

Clinical Counseling is individual, marriage or family counseling provided by a licensed professional, free of charge. This counseling is short-term, non-medical and goal directed. FFSC counseling focuses on emotional reactions and situational difficulties, such as: depression, troubled relationships, or family issues, which can result from deployments, separations, relocations, and other stresses common to the military way of life.

Crisis Response is the quick response provided for commands, personnel and families when they are faced with crisis situations, ranging from sexual assault or loss of life, to natural or Naval disaster, to evacuation or war. In the midst or aftermath of an incident, the FFSC provides command consultation, crisis intervention, coordination of support, resources and volunteers, 24 hour information and referral, Critical Incident Stress Debriefing, and follow-on counseling or referral services.

Sexual Assault Prevention Response (SAPR) aims to reduce the incidence of rape and sexual assault through prevention education; provides crisis intervention, advocacy and support for victims; and collects numerical data on such incidents within the Navy.



Ombudsman Training and Support. Ombudsmen are Navy spouses designated by the commanding officer as a link to Navy families. FFSCs assist Ombudsmen

by providing training and office space.

Retired Affairs Office (RAO) is the link between retired members, the local military community and other agencies. This program is staffed by retired volunteers. Their objective is to provide information on entitlements.

Outreach Services is the relationship between the FFSC and commands and their community. FFSCs assess command and community needs, identify specific needs, and develop tailor-made programs to address command concerns - taking services to Sailors, Marines, and their families.



USEFUL PHONE NUMBERS

| | |
|--|---------------------|
| Emergency On or Off-Base | 911 |
| DoD SAFE Helpline 24/7 | 877-995-5247 |
| SAPR Victim Advocate 24/7 | 301-646-8467 |
| Sexual Assault Response Coord. | 443-871-3679 |
| Family Advocacy (FFSC) | 410-293-2641 |
| Chaplain Center | 410-293-1100 |
| Medical Clinic Appointments | 410-293-2273 |
| Dental Clinic Appointments | 410-293-3788 |
| Housing Welcome Center | 410-293-9731 |
| Personal Property Division | 410-293-2286 |
| Customer Service Desk | 410-293-5814 |
| Personnel Support Detachment | 301-677-7822 |
| Morale Welfare & Recreation | 410-293-9200 |
| Child Development Services | 410-293-9390 |
| Youth Center | 410-293-4997 |
| USNA Main Number | 410-293-1000 |
| Navy Marine Corps Relief | 410-293-9221 |
| American Red Cross | 877-272-7337 |
| Local Resources: | |
| Sexual Assault Crisis Hotline | 410-222-7273 |
| Department of Social Services | 410-269-4500 |

What Your Fleet and Family Support Center Can Do For YOU!



Fleet and Family Support Center

NSA Annapolis -168 Bennion Rd.
Annapolis, MD 21402

(410) 293-2641 - FAX (410) 293-5380
DSN 281-2641

Email: m_ffsc_annapolis@navy.mil



*Serving Military Singles,
Couples and Families of the Annapolis
Area Complex*

We're here for YOU!!

All too often we hear, "Wow, I wish I'd known about these services sooner!"

We want you to know your Fleet and Family Support Center (FFSC) offers helpful programs and professional services to assist you in meeting the unique challenges of military life.

FLEET AND FAMILY SUPPORT CENTERS (FFSCs) CONTRIBUTE TO COMMAND READINESS AND MISSION ACCOMPLISHMENT

FFSCs are designed to meet the special challenges of military life. We serve single service members, as well as families and retirees. Our goal is to help **YOU** concentrate your energy on the successful accomplishment of the Navy mission by helping to take care of **YOU** and your family. This will positively impact **your** Quality of Life, Job Performance, Retention and Readiness. Working together, we can ensure healthy families, and a strong Navy team, dedicated to accomplishing our global mission.



WE PROVIDE:

Information and Referral (I&R) is for whenever you or your family have a question, about almost anything that affects you or your family. When you don't know who to ask, call the FFSC. It is our job to know about all types of services, resources and assistance that can help you in most situations. I&R answers

questions, identifies helpful civilian and military resources, provides phone numbers, addresses and more.

Mobilization, Deployment, and IA Support helps commands, personnel, and families, reduce personal and family emergencies before, during and after deployments or mobilizations. GMTs, Family Support Groups, Individual Counseling, and Return and Reunion Briefs help everyone prepare for and deal with these separations.



Relocation Assistance Program offers information, education and counseling on all issues related to a Permanent Change of Station (PCS). PCS moves represent a very stressful period for singles, spouses and children. Whether leaving an old duty station or settling in at the new, FFSC staff have the information and resources you need.

Transition Assistance helps personnel and their families prepare for separation from active duty. Consideration of transition to civilian employment should begin 2 years prior to retirement or 180 days prior to separation. Career counseling, self-help computer resources, job fairs and professional career workshops help make you a success.

Family Employment Readiness Program addresses spouses and family members need to obtain suitable employment, establish career goals and maintain career progression, despite frequent relocations. Services are self-help, one-

on-one, and classroom style covering career planning, resume writing, job search, interview skills and salary negotiation.

Volunteer Program assists family members locate meaningful volunteer opportunities, whether within the FFSC, Red Cross or other non-profit agency, where they can share their time and gain useful experience which can later be used for employment.

Life Skills Education promotes Workshops on Relationships, Communication Skills, Anger Management, Stress Management, Parenting, and other topics enhance personal and family readiness and enhance the member's productivity and deployability.

Personal Financial Management is the Navy's effort to promote good money management skills within its force. Services include individual counseling and workshops such as check writing, managing credit, avoiding debt and planning for your financial future.

Family Advocacy Program is designed to strengthen families and to help family members stop hurting one another. It involves prevention, education, intervention and treatment of child abuse and neglect and spouse abuse.

Exceptional Family Member Program

ensures military families with chronic illness or disabilities can receive needed services. The FFSC provides program information, and education.



Revised: April 2013

We serve the world's finest Sailors, Marines, and their families