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Family Connection is a publication of the Fleet and Family Support Program.

The Navy's Fleet and Family Support Program promotes the self-reliance and resiliency of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle.

If you have questions or comments, contact Timothy McGough at [timothy.mcgough@navy.mil](mailto:timothy.mcgough@navy.mil).

Visit us online at:



Scan QR Code to access via mobile device

## Coping with the stress of deployment

Navy families face a variety of challenges before, during and after deployment. During the cycle of deployment, families are left to cope with a mixture of emotions. Some of the most common feelings experienced by family members during these times include:

- **Anticipation of loss** which occurs before the deployment and can lead to feelings of anger, resentment, abandonment and fear.
- **Detachment and withdrawal** which causes family members to stop sharing thoughts and emotions.
- **Emotional Disorganization** which leads to feeling of restlessness, depression or disorganization
- **Recovery** is the point where new routines are established and order is restored

If the stress of these common feelings, coupled with the pressures of everyday life become overwhelming and hinder your daily activities, help is available at Navy Fleet and Family Support Centers (FFSCs). FFSCs are staffed by professionals prepared to assist with everything from money concerns, frequent moves and job hunting issues to stress management, communications skills and parent education. Staff is also available to provide information and referral to additional resources on the base or in the local community. Contact your local FFSC for more information.



*"Understanding is the first step to acceptance, and only with acceptance can there be recovery."*

– J.K. Rowling



## Ways to stay connected

Mail a letter! Sometimes, it's the handwritten notes that mean the most to those deployed. Drop a line directly to your Sailor or, at [AMillionThanks.org](http://AMillionThanks.org), you can write a note then leave it at a drop box to be sent overseas to any service member.

**Share Photos!** Post pictures on free sites like [Picasa](http://Picasa) or [Flickr](http://Flickr), then ask friends and family to add their photos. By visiting one site, Sailors can get a quick update on everyone.

**Doodle Together!** Keep kids in touch with a deployed parent with [Scribblin](http://Scribblin). This free site acts as a real-time virtual whiteboard, so you can draw pictures or do homework problems together.

As always, when using online sites, keep your family safe and practice Operations Security. For more information, check out [Best Practices for Social Media](#).



Add JSS to your Mobile Network  
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iPhone, iPad User...  
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JSS Dial-in Access 24/7?  
**1-877-JSS-NOW1**  
 (577-6691)

## Does your marriage need some 'oxygen'?

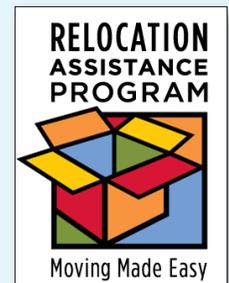
Stress and anger are natural emotions — ones that impact most people on a routine basis. Given the particular challenges that accompany military service, however, these emotions sometimes are more likely to negatively impact Navy families, especially the families of wounded warriors.

To address this issue, the United Service Organization ([USO](http://USO)) has teamed with Stronger Families to provide free workshops to seriously wounded, ill, or injured service members. These workshops — called [Oxygen Seminars](#) — tackle tough relationship issues in a non-threatening environment. Couples learn how to improve their communication, better understand each other's needs, resolve conflict, rekindle romance and find renewed hope.

The USO-sponsored Oxygen Seminars are also available free of charge to service members who are not classified as wounded warriors. If couples are unable to attend the sessions, an eight-week DVD series — O2Go — is available which offers a curriculum for couples looking to make positive changes in their marriage.

The Oxygen Seminars are just one of many resources that [Navy Wounded Warrior \(NWW\) - Safe Harbor](#) shares with wounded warrior families. To refer a seriously ill or injured service member to the USO-sponsored programs, visit <http://oxygenforyour-relationships.com>, scroll down, search "USO" and select a USO-sponsored seminar. Families can also call 855-NAVY WWP (628-9997) for more information.

**NOTE:** NWW has discontinued its own Family Newsletter and, instead, will regularly provide resources in the *Family Connection Newsletter*. Stay tuned!



### **Relocation Budget Planner**

One of the best ways to minimize your out-of-pocket expenses is to set up a budget for your move. This Relocation Budget Planner is the secret to staying in financial control throughout your move. It is a good idea to meet with your relocation/financial counselor at the Fleet and Family Support Center for professional assistance.



## National Teen Dating Violence Prevention Awareness Month

In 2010, President Obama proclaimed February as National Teen Dating Violence Prevention and Awareness Month. This executive recognition exemplifies the gravity of this societal problem. Dating aggression usually begins between the ages of 12-18 and progresses into young adulthood; however, many parents and educators are unaware that one out of three teens are experiencing dating violence. As parents, mentors, educators and community members, we need to be able to prevent, recognize and intervene in this epidemic because our youth's future and health are being negatively affected. Those who have reported being emotionally, physically or sexually abused by a peer have a higher correlation to the following issues:



- Substance abuse
- Eating disorders
- Teen pregnancy
- Low self-esteem
- Promiscuity and risky sexual behavior
- Sexually transmitted diseases
- Domestic violence
- Suicide attempts

If you are aware of anyone experiencing teen dating violence, call your local Fleet and Family Support Center (FFSC) Counseling and Advocacy Program or call the National teen dating hotline at 1-866-331-9474.

To learn more about this issue, link to these resources:

- [www.teendvmonth.org](http://www.teendvmonth.org)
- [www.letyourheartrule.com](http://www.letyourheartrule.com)
- [www.loveisrespect.org](http://www.loveisrespect.org)

## 2013 Scholarships for Navy Family Members

The Navy-Marine Corps Relief Society's (NMCRS) education programs assist eligible Sailors, Marines and family members in pursuing their academic goals by providing a source of education financing. Both scholarships and no-interest loan programs are available. Visit the [NMCRS](http://www.nmcrcs.org) website for a list of scholarships and applications.



## Scholarships for Military Children

Applications for the 2013 Scholarships for Military Children Program are now available at commissaries worldwide. Scholarship awards will be based on funds available, but the program awards at least \$1,500 at each commissary. If there are no eligible applicants from a particular commissary, the funds designated for that commissary will be awarded as an additional scholarship at another store.

To apply for a scholarship, a student must be a dependent, unmarried child of an active duty service member, reservist, guardsman, retiree, or survivor of a military member who died while on active duty, or survivor of a retiree, and must be younger than 21. Applicants between the ages of 21 and 23 are eligible to apply, if they are enrolled as a full-time student at a college or university. Eligibility is determined using the Defense Enrollment Eligibility Reporting System (DEERS) database.

Applicants must submit an essay on a topic chosen by the program administrator, Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families. The essay topic is available on <http://www.militaryscholar.org>. Applications must be turned in to a commissary by close of business Feb. 22, 2013. If students have questions about the scholarship program application, they should call the Scholarship Managers at 856-616-9311 or email them at [militaryscholar@scholarshipmanagers.com](mailto:militaryscholar@scholarshipmanagers.com).



## Military Saves – Your first step to financial wellness

The beginning of the year is a great time to think about your finances. Start off by visiting “[Military Saves](#)” to learn about various resources available for financial management and saving. While visiting the website, take the “Savers Pledge.” The “Savers Pledge” does not require a financial obligation on your part, but gives you an opportunity to think about steps you can take and resources available to enhance your personal finances through saving, savvy consumerism and debt management. You can take advantage of myriad activities during Military Saves week, February 25 – March 2, including financial education classes, financial fairs and a host of other activities. Other financial planning options you can access at any time include visiting your on-base Personal Financial Counselor at the Fleet and Family Support Center (FFSC). Confidential, no-cost counseling is available for the active duty person as well as their family members. If you’re married, a joint counseling session is highly encouraged. A well thought out, long-term spending plan is your first step to financial wellness.

### Navy Family Accountability and Assessment System (NFAAS)



NFAAS allows Navy personnel to manage the recovery process for personnel affected by a widespread catastrophic event. It is also helpful in providing commands with information to support IA family members while their sponsors are deployed overseas. [Watch the video](#) and

[log on to NFAAS.](#)

Scan QR code to access NFAAS mobile website 24/7.



### NFAAS notifications

NFAAS has the capability of send out notifications via email and text. Personnel and family members will only receive these alerts if their contact information is up to date and in the system correctly. Many Navy family members no longer have home phone numbers; instead they use their cell phone number as their home number. In this case, the number should be listed in NFAAS as both the home and cell number, with carrier listed as well. For more information, log into NFAAS by going to: <https://navyfamily.navy.mil>.

## Employment and transition corner

### Short-Term training for specialized jobs

If you are interested in pursuing specialized training but time is limited, you may want to check out a local community college. Many offer short-term training programs that can be finished in a few months or up to two years. After completing a program, a certificate is generally issued which can go on your resume!

To find a short-term training program, go to [Career One Stop Education + Training](#), click on [Short Term Training Finder](#) and choose a field. You can select from a long list of occupations. When you enter your zip code, the site will provide information on schools in your area that offer the specialty you are interested in.

The website is just a starting point. Once you have identified a school, contact them to find out the exact length of time required to complete the program, the type of certification that will be gained and whether a national or local test is needed upon completion. Also, ask the school if it has Veterans representatives. They may work with spouses and family members, too.



### U.S. Navy Individual Augmentees

Like us on Facebook.



### Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule & IA Family Events — [www.ia.navy.mil](http://www.ia.navy.mil). Click “Links and Resources.”

### IA Discussion Group Schedule

[View the Fleet-wide list of classes, support groups and events.](#)

