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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 resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle.

The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

If you have questions or comments, contact the Communications Program Specialist Timothy McGough at timothy.mcgough@navy.mil.

Visit us online at:



Military Spouses on the Move: Finding a New Job

Moving can be an adventure.

However, frequent relocations often cause Military spouses to face a unique set of challenges when it comes to employment continuity, upward career mobility and job-related education/training. The Family Employment Readiness Program (FERP) at your local Fleet and Family Support Center (FFSC) is here to help. FERP provides no-cost consultations, programs and services to help families in the job search process. Consultants are available to guide family members on career planning, job seeking and resume writing. Workshops are also offered on portable careers for military families on the move, starting businesses and the federal employment process.

In addition to the FFSC services, spouses are encouraged to take advantage of a variety of Department of Defense or community-based programs:

- [Spouse Education and Career Opportunities](#). The SECO program works to ease transitions with specialized career counselors, information on transferring professional credentials, help with job searches and information on educational opportunities. The [MySECO](#) website ensures spouses have 24/7 access to online education and career information, resources, tools and assessments. Using the tools and assessments there, spouses can begin to explore their interests, skills, passions and personality types to determine the best fit for education and career choices.
- [My Career Advancement Account Scholarship](#). This workforce development program provides up to \$4,000 in financial assistance to help eligible spouses meet their education, licensing or certification goals.



- [Military Spouse Employment Partnership \(MSEP\) Career Portal](#). The MSEP Career Portal allows spouses to set up a personalized account, build a resume, search for available positions and link to an MSEP partner's website to apply for available jobs online. The site also provides additional resources and support services, as well as advice on how to make and manage networking connections.
- [Hiring Our Heroes](#). This campaign, led by the U.S. Chamber of Commerce Foundation, is designed to help veterans and military spouses find meaningful employment in hundreds of communities across the United States. Throughout the year, Hiring Our Heroes sponsors exclusive military spouse hiring fairs, focusing on career opportunities for spouses of active-duty and Reserve Component service members.

“ When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us. ”

— Alexander Graham Bell

Federal Employment and Military Spouse Preference Webinar



During the month of May, the Defense Civilian Personnel Advisory Service (DCPAS) facilitated a Web-based training entitled “Federal Employment and Military Spouse Preference” for Fleet and Family Support Center staff and military spouses. This highly informative webinar provided an overview of the spouse hiring authorities and explored the federal application process.

If you were unable to attend and would like to view the recorded webinar, please visit: <http://zeiders.adobeconnect.com/p18cp6987sl/>.

Moving Overseas? Let Navy Housing Help You!



Moving and finding a home OCONUS presents unique challenges. Beyond the obvious challenges of the language barrier, moving and finding a home overseas may come with additional considerations, such as Status of Forces Agreements (SOFAs), minimum security and quality of life requirements. The OCONUS [Navy Housing Service Centers \(HSCs\)](#) have all of the resources to help ensure you have a smooth move into your new home.

OCONUS HSCs offer [additional services](#) beyond the home finding, issue resolution and cost savings programs offered at all HSCs. A primary responsibility of the OCONUS HSCs is to ensure community homes offered to military members meet all local legal, security and quality of life requirements. Additionally, staff are bilingual and will provide translation between you and your landlord while you tour homes, during lease negotiation and throughout your tour of duty for any housing-related issues. Another useful service is the provision of temporary and full-tour furnishings. HSCs offer loaner furnishings such as beds, sofas and tables while you await your household goods shipment. Once you have found a home, appliances and equipment such as microwaves, refrigerators and wardrobes are provided. Take full advantage of all the services OCONUS Navy HSCs have to offer and contact them as soon as you know you are coming. The easiest way to contact the HSCs is through the [Housing Early Application Tool \(HEAT\)](#), or you can look up [HSC contact information](#). You can also find photos and floor plans of OCONUS housing on the Navy Housing [Pinterest](#) boards. Let Navy Housing help you today!

Navy Bachelor Housing Barracks Cookbook

Navy-created for the unaccompanied service member, but perfect for the family on the go, this [cookbook](#) contains quick, easy and satisfying recipes that were taste-tested by Sailors. All meals require five ingredients or less, as well as no more than five pieces of equipment including a microwave.

If you would like to start eating healthier but do not know where to start, visit the [Navy Nutrition](#) site for more information.

Family On-Demand Courses Get a New Home

Military Families in Transition now lives at www.militaryfamiliesintransition.com

New Spouse Orientation is now www.newspouseorientation.com

Be sure to update your favorites.



Relocation Tip

Find information on how to start your moving process, see step-by-step guidance on creating a shipment, or track your household goods shipment using the Navy's new [Household Goods website](#).



New Spouse Orientation



New Spouse Orientation is offered as an [on-demand course](#) designed to support new Navy spouses. It

provides information on benefits, support services, military culture and resources to help spouses adapt to the military lifestyle.

July is National Park and Recreation Month!



What a fantastic time summer brings, with its warm weather and sunny days. With the assistance of your [Morale, Welfare and Recreation \(MWR\)](#) staff, summer can be a great time to get out, take advantage and explore the multiple Community Recreation, park and picnic locations on your local installations. Outdoor recreation activities can improve your own and your family's physical, mental and social well-being.

MWR Community Recreation, parks and picnic locations offer green spaces for outdoor recreation, leisure activities, camping, hiking, games and so much more. Navy MWR Community Recreation programs, such as marinas, ITT, and outdoor recreation can provide local and worldwide information and resources available through Navy Getaways, and much more. Take advantage of the information and resources available through your installation's MWR. Let MWR help you find more ways to recreate!

DoD Summer Reading Program "Paws to Read"



Decades of research shows that students typically score lower on standardized tests at the end of summer vacation than they do on the same tests at the beginning of the summer. DoD's [summer reading programs](#) can help to offset this loss. Without summer reading intervention, [the National](#)

[Summer Learning Association](#) reports that it is common for teachers to spend at least a month re-teaching material that students have forgotten over the summer.

Sponsored by the Department of Defense with program content developed by [iREAD](#), "Paws to Read" will reach thousands of families. Resource guides and animal-themed materials and activities to support the initiative were developed by librarians for librarians to motivate children to read. This year marks the fifth in which nearly 200 base and installation libraries will participate in the summer reading program.

For more information contact your local base library or email dodsumread@navy.mil.



Employment and Education Support for Wounded Warrior Families



Navy Wounded Warrior (NWW) - Safe Harbor not only provides employment and education support to wounded warriors, it offers assistance to their caregivers and families as well. A host of resources and career counseling services are

available, from assisting with job applications, to identifying vocational training opportunities, to sharing direct employer contacts. NWW's website includes a wealth of information on jobs and scholarships, including links to organizations which provides career opportunities and job portability for military spouses, war-wounded service members and their caregivers. For family members who cannot work due to their caregiving responsibilities for active-duty Sailors, NWW can help them apply for Special Compensation for Assistance with Activities of Daily Living (SCAADL) benefits, which are administered by the Department of Defense and can offset the loss of income wounded warrior caregivers sometimes experience. If you are a wounded warrior or caregiver looking for support, please contact [NWW](#). Use "Request for Employment Support" in the subject line of your email. Also, include in your email your full name, address, and telephone number(s). For additional information and resources, visit the [NWW - Safe Harbor website](#).

FAFSA 101 and the Military

FAFSA The U.S. Department of Education's Federal Student Aid Awareness and Outreach Group will host [Free Application for Federal Student Aid](#) (FAFSA) webinars on July 16 and 17. Staff will be available to answer questions live. This information is for anyone considering any type of post-secondary education who needs funding. Whether an applicant is pursuing their first degree or returning to school to complete their studies, there are federal programs available to aid them in this effort. Please keep in mind federal funding is not just for college; funding is also available for certificate programs such as electrical, carpentry, HVAC and other qualifying programs. For members of the Armed Forces, funding is available even if you are receiving tuition assistance (TA). Please take note and [register](#) as soon as possible. Space is limited.

Local Career Programs Supplement Transition GPS Workshops at Fleet and Family Support Centers



Many of the Fleet and Family Support Centers (FFSC) have developed local programs to help transitioning service

members determine their post-military career goals and prepare for the civilian job market. At Naval Base San Diego, Sailors can sign up for the Military Transition Support Program in order to access local employment resources, while Naval Air Station Lemoore hosts a popular Law Enforcement Career Workshop and invites private sector companies to send representatives to the events. At other Navy installations, including Naval Support Activity Mid-South, FFSC staff have held well-attended job fairs and collaborated with local and national companies to connect military job-seekers with potential employers.

All of these efforts build on the opportunities service members have during the five-day Transition Goals, Plans, Success (GPS) workshop. In addition to discussing ways to mitigate stress resulting from their job searches, FFSC staff help Sailors evaluate their military experiences and training, as well as identify corresponding civilian career interests and opportunities. The workshop's first day also includes time for the service member to find gaps between their current skillset and industry requirements.

During the following four days, facilitators from the Departments of Labor and Veterans Affairs work with Service members to improve their resume-writing skills, job search techniques and interview preparation. These facilitators also provide information about the state-run [American Job Centers](#), federal hiring process and how to navigate the Department of [Veterans Affairs' eBenefits Employment Center](#).

Check with your local [Fleet and Family Support Center](#) for more information about how Transition GPS can help you and your family successfully transition.

DoDTAP – Transition Assistance Program



The Department of Defense Transition Assistance Program offers an overview of the program, service-specific information, useful contact information, and valuable resources and tools to help you and your family prepare for a successful transition. Please visit their [website](#) for more information.

Employment and Transition Corner

Professional Networking Leads to Post-Military Employment Success

It can be pretty intimidating when your family gets ready to transition out of the military. After all, many people you know may still be serving and those that are already civilians may be scattered around the world.

You may have heard that *"it's not what you know, it's who you know."* The statement is true. So, use the following ideas to create and maintain a professional network while you are an active-duty family so that you are ready when it comes time to find post-military employment.

Stay in touch with your Navy friends with more than just a holiday card. Follow their careers, especially if they are doing something that interests you. Are friends moving somewhere to which you are considering relocating? Reach out and ask how they like what they are doing or where they are as you make decisions for yourself and your family. You never know, they might even connect you with a job opening or a real estate agent referral someday!

Use Facebook, LinkedIn and Twitter. Social media can be overwhelming but if you do your research, you can use it to your advantage. Use Facebook to keep up with friends but be sure to keep your profile professional and appropriate. Follow Twitter accounts for organizations that interest you and stay current on their issues. Check out LinkedIn for Veterans groups and look for organizations that are seeking to hire veterans.

Join a professional association.

[The American Legion](#), [Association of Naval Aviation](#), [Association of the United States Navy](#), [Military Officers Association of America \(MOAA\)](#), [Non Commissioned Officers Association](#), and [Veterans of Foreign Wars of the United States](#) ... the list goes on. Use these groups to create a network of people you share something with.



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Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule and IA Family Events — www.ia.navy.mil. Click "Links and Resources."

IA Discussion Group Schedule

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

Navy Transition Assistance Program



TRANSITION GOALS, PLANS, SUCCESS



Military occupational code crosswalk to civilian workforce terms



Department of Labor employment workshop



Veterans Affairs Benefits and eBenefits



Financial planning



Federal and civilian job search techniques



Pre-separation counseling



Certification and training resources



Career Track options



Capstone event



EXIT WITH SUCCESS



Transition services designed to make the move to civilian life smooth and successful

Contact your Fleet and Family Support Center for details.



For more information, visit www.cnic.navy.mil/TransitionGPS