



Family CONNECTION

Your Link to the Navy Community since 2007

May 2025
Volume 18 | Issue 5



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Questions?



Smooth Move - Contact Navy Housing this PCS Season

If you are preparing for a permanent change of station (PCS) and need housing, or simply have questions, Navy Housing is here to assist you. The Navy Housing Service Center (HSC) offers a variety of...



EFMP Family Support + PCS Move = Success

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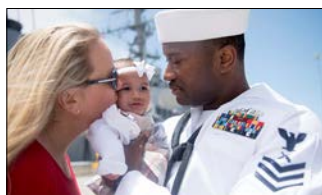
Don't Pack Your Sanity

Permanent change of station (PCS) season is here! Here are some tips to help you and your Navy family keep your cool...



Let's Pause to Appreciate our Service Members

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Gold Star Remembrance, Honoring our Fallen Heroes

Every year, thousands of military personnel make selfless sacrifices to defend our country and protect the freedoms we hold dear. The strong and patriotic families of those who...



What's Happening?

Good news from local Fleet and Family Support Centers.



Your Virtual FFSC Webinars

See the full list of webinars available on www.MyNavyFamily.com this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition...

Smooth Move - Contact Navy Housing this PCS Season

If you are preparing for a permanent change of station (PCS) and need housing, or simply have questions, Navy Housing is here to assist you. The Navy Housing Service Center (HSC) offers a variety of housing services, including the [Housing Early Assistance Tool \(HEAT\)](#), designed to support service members and their families during this transitional period. HEAT makes it easy to start the housing process online, whether you have PCS orders in hand or not.

Spouses can also use HEAT with minimal information. While HEAT does not place you on a waitlist, it helps you connect with the HSC earlier and provides you with valuable details about housing availability and the local community.

Whether you want to live in Public Private Venture, government, community or unaccompanied housing, let Navy Housing help you this PCS season. Learn more about Navy Housing programs and services by visiting your local HSC or the [Navy Housing website](#).



EFMP Family Support + PCS Move = Success

Every spring and summer, without fail, moving trucks begin to park along the sidewalks of our military communities. Regardless if the trucks are for your move or your neighbor's, it can be a stressful, emotional and potentially exciting time.

Moving can create a multitude of emotional responses while watching friends pack up for a new adventure or preparing to relocate to a new duty station. It can be difficult when the community of support you have built over the past few years changes.

Installation Fleet and Family Support Centers (FFSC) have Work and Family Life specialists to help service members and their families throughout the move process with their Relocation Assistance Program. Your FFSCs recognize moving is tough, but moving with family members, especially those with exceptional needs, adds another level of preparedness and support. For service members enrolled in the Exceptional Family Member Program (EFMP), EFMP case liaisons are available to help enrolled families connect with an EFMP case liaison at their new location to ensure a smooth and successful transition.

Sometimes referred to as the warm hand off, the case liaisons at the new and previous location are available to support the service member and their family throughout their relocation. They provide helpful resources and referrals for schools, housing, medical treatment facilities, child care, spouse employment and early intervention services. EFMP case liaisons are standing by to help EFMP families with their needs throughout their move.

Additional tips, checklists, resources, and fact sheets for all families who may be moving can be found by visiting the FFSC or Military OneSource's [Preparing to Move](#).

To connect with an EFMP case liaison, visit your [installation's FFSC](#) or the Navy's [EFMP Case Liaisons](#).



Don't Pack Your Sanity

Ways to Keep Your Cool Throughout Your PCS

Permanent change of station (PCS) season is here! Here are some tips to help you and your Navy family keep your cool.

Before Departure:



Get started early. There is no rule that says you must wait until you receive orders before you can begin preparing your house, attending Fleet and Family Support Program (FFSP) Relocation Assistance classes or [Navy Household Goods](#) webinars, doing research on the next duty station through [Military OneSource](#) and more.



Do not reinvent the wheel. Use Military OneSource's [Plan My Move](#) tool to create a customized checklist for your PCS.



When your sponsor reaches out, be responsive and proactive. Nobody is going to take care of you better than you. Communicate your anticipated timeline and needs, ask them questions and see if their spouse is willing to sponsor yours. Most importantly, provide them with personal contact information so that when you leave your command and lose access to your work phone or email, they still have a way to reach you.

While in Transit:



To the best of your abilities, maintain your routine. If you like to work out at 5 p.m. every day and you know you are planning to be midway through your drive at that time, do some research on nearby parks where the whole family can get out, stretch their legs and breathe some fresh air. If you like to cook most nights, consider testing out some [recipes you can make in a hotel room](#). The more you can keep the same, the more you can keep yourself sane.



Do not forget your resources. Make sure you notify [TRICARE](#) of your PCS in case you need medical assistance along the way. Remember, the [Navy Marine Corps Relief Society](#) and [American Red Cross](#) offer financial assistance specifically for use during a PCS. FFSP, [Military OneSource](#) and other organizations are all a phone call away. Despite feeling more removed from the military during this time, remember you are not alone.



Maintain contact with your sponsor. If you would like to mail supplies to yourself to help get settled faster, request an address at the command. If you find yourself getting delayed, keep them in the loop. If you ask them to help you get set up with housing, make sure you have a place to stay upon arrival.

After Arrival:



Attend your [Fleet & Family Support Center's](#) Welcome Aboard class. This class is designed to help warfighters and their families adjust to their new community. This course highlights familiarization with the area, community and base resources, local amenities and local attractions. Some even include free tours!



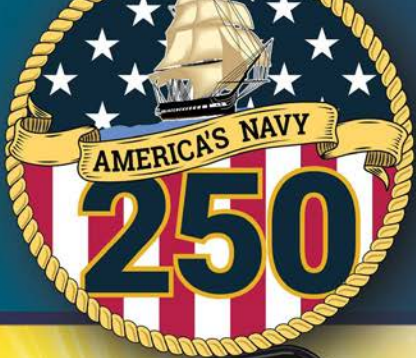
Begin investing in your community. The sooner you get involved, the easier it will be to settle in. Connect with your command's ombudsman, family readiness group and spouses' clubs. Explore volunteer opportunities and local meetup organizations. Bookmark websites that advertise upcoming events. Enroll your children in after-school activities, like MWR's Youth Sports Program, and consider joining a sports league yourself. It is very difficult to feel like a stranger in a new place when you are surrounded by so many entities that help you make it your own.



Remember that your sponsor continues to be a resource for you and your family until you "...have become an integral part of [your] new command..." (OPNAVINST 1740.3E). Whether it takes you six days or six months to feel like you are fully integrated, your sponsor should be there for you. Continue to use them accordingly.

Visit your installation's FFSC for more information about the PCS process.





Help celebrate our **Navy's 250th Birthday!**

Get Involved.

- ★ Volunteer and participate
- ★ Attend events nationwide

Learn more about the Navy

- ★ Visit a Navy Museum
- ★ Learn about Navy history

Show your Navy pride!

- ★ Wear your Navy gear
- ★ Decorate your home

*Share your
celebration
pictures on
social media*

#AmericasNavy250

CNIC

★ FLEET ★ FIGHTER ★ FAMILY



Let's Pause to Appreciate Our Service Members

May is Military Appreciation Month, a special time for those in and out of the military. It is a time to honor and recognize members of the armed forces for their contributions, sacrifices and service, past and present.

Not only do we pause on Memorial Day to remember the sacrifice and service of those who gave all, but the month also marks several other military anniversaries and events, including [Military Spouse Appreciation Day](#) and [Armed Forces Day](#).

Join Military.com as we honor the service and sacrifice of members of the [Army](#), [Navy](#), [Air Force](#), [Coast Guard](#), [Marines](#), [Space Force](#), and [National Guard](#), as well as the contributions of their [spouses](#) and [families](#).

Congress designated May as National Military Appreciation Month in 1999 to ensure the nation was given the chance to publicly show its appreciation for those who serve. It is a reminder of the profound contributions made by service members.

What is Military Appreciation Month?

Military Appreciation Month plays a crucial role in fostering awareness and understanding of the challenges faced by the military community. It provides a platform for education and dialogue about the experiences of service members, veterans and their families.

Each year, the president makes a proclamation reminding Americans of the important role the U.S. Armed Forces have played in the history and development of our country. May was chosen because it has many individual days marked to note our military's achievements, including Loyalty Day, established in 1921, Victory in Europe (VE) Day commemorating the end of WWII in Europe in 1945, Children of Fallen Patriots Day.

Military Appreciation Day

Many locations also celebrate a specific Military Appreciation Day. Although not a nationally recognized holiday, areas use the day to hold parties and picnics in honor of their local active duty, National Guard, reserve and military veteran communities. Local businesses may offer discounts, while local sports teams may give free entrance to military families and veterans.

Military Appreciation Discounts

Many businesses offer special discounts on or around Military Appreciation Month or Military Appreciation Day. For more information about military discounts, visit [Military.com](#).

Military.com is a news and information website for U.S. service members, veterans and their families. For more information, visit [Military.com](#).

THANK
YOU!



DoD Community Celebrates Military Spouses

The Department of Defense acknowledges the exceptional strength and vital contributions of nearly 1 million military spouses, providing dedicated support and activities tailored to their real-world needs, not only in May, but throughout the year. These individuals are the bedrock of military families, demonstrating remarkable resilience in the face of unique challenges.

Military spouses consistently navigate the complexities of frequent relocations, often sacrificing careers, vital support networks and familiar environments. They skillfully integrate into new communities, building new lives with each move. The demands of solo parenting during deployments, the anxieties of uncertain futures and the emotional strain of separation are constant realities. Furthermore, many spouses place their career aspirations on hold, prioritizing their service member's needs and experience challenges maintaining consistent employment amid frequent moves.

The sacrifices, resilience and unwavering support of military spouses are fundamental to the strength of our armed forces. It is essential that we continuously recognize and honor their crucial role.

To bolster their well-being, Fleet and Family Support Centers (FFSC) offer a comprehensive range of resources, providing vital assistance across all phases of the military lifecycle. These resources include educational classes for new spouses on military structures, the New Parent Support Program for expecting and new parents often isolated from their traditional support systems, general counseling services and job search assistance.

For a complete list of available local resources [visit your local FFSC](#).



Register for a class today at www.MyNavyFamily.com

May 2	9:00 am ET	AI Job Search Optimization 2025
May 6	12:00 pm ET	Positive Parenting
May 8	3:00 pm ET	Emergency Preparedness
May 9	9:00 am ET	USAJOBS 2025
May 14	1:00 pm ET	Drive Smart: Navigating the Car Buying Journey
May 19	5:00 pm ET	Care Packages – Special Delivery
May 22	1:00 pm ET	Burnout: Self-care and Resiliency for the EFM Family

*Source: <https://www.defense.gov/spotlights/military-spouse-appreciation/>

Support for New Military Moms

Mothers hold a special place in their children's hearts. They give life, feed, raise, worry about and pray for their children to be safe and successful. Mothers are important to a child's healthy development, and sometimes they need support, especially new or expectant mothers serving in the military.

Throughout Commander, Navy Installations Command (CNIC) the New Parent Support Home Visitation Program (NPSHVP) offers a great service to new and expecting mothers and active-duty families. The program is free and designed to educate and meet the needs of expectant mothers and families with children under the age of three.

Additional Resources Available To New Parents

[ZERO TO THREE](#) is a national nonprofit organization whose mission is to "promote the healthy development of our nation's infants and toddlers." Zero to Three supports military families by increasing awareness and collaborating with the military community so that parents and professionals can more effectively care for very young children and their families.

The ["Birth to Three - The Defining Years"](#) video from the Department of Defense focuses on the importance of parenting young children.

[Little Kids, Big Questions](#) a ZERO TO THREE podcast series on early childhood development addresses some of the most common, and challenging, issues facing parents of babies and toddlers, such as helping a baby learn to sleep through the night, dealing with a picky eater and learning to set limits on children's behavior.

[Coming Together Around Military Families](#) introduces some of the unique challenges faced by military families with very young children and how early learning professionals can support them.

[U.S. Consumer Product Safety Commission](#) offers information about product recalls and product safety news.

[The Breastfeeding Network](#) provides support and information for breastfeeding women and those involved in their care.

[Keeping Babies Safe](#) is a free information resource that offers the most reliable crib and sleep safety information, safety tips and product recall information so parents, caregivers and hospital personnel can remain vigilant about keeping babies safe in their nursery.



"The New Parent Support Program Home Visitation Program offers expectant mothers (on active duty or married to an active-duty service member) and parents of newborn and young children the opportunity to learn new skills as parents and to improve existing parenting skills in the privacy of their own home," said Kylie Mallory-Halter, New Parent Support analyst at CNIC. "Our home visitors provide comprehensive parenting education and support that promotes building healthy bonds with infants and toddlers, managing parenting demands, understanding developmentally appropriate behavior, remaining flexible and responsive in navigating challenges and building a stronger support and resource network."

Mallory-Halter added that home visitors understand that new parents may feel more comfortable asking questions and expressing their concerns about parenthood in the privacy of their own home.

NPSHVP's primary goal is to enhance new parents' quality of life by empowering them to meet the challenges of parenthood while maintaining a military lifestyle. The program offers a variety of services, including prenatal health and nutrition consultation, breastfeeding education, early child development education, parenting skills and home visitation services.

"New parents can expect to meet with a home visitor, who has a background in parental education and support," said Mallory-Halter. "This is no inspection or white-glove test – they will begin by getting to know the family, and what their needs and concerns are, then work with them to create a schedule of home visits to provide support for those needs."

The home visits also include one-on-one support activities to build parenting skills and parental support at the new parents' convenience.

"Participation with the New Parent Support Program is always considered voluntary," said Mallory-Halter. "Interested participants can talk to their prenatal medical provider on their installation for a referral, or contact their local Fleet and Family Support Center to get started."

The NPSHVP team provides supportive and caring services to military families with new babies. New parents can be referred to community new baby programs and are eligible to participate in a free, voluntary home visitation program.

For more information, visit Fleet and Family Support Program's [New Parent Support](#) or contact your [local Fleet and Family Support Center](#).





Empowering Junior Sailors

How the 2025 Pay Raise Sets You Up for Success

This year's pay raise is more than just a number – it is a genuine opportunity to improve your financial situation and secure a brighter future. As a junior sailor, you now have a chance to make a significant change in how you manage your money and plan for what lies ahead.

What This Pay Raise Means for You

In 2025, the Department of Defense introduced a special pay increase for junior enlisted personnel. While there was a 4.5% raise for everyone at the beginning of the year, junior sailors received an additional increase a short time later. By April, your base pay was effectively raised by 14.5% compared to 2024. For example, if your annual base pay was around \$35,000 last year, you're now looking at more than \$40,000 this year – an extra \$5,000 in annual income that can truly make a difference.








Strengthening Your Financial Foundation

This extra money is not just about receiving a higher paycheck, it also plays a crucial role in creating more stability in your daily life. With additional income, you can manage monthly bills more comfortably, cover unexpected expenses and start saving for future goals. Adjustments to your basic allowance for housing (BAH) and basic allowance for subsistence (BAS) offer further support, helping you keep up with the rising costs of housing and food.

Making Smart Financial Moves

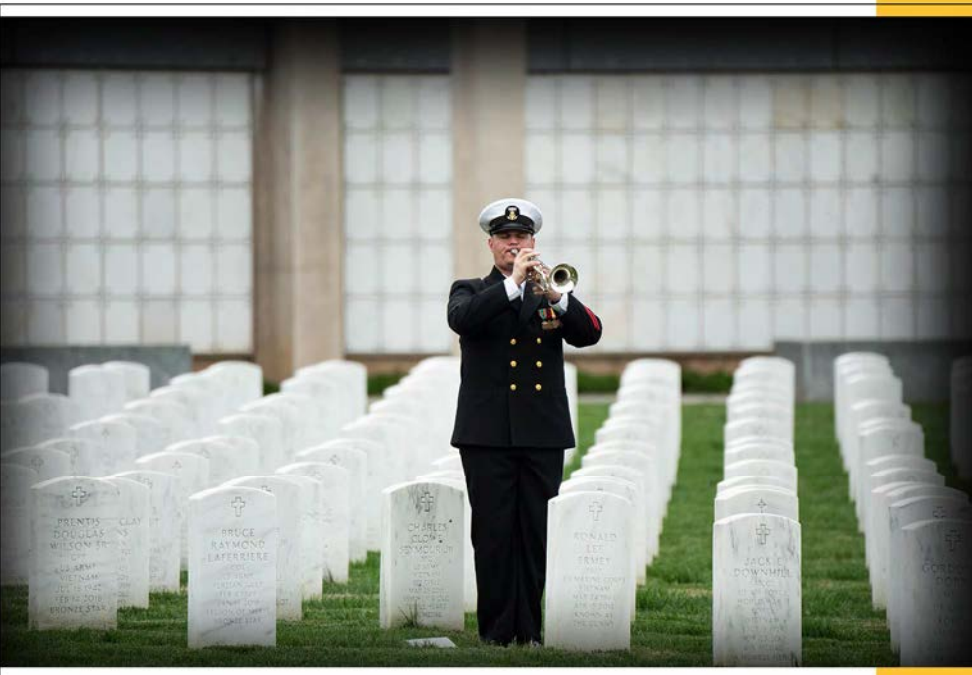
With this boost in income, it is a great time to consider some practical steps to secure your financial well-being:

-  **Review your budget:** Take a moment to reexamine your monthly income and expenses. Adjust your budget to ensure that the extra funds are directed toward both immediate needs and long-term savings.
-  **Build an emergency fund:** With an extra \$5,000 per year, you can start or expand an emergency fund that covers three to six months of expenses, providing peace of mind when unexpected costs arise.
-  **Reduce debt:** Consider allocating part of your raise toward paying down high-interest debt. Reducing debt not only eases financial pressure but also frees up more income for your future goals.
-  **Invest in your future:** Whether it is further education, obtaining certifications or exploring smart investment options, using some of this extra money to invest in yourself can yield long-term benefits.
-  **Plan Ahead:** Think about your future – that might mean saving for a home, planning for retirement using the Thrift Savings Plan or setting aside money for other personal goals. Every smart financial decision now builds a stronger foundation for tomorrow.

Looking Ahead

This pay raise is a tangible acknowledgment of your hard work and dedication. It offers an opportunity to build a more secure financial future, reduce day-to-day stress and invest in yourself. By taking advantage of this increase and making smart choices, you are not only improving your present circumstances – you are setting the stage for long-term success.

Every decision you make with your money matters. Use this boost as a steppingstone toward achieving greater financial stability, and trust that with careful planning, the benefits will extend far beyond today.



Symbols of Honor

When you see someone wearing the Gold Star Lapel Button or the Next of Kin of Deceased Lapel Button, know that they have lost a loved one who selflessly served our nation.

The Gold Star Lapel Button is awarded to eligible family members of service members who lost their lives during armed conflicts involving the United States, dating back to World War I. This includes service members who died while deployed in support of military operations against the enemy or during an international terrorist attack.

The Next of Kin of Deceased Lapel Button is designated for eligible survivors of service members who died while serving honorably under circumstances not defined above. This includes service members who lose their lives while assigned to a reserve or National Guard unit in a drill status. It is authorized for issue retroactive to March 29, 1973.

Gold Star Remembrance, Honoring Our Fallen Heroes

Every year, thousands of military personnel make selfless sacrifices to defend our country and protect the freedoms we hold dear. The strong and patriotic families of those who serve understand the importance of this commitment, standing alongside the men and women who serve so valiantly.

As a nation, we support and thank these brave individuals for their service, but our support should not end there. Each year, hundreds of service members die – whether through suicide, combat, training accidents, illness and even homicide. In 2024 alone, 182 active-duty Sailors died, leaving behind loved ones – the gold star families.

We have a duty to care for our gold star families and honor the legacies of their fallen heroes. This proud nation takes a moment each year at the end of May to remember the fallen on Memorial Day, which is why throughout the month of May, the Navy Gold Star Program emphasizes education within the military and throughout local communities about what it means to be a gold star survivor. The program also provides opportunities for survivors to participate in events that pay tribute to the fallen and offer them a chance to connect with others who share similar experiences.

While no amount of gratitude can fully repay the debt owed to our lost heroes, we can recognize their service and sacrifice by helping their families preserve their memories. Regardless of the military service, cause, location or circumstances of the loss, surviving family members deserve our recognition and deepest respect. When you see someone wearing the Gold Star Lapel Button or the Next of Kin of Deceased Lapel Button, please take a moment to acknowledge their sacrifice. Behind every pin, there are stories of fallen service members and strong survivors who continue to carry on their legacy.

For more information about the Navy Gold Star Program, visit [The Navy Gold Star Facebook page](#), [NavyGoldStar.com](#), or call 1-888-509-8759.

Gold Star Remembrance



Paying tribute to the fallen, honoring their loved ones
and sharing their stories

GOOD NEWS!

What's Happening? Good News from Local Fleet and Family Support Centers



Kings Bay EFMP Does Jellybean Fling

Naval Submarine Base Kings Bay Exceptional Family Member Program (EFMP) hosted the spring Jellybean Fling at the MWR Community Recreation Activity Building on March 31. This was an opportunity for EFMP families to enjoy a day of fun and connection with the Kings Bay EFMP case liaisons. Families were treated to a surprise visit from the Easter Bunny, who made the day extra special by posing for photos with the children.

The event featured a variety of activities, including arts and crafts, games and an exciting egg scavenger hunt. There were guessing games, adding a touch of friendly competition to the festivities. To keep the energy high, snacks were provided, ensuring everyone stayed fueled throughout the day.

Families had access to the indoor playground activity center during the event, giving the children even more opportunities for active play. The Jellybean Fling fostered a sense of community to bring joy to Kings Bay EFMP families.



[continued below]

Camden County Coordinates Services with IPP

Naval Submarine Base Kings Bay Integrated Primary Prevention Working Group coordinated the inaugural Camden County Coordination of Services. The event was hosted onboard the installation and attendees included local churches, base chaplains, Camden County Emergency Management and the local chamber of commerce. The purpose of the meeting was to share resources and build a team that is focused on prevention, local needs and building a better community together.



WNY FFSC Pledges to Prevent Child Abuse

Marciel Turner-Whitehurst from Naval Support Activity Washington's Fleet and Family Support Center set up a table in the Washington Navy Yard's Food Court with a poster for signatures and a Child Abuse Prevention Pledge for people to sign and take during Child Abuse Prevention Month. The pledge recognized the stressors of military life, how to overcome those stressors, and reminders to prevent abuse, communicate and connect with your children.

Special Thanks to this Month's Contributors:

- Stephanie Hunter, CNIC, Navy Gold Star Program
- Antonella DeLuca, CNIC, Family Housing
- Anali Aguilar, SUBASE Kings Bay, Fleet and Family Support Center
- Molly Ryan, LCSW, CNIC, Fleet and Family Support Program
- Fran Jackson, MBA, AFC, CNIC, Fleet and Family Support Program
- Karina M. Phillips, MBA, CNIC Fleet and Family Support Program
- Marisa Keeler, AFC®, GCDF®, CNIC Fleet and Family Support Program
- Tim McGough, CNIC Fleet and Family Support Program
- Military.com



YOUR *Virtual* FFSC WEBINAR SCHEDULE

May 2025

We have webinars scheduled to suit time zones around the world!

Visit MyNavyFamily.com, select a topic, and view available sessions with times automatically converted to your local time.

EMPLOYMENT

Acing the Interview!	5/20/2025	11:00 AM EDT	8:00 AM EDT
AI Resume Building - A Paradigm Shift	5/1/2025	12:00 PM EDT	9:00 AM EDT
AI Resume Building Workshop	5/2/2025	9:00 AM EDT	6:00 AM EDT
Innovative Interviewing	5/21/2025	2:00 PM EDT	11:00 AM EDT
PAIN FREE - Resume Writing	5/20/2025	10:00 AM EDT	7:00 AM EDT
Teen Job Search: A Guide to Finding a Great Job	5/21/2025	7:00 PM EDT	4:00 PM EDT
USAJOBS 2025	5/9/2025	9:00 AM EDT	6:00 AM EDT

Want more? Click on Employment for dates and times for:

- Becoming Federal Resume Savvy
- Job Search Hacks
- Mastering the Modern Resume
- Mastering Virtual Interviews
- Remote Ready: A Spouse's Roadmap to a Virtual Career!
- Understanding USAJobs

EXCEPTIONAL FAMILY MEMBER (EFMP)



504: BLUF - The Bottom Line Up Front About the 504 plans	5/22/2025	1:00 PM EDT	10:00 AM EDT
Burnout: Self-Care and Resiliency for the EFM Family	5/22/2025	1:00 PM EDT	10:00 AM EDT
From Preschool to Graduation: Transitions Happen!	5/13/2025	1:00 PM EDT	10:00 AM EDT

FAMILY EMERGENCY PREPARATION AND RESPONSE

Emergency Preparedness	5/8/2025	3:00 PM EDT	12:00 PM EDT
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MENTAL WELL-BEING



Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	5/20/2025	1:00 PM EDT	10:00 AM EDT
Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	5/29/2025	3:00 PM EDT	12:00 PM EDT

PARENTING

Parenting and Sexual Development (SHAPE Module 1)	5/7/2025	6:30 PM EDT	3:30 PM EDT
Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)	5/14/2025	6:30 PM EDT	3:30 PM EDT
Parenting to Prevent PSB: Ages 5-9 (SHAPE Module 3)	5/21/2025	6:30 PM EDT	3:30 PM EDT
Parenting to Prevent PSB: Preteens (SHAPE Module 4)	5/28/2025	6:30 PM EDT	3:30 PM EDT
Positive Parenting	5/6/2025	12:00 PM EDT	9:00 AM EDT
What About the Kids?	5/22/2025	1:00 PM EDT	10:00 AM EDT

Join us for these webinars offered several times throughout May:

- Helping Kids Thrive Through Change
- Spotting the Signs of Youth Suicide

DEPLOYMENT SUPPORT



Care Packages – Special Delivery	5/19/2025	5:00 PM EDT	2:00 PM EDT
Looking for Deployment topics? Click Deployment for the following training topics.			
• Deployment Sleep Strategies			
• Equipping Your Kids During Deployment			
• Ready, Set, Deploy: Pre-Deployment Planning			
• Single Sailor Deployment Tools			
• The Service Member's Guide to Family Care Plans			



1 Go to MyNavyFamily.com to log in or create a free account.

2 Select the category on the home page, then select your webinar.

3 Confirm the start time and click "Enroll Me."

The FFSC LMS also has comprehensive resources like New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.

PERSONAL GROWTH



Conflict Management	5/8/2025	11:00 AM EDT	8:00 AM EDT
Healthy Relationships	5/20/2025	2:00 PM EDT	11:00 AM EDT
Stress Management	5/20/2025	10:00 AM EDT	7:00 AM EDT
Understanding Anger	5/13/2025	10:00 AM EDT	7:00 AM EDT

PERSONAL FINANCIAL MANAGEMENT

Military Retirement... Is It Enough	5/13/2025	1:00 PM EDT	10:00 AM EDT
Money Money, You're Ruining My Honey	5/30/2025	2:00 PM EDT	11:00 AM EDT
Drive Smart: Navigating the Car Buying Journey	5/14/2025	1:00 PM EDT	10:00 AM EDT
Touchpoint Talk: PCS	5/16/2025	11:30 AM EDT	8:30 AM EDT
	5/30/2025	11:30 AM EDT	8:30 AM EDT

Click Personal Financial Management for webinars on:

- Booties & Budgets: Welcoming Your First Child and Baby-Proofing Your Finances
- Command Your Credit
- Emergency Financial Preparedness
- Financial Readiness Before Deployment: Securing Your Future
- Making the Most of your Overseas Pay
- Making your Money work for you
- Military Retirement Planning
- PCS and your Pocketbook
- Planning your Financial Future
- Servicemembers Civil Relief Act Q&A
- Stretching Budgets and Maximizing Nutrition
- TSP Essentials for Navy Life: Grow Your Savings, Secure Your Future



RELOCATION

Click the Relocation category for Calming Cultural Shock, Planning the Perfect PCS, Stepping up Support: Sponsorship Training, and The PCS Process — all offered several times throughout April for your convenience!

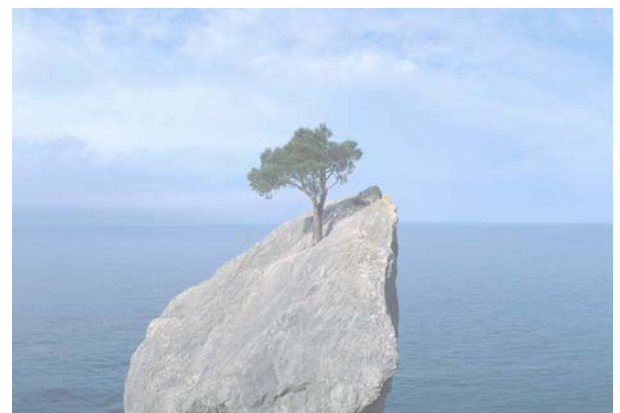
Final Move	5/6/2025	1:00 PM EDT	10:00 AM EDT
Smooth Move	5/22/2025	3:00 PM EDT	12:00 PM EDT
Sponsorship – From the Sailor to the Family	5/15/2025	12:30 PM EDT	9:30 AM EDT

RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 1: Stress Resilience	5/20/2025	11:00am EDT	8:00am EDT
	5/20/2025	1:00 PM EDT	10:00 AM EDT
Module 2: Mindfulness and Meditation	5/27/2025	1:00 PM EDT	10:00 AM EDT
	5/20/2025	11:00 AM EDT	8:00 AM EDT
Module 3: Living Core Values	5/27/2025	9:00 AM EDT	6:00 AM EDT
Module 6: Connections	5/6/2025	1:00 PM EDT	10:00 AM EDT
Cultivating Resiliency	5/1/2025	11:00 AM EDT	8:00 AM EDT
Stoicism Principles and Stress Management	5/16/2025	9:00 AM EDT	6:00 AM EDT

Want to learn more about resilience? Join us for Bounce Back Better on May 5th, 13th. See the LMS for times in your time zone.



**VIRTUAL
WORK and
FAMILY LIFE
PROGRAM**

Book a Free 1:1 Consultation with a team member today