For 45 years, Fleet and Family Support Centers (FFSC) have been delivering the best support services possible to Sailors and their families at the next level. In fact, in 1979, the FFSP started with one Fleet and Family Support Center (FFSC) at Naval Station Norfolk, Virginia. Today, there are over 90 FFSCs worldwide, with nearly 60 sites delivering a full portfolio of programs and services that include the following:

- Crisis Advocacy and Prevention
- Crisis Response/Psychological First Aid
- Depression Resource Groups (DRGs) / Family Advocacy Program
- FAP Victim Advocacy
- Sexual Assault Prevention Program (SAPR)
- SAPR Victim Advocacy

For more information, please visit: FFRONET NavalVM.com/FFSC

\section*{The Benefits of Healthy Planet and Mind}

Stress is an unavoidable fact of life. The way we handle the stress can either be a source of growth or a cause of pain. Suggestions for the non-custodial parent include:

- Focus on the positives: Instead of dwelling on negative aspects, focus on the positive aspects of the situation and strengthen relationships. Available to active-duty personnel and non-custodial parents.
- Emotional record keeping: Maintain a journal or diary to help process and reflect on the experiences. The journal can be used to express feelings, thoughts, and events. The journal can also be used to monitor progress and improve coping strategies.
- Communication: Effective communication helps to maintain healthy boundaries, develop strong relationships, and facilitate the transition process. Communication is key in maintaining a healthy relationship.

This dynamic workshop is designed to educate newly-selectees on the process of transitioning out of the military for the Navy Spouse in Transition Program.

- MBMF Module 1: Stress Resilience
- MBMF Module 2: Communication Skills
- MBMF Module 3: Career Planning and Length of Service
- MBMF Module 4: Financial Management

This module will teach you how to better understand your unique characteristics and develop the vital skills of energy management, time management, and goal setting. You will also learn meditation and how to apply them in your daily life. Meditation can aid in recovery from stress.

This workshop is designed to educate and address stress in various forms and its impact on daily life. The workshop aims to address the symptoms of stress, stress management techniques, and the impact of stress on physical and mental health. The workshop is designed for all levels of experience and is suitable for anyone looking to enhance their stress management skills.

This workshop aims to provide a comprehensive understanding of the importance of money management, financial planning, and budgeting. The workshop will cover topics such as financial literacy, budgeting, saving, investing, and debt management. Attendees will learn how to develop a personalized financial plan, create a budget, and make informed financial decisions.

This single-session, interactive program, suitable for all levels of experience, is designed to provide practical tools and strategies for effective stress management. The program covers topics such as stress assessment, understanding stress, and stress reduction techniques. Attendees will also learn how to apply these techniques in their daily lives.

This workshop focuses on the importance of effective communication in all aspects of the Fleet's mission. The workshop aims to improve communication skills and facilitate better understanding and collaboration among team members. Attendees will learn techniques for effective communication, active listening, and conflict resolution.

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