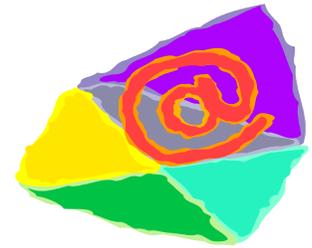




**Fleet and Family
Support Center
Naval Station Newport
(401) 841-2283**



June 2012

Workshops: Please call (401) 841-2283 to register. Active duty, family members, Reservists, National Guard, retirees, and DoD employees are welcome.

- 4-8 June - TAMP**, 8 a.m.-4 p.m.
- 4 June - Child Development from Birth to 5 Years Old**, 12-3 p.m.
- 5 June - Smooth Move Workshop**, 9:30-10:30 a.m. Ease the distress and frustration associated with the relocation of military families.
- 6 June - Blowing Off Steam, How to Cap It**, 8 a.m.-noon. Recognize angry emotions as they are developing, and how to step-in to head-off a dangerous eruption.
- 7 June - Life in Balance: Relaxation and Stress Relief**, 1-3 p.m. Achieve improved work/ life balance and teach stress reduction and relaxation skills.
- 18 June - Healthy Relationships for Singles**, 1-3 p.m. Clarify what you are looking for in a relationship and help you to become aware of your own personal pitfalls in choosing the wrong people.
- 20 June - Assertiveness in the Workplace**, 1-3 p.m. Take better care of yourself whether interacting with peers, supervisors, employees, friends, acquaintances, or strangers.
- 20 June - Homebuyers Workshop**, 6-8 p.m.
- 21 June - Thought Shopping**, 1-3 p.m. Learn how to relax, entertain, interrupt and switch thoughts in your daily life.
- 25 June - Be Successful at the Next Job Fair**, 11:30 a.m.-1 p.m. Learn what to do before, during and after a job fair and understand the steps to take at a job fair in order to use your time wisely.
- 21 June - Are You Ready to Buy a Car?** 2:30-4 p.m. How do you get the best car for a fair price?
- 21 June - Acing the Interview**, 11:30 a.m.-1p.m. Getting ready for an interview, the interview itself, different types of interviews, and more.

Programs scheduled for July:

- 4 July - FFSC closed for 4th of July**
- 5 July - Child Development from Birth to 5 Years Old**, 1-3 p.m.
- 10 July - Sponsor Training**, 1-2p.m.
- 12 July - Resumes That Work**, 11:30 a.m.-1 p.m.
- 16 July - Relaxation & Stress Relief**, 1-3 p.m.
- 18 July - Stress: Just When You Thought Life was Calm**, 8 a.m.-noon
- 24 July - Reading Your Credit Report**, 2:30-4 p.m.
- 26 July - Thoughts and Feelings Seminar: Flooding**, 1-3 p.m.
- 31 July - SAPR Refresher Training**

Interested in an email subscription?
e-mail request to: paul.salesi@navy.mil

**The Fleet and Family Support Center - -
What's In It For You?**

If you think the Fleet and Family Support Center (FFSC) doesn't have much to offer single or married Sailors and their families, think again. The Center offers classes and programs to enhance the military experience, from money management to learning the ins and outs of relocation to managing stress. Here's a brief look at what is offered at the FFSC.

Information and Referral (I&R) --The Information & Referral program helps Sailors access the services they need by providing information about social services, temporary and permanent housing, emergency services and health and medical services. An I&R specialist can answer questions about and make referrals to The Center's other program including: Personal Financial Management (PFM), Transition Assistance Management Program (TAMP), Relocation Assistance Program (RAP), Life Skills classes and workshops, volunteer opportunities, and recreational offerings.

Personal Financial Management (PFM) -- Managing your money in today's marketplace can be challenging. A PFM specialist is available to help you analyze your finances and set financial goals to help you build your dreams. Guidance with budget planning, debt management, car-buying tips, Thrift Savings Plan information, investment education, retirement planning and more is also available.

Relocation Assistance Program (RAP) -- Frequent moves are a way of life in the Navy. In fact, it's not unusual for servicemembers to move every three to four years. The Center's Relocation Assistance Program specialist can help you create a personal relocation plan, designed to address issues that are relevant to your move. RAP programs and resources include area orientation, "Smooth Move" workshops, and the relocation assistance databases, your first stop in learning more about housing, medical needs and other crucial information about your next duty station. The RAP specialist can also help you find information about local attractions and customs, legal concerns, shipping your personal belongings and finding a sponsor at your new base.

Life Skills Education -- The Center provides solution-oriented classes and workshops including: anger management, effective communication in the workplace, increasing assertiveness, self-esteem, stress management, and many others.

Professional Counseling--Licensed social workers and professional counselors offer individual, marital and family counseling. They can help you sort through your feelings, learn positive techniques for improving your relationships, or give you referrals for community support groups or counseling sources.

On-Line Resources

Chaplain's Corner
www.chaplaincare.navy.mil
Community Support Program
www.nsa-norva.navy.mil

Employment & Training
www.milspouse.org

Exceptional Family Member Program Liaison
Lee.hardgrove.ctr@navy.mil

Federal Employment
www.usajobs.opm.gov

Fleet and Family Support Programs
<https://www.nffsp.org>

Military Home Front
www.militaryhomefront.dod.mil

Measuring Rhode Island Schools
www.infoworks.ride.uri.edu

Military Family Information
www.4militaryfamilies.com

Military OneSource
www.militaryonesource.com

Military Pay
www.dfms.mil

Military Spouse Information
www.milspouse.org

Naval Health Clinic New England, Newport
www.nhcne.med.navy.mil

Navy Housing
www.cnic.navy.mil/Newport

Navy Career Development
www.npc.navy.mil

Navy-Marine Corps Relief Society
www.nmcrcs.org

Newport Naval Complex
www.cnic.navy.mil/Newport

New York/New Jersey Metro Vehicle Processing (POV shipments)
www.wheremypov.com

Relocation Assistance
www.militaryhomefront.dod.mil

www.militaryinstallations.dod.mil

School Liaison Officer
<https://www.cnic.navy.mil/Newport/BaseSupport/SchoolLiaisonOfficerSLO/index.htm>

Transition Information
www.dodtransportal.org

U.S. Navy Home Page
www.navy.mil