in conjunction with resumes and how to compile a resume effectively in the current job market.

### Interview Techniques

Want to feel more confident at your next job interview? This single-session workshop teaches you how. Topics include the interview process, including traditional and behavioral interviewing questions, as well as methods for responding to these questions using the STAR (Situation, Task, Action, Result) method.

### Job Network

Job Network is a monthly employer panel comprised of three to four human resources personnel. Ask local and national employers what they like to see on resumes and how to prepare for interviews. Find out about open positions, their application process, and what benefits are available. Transitioners, separates, and military family members are invited to attend.

### Job Search Strategies

This program focuses on the job search process. It observes the most effective methods for job searching, including networking, job search engines, job fairs, social media and employment agencies. During this session, learners will identify their network, construct a personal elevator speech, write two job search SMART (Specific, Measureable, Achievable, Relevant, and Time-bound) goals and learn how to improve their professional online presence.

### Navigating Federal Employment

This course focuses on the federal employment process. It explains the process of creating a USA Jobs profile, as well as searching and applying for jobs in federal government. It reviews unique hiring paths and special hiring authorities such as veterans and military spouse preferences. It discusses the essential elements of an effective federal resume and provides an in-depth look at job vacancy announcements, assessments and job requirements.

### TAP (Transition Assistance Program)

This three-day workshop is the mandatory Transition Core Curriculum Course for military members who are retiring or separating from the military. The course includes one-day Department of Defense Training (Pre-Separation Counseling, My Transition Overview, Skills Identification, and Financial Preparedness for Transition); one-day Veterans Administration (VA) Benefits and Services Brief; and one-day Department of Labor (DOL) Employment Workshop.

See your Command Career Counselor regarding TAP requirements that must be completed prior to attending a workshop.

### VA Disability Benefits Review

Conducted by a VA accredited, Virginia Department of Veterans Services (VDVS) Veterans Services Representative (VSR), this three-hour workshop provides participants information on the VA disability claim process. This includes discussing laws that pertain to disability compensation, the VA's responsibility to execute laws pertaining to Veteran's benefits and entitlements, the role of Section 38 of the Code of Federal Regulations and how it applies to the Veteran's disability benefits, and claim development and submission. Participants will also get an overview of other VA benefits, as well as VDVS programs available to them upon transition. The workshop is open to all separating service members who wish to file a disability compensation claim. If participants have hard copy medical records, they should bring them to the workshop to provide to the VDVS VSR. The workshop is sponsored by the Virginia Department of Veterans Services and FFSC.

### Transition Tracks

These two-day transition tracks are part of the Transition Assistance Program and contain information and skills to set service members up for success within their career trajectory.

### Education

#### • Managing Your Education

This course, designed for anyone pursuing an undergraduate or graduate degree, includes information on choosing a field of study, selecting an institution, gaining admission, and funding your education.

### Employment

#### • Department of Labor Employment Workshop

This course presents a comprehensive view covering best practices in career employment, including learning interview skills, building effective resumes, and using emerging technology to network and search for employment.

### Entrepreneurship

#### • Boots 2 Business

This course is for those interested in exploring business ownership or other self-employment opportunities. Participants learn about evaluating business concepts, developing a business plan, the resources available to access technical assistance, start-up capital, contracting opportunities, and more.

### Vocational

#### • Career and Credential Exploration (CZE)

This course offers an opportunity to complete personalized career development assessments of occupational interests and aptitudes. Participants will then be guided through a variety of career considerations, including labor market projections, education, apprenticeships, certifications, and licensure requirements.

## MILITARY LIFE SKILLS EDUCATION PROGRAMS

### Building Effective Anger Management Skills (BEAMS)

Do you find your anger racing from zero to 60 at work or at home? BEAMS is a six-session, skill-building program for active duty, retired personnel, and their adult family members ages 18 and older. The BEAMS course is designed to prevent anger from escalating to violence. Participants learn to develop new and effective coping strategies.

### Building Healthy Relationships

The purpose of this training is to provide tools to enhance healthy relationships and educate military personnel and their families on how to successfully nurture intimate relationships. Topics include emotional record keeping, expectations, communication, and developing healthy habits.

### Children and Divorce

This four-hour workshop addresses the pain and loss of a family breakup from the child's perspective. Topics of discussion include typical reactions of children of different ages, things children need to hear, and what parents can do to help them through the pain. Suggestions for the non-custodial parent are also provided. This class meets the Virginia State Law mandate requiring divorcing parents of minors to attend four hours of parent education.

### Couples Workshop

Do you have trouble communicating with your partner? Do you find yourselves arguing a lot? This two-session workshop will help you improve your day-to-day communication, learn how to fight fair, problem-solve, and strengthen your relationship. Open to military beneficiaries and their partners.

### Dads and Discipline

The culture of fatherhood is changing as dads become increasingly involved with their children. Dads are often seen as "disciplinarians," yet come to the job with no specific training. This interactive, single-session class provides an opportunity for fathers to gain valuable, practical information about parenting. Participants will discuss parenting styles and learn effective discipline techniques to help raise responsible, well-behaved children.

### Enhancing Stepfamilies

This single-session workshop includes discussions on the myths of stepfamily living, the different roles a stepparent may assume, the stages a stepfamily goes through as they develop, and tips for handling discipline. Discussion also includes information on stepparenting in a military family.

### Mind-Body Mental Fitness (MBMF)

This program is designed to promote a culture of excellence as part of the continuum of Warrior Toughness, Expanded Operational Stress Control (E-OSC) and Command Resilience Team (CRT). It consists of six modules (Stress Resilience, Mindfulness & Meditation, Living Core Values, Flexibility, Problem Solving and Connection) which can be completed in any sequence. The course includes real-world discussions and skills practice to improve the four domains of resiliency (mind, body, spirit and social) and build toughness, trust and connectedness. This course is appropriate for commands, service members, family members, family units, and Family Readiness Groups.

### MBMF Module 1: Stress Resilience

In this module you will learn how stress affects the four domains of resilience, as well as how to recognize it and turn it into an opportunity for growth. You will also develop the vital skills of energy management and recalibration through practical exercises designed to resync your mind-body connection, increase clear thinking and optimize performance.

### MBMF Module 2: Mindfulness & Meditation

In this module you will learn about the three attitudes of mindfulness (non-judgment, curiosity and acceptance) and how these attitudes can improve decision-making, reduce destructive behaviors and increase optimal performance. Through practical exercises, you will also learn how mindfulness and meditation can aid in recovery from stress.

### MBMF Module 3: Living Core Values

In this module you'll learn how values can help you stay on course and maintain commitment and consistency when you're under stress. You will also learn how to identify and define your values, relate them to Core Navy Values and your personal goals, and develop strategies for dealing with situations where your values and behaviors are in conflict.

### MBMF Module 4: Flexibility

This module will teach you how to better understand your own thoughts, emotions and behaviors, how they are different, and how they interact with one another. You will also learn how to deal with your thoughts, emotions and behaviors in different settings using practical skills.

### MBMF Module 5: Problem Solving

This module will cover the basic steps of effective problem-solving using practical examples of how these steps can be applied at work and at home. You will also learn how to recognize the dynamics and interactions that lead to personal and group challenges as well as healthy and helpful coping skills.

### MBMF Module 6: Connections

In this module you will learn how connection and communication help you manage stress and develop resiliency, among many other benefits. You will learn how to identify your support network and recognize the different communication styles that, when understood, can lead to more successful communication. You will also learn about the vital role empathetic listening has in building connections, communicating effectively and improving the cohesiveness of groups and organizations.

### New Parent Resource Awareness Workshop

This four-hour workshop assists expectant parents as they prepare for the arrival of a new baby. Topics discussed include the Navy's policy on pregnant servicewomen, Navy Family Care Plans, housing information, Navy Marine Corps Relief Society, and information about their Budgeting for Baby program, child care resources, FFSC programs and services, the WIC program, and career planning. Registration is open to all expectant parents. Partners are strongly encouraged to attend with them.

### Parenting 411

This workshop provides expectant parents and parents of children up to three years old with the foundational tools for nurturing children, as well as basic parenting skills. Topics discussed are stages of development, how to handle crying, temper tantrums, self-care, and alternative measures for discipline.

### Parenting in a Military Family

This workshop explores what it means to discipline children and the ways it can be most effectively accomplished. It includes strategies for encouraging children to behave appropriately, communicating in ways that really work, and increasing cooperation. Participants discuss attention-seeking behaviors and how parents can best respond to them. Additional topics include child development, temperament, expecting and giving respect, and the impact that a military lifestyle has on children.

### Parenting Teens

This single-session workshop presents the physical, cognitive, social, and emotional developmental characteristics of teens, and parents' reactions to the way adolescents handle these changes. Discussion topics include building healthy relationships, avoiding power struggles, and providing guidelines. This is an overview of the in-depth STEP Teens multi-session program.

### Personal Communications

Would you like to improve your personal communication skills? This educational group can make a difference! Participants learn about different communication styles, conflict resolution, and ways to develop more effective speaking and listening skills. Open to active duty military and family members.

### Ready Navy

When an emergency strikes, knowing what to do can save lives, property, and time. One of the most important tools you or your family can have to protect yourself in possible emergencies is a Family Emergency Plan. It is important to plan ahead as a family for all types of emergencies and responses. Everyone in the family should understand what to do, where to go, and what to take in the event of an emergency. Learn how to prepare, respond, and recover with FFSC's Operation Prepare public awareness program.

### Ready to Date

Dating in today's society can seem like an unachievable mission, but it doesn't have to be! In this workshop learn how to set healthy boundaries, identify red flags, and learn techniques on how to date smarter. Learn that dating isn't just for finding a spouse, but to discover who you are and what to look for in a potential partner.

### Spouse Newcomers Orientation

Are you newly married or getting married soon? Are you new to the area or to the military? Join us at this one-session workshop which provides a wide variety of helpful information about military life, including the challenges of deployment, expectations of the military, preparation for a mobile lifestyle, pay and allowances, housing, medical and dental care, recreational activities, financial planning, and more.

### Stress Management

Stress is an unavoidable fact of life. The way we handle stress can affect our personal and professional lives. Learn more about managing stress with techniques such as goal setting, time management, and progressive relaxation.

### Systematic Training for Effective Parenting (STEP): Early Childhood

This seven-session program helps parents develop a positive and consistent approach to dealing with the special challenges of children age six and younger. Topics include understanding developmental sequences and accomplishments of infants, toddlers, and pre-schoolers; building effective discipline skills; developing skills for communicating effectively with young children; and much more.

### Systematic Training for Effective Parenting (STEP): School-age

This seven-session program offers participants a wealth of information and skills for parenting 5- to 12-year-olds. Learn ways to help your children become more responsible, respectful, and cooperative. Topics include communication, discipline, the resolution of misbehavior, mutual respect, and family meetings.

## PERSONAL FINANCIAL MANAGEMENT PROGRAMS

### Blended Retirement System

The BRS Overview will cover the difference between the Legacy or High 3 retirement system and the new Blended Retirement System, which took effect on January 1, 2018. Opt-in choices, TSP contributions, and continuation pay will be covered. This class is for all service members or family members who want to learn more about BRS.

### Car Buying Strategies

Looking for a car but don't want to get taken for a ride? In this single-session program, learn all of the important dos and don'ts BEFORE you step onto the car lot. Topics include negotiating, trade-ins, discounts, financing, high-pressure sales tactics, and tricks to avoid.

### Command Financial Specialist (CFS) Forum and Financial Town Hall Meeting

This quarterly forum is designed to update the Command Financial Specialist (CFS), senior leadership, Command Career Counselors, and other interested command leadership about current and emerging financial issues. This is an excellent forum for networking and continuing financial education that can benefit military members and their families.

### Command Financial Specialist (CFS) Refresher Training

Review and sharpen skills learned in Command Financial Specialist (CFS) Training which include the financial planning workshop, solution-focused financial counseling, and developing your CFS program. Learn new presentation skills and techniques, as well as discuss current financial hot topics. Open to Command Financial Specialists who meet new requirements implemented July 2019. CFS must meet with an FFSC PFM staff member to verify Quarterly Reporting and Continuing Education requirements have been met before registration can be completed. Call to request an appointment for verification of eligibility and registration.

### Command Financial Specialist (CFS) Training

This five-day interactive training seminar covers the basics of personal financial management and serves as a foundation for those selected by their Command to serve as CFSs. The training covers topics such as spending plans, budgets, managing credit, savings and investments, and retirement planning. Participants are also introduced to the techniques of short-term, solution-focused financial counseling. Participants must be E-6 or above, in good financial standing, and have at least one year remaining at their commands. Advanced registration is required.

### Consumer Awareness

Have you ever made a purchase that you later regretted? It's a jungle out there and this single-session workshop will teach you how to be a savvy consumer. Topics include avoiding purchasing pitfalls, how to exercise your consumer rights, methods for resolving consumer complaints, and ways to access consumer advocacy resources.

### Credit Management

This single-session workshop provides valuable information on establishing a credit history, choosing and using credit and debit cards, debt-to-income ratio, consumer installment loans, credit reports, and effectively managing your credit.

### Developing Your Spending Plan

Do you want to get control of your finances? This single-session workshop can help you develop a realistic spending plan. With this spending plan in place, you'll be on your way to paying your bills on time and achieving your short- and long-term financial goals.

### Financial Leadership Seminar

Planned and unplanned deployments are a fact of life in the Navy. This course provides information to help learners effectively manage their finances during a deployment.

### Financial Literacy Touchpoints

Financial Literacy Touchpoint curriculums are designed to meet financial readiness Common Military Training (CMT) requirements as outlined in DTM 19-009. The CMT requirements provide service members with common knowledge, skills, and behavior standards to enable management of their financial affairs in a manner that enhances financial readiness. These trainings, associated with milestones, or Touchpoints, in an individual's professional or personal life, are: First Duty Station, Permanent Change of Station (PCS), Promotion, Vesting in the Thrift Savings Plan (TSP), Entitlement to Continuation Pay, Marriage, Welcoming Your First Child, Preparing for Divorce, Disabling Sickness or Condition, Leadership Training, Pre-Deployment Preparation, and Post-Deployment. All Touchpoints are available for delivery at your command or as a one-on-one session. Please see your Command Financial Specialist or a Personal Financial Manager at your FFSC.

*If you are in need of a Touchpoint training that is not being offered during the quarter, please see your Command Financial Specialist or a Personal Financial Manager at your Fleet and Family Support Center.*

#### • Entitlement to Continuation Pay

This Touchpoint training is an opportunity to understand what Continuation Pay is, how to apply for it, and how best to use it.

#### • Leadership Training

Financial readiness is mission readiness. Understanding your role as a leader in helping service members manage their finances, including information, tools, and resources, will be reviewed in this training.

#### • Marriage

This course will prepare you to set goals, establish priorities, develop a family financial plan, and organize your finances to adjust to your new life as a married person.

#### • Permanent Change of Station

Moving often means adjusting to change and starting new routines. This is especially true for finances. This course will help optimize resources and strategize ways to complete a move without breaking the budget.

#### • Pre-Deployment Preparation

Deployments can be stressful. Having an effective financial plan will help you to remain focused on the mission and ease your return home. This course will help prepare you for deployment and teach you how to take advantage of certain opportunities to improve your finances while deployed.

#### • Promotion

Career advancement is a great time to hit the pause button and review your finances to set yourself up for a more successful, prosperous future. This course will help you organize your finances and make the most of a promotion.





Due to COVID-19, class and service delivery could be virtual or in-person. Please contact the host site to register and receive information regarding participation.

Table with columns for locations: DN, Dam Neck, L, Little Creek, NN, Newport News, N, Norfolk, NW, Northwest, O, Oceana, P, Portsmouth, Y, Yorktown.

OCT • NOV • DEC 2023 PROGRAM CALENDAR

Main calendar table with columns: FFSC PROGRAMS, OCTOBER, NOVEMBER, DECEMBER. Rows include Command Support Programs, Family Employment/Transition Assistance Programs, Military Life Skills Education Programs, and Personal Financial Management Programs.