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Military Spouse Appreciation Day

President Ronald Reagan recognized the profound importance of spouse commitment to the readiness and well-being of military members and declared May 23, 1984 the first Military Spouse Day. The Department of Defense has since standardized the date by declaring the Friday before Mother's Day every year as Military Spouse Appreciation Day to show appreciation for the sacrifices of military spouses.

In celebration of Military Spouse Appreciation Day, bases worldwide will hold a variety of enriching programs and special events to inform, honor and recognize military spouses. Events ranging from spouse appreciation luncheons to educational workshops to spouse employment fairs will take place to pay tribute to military spouses.

On Friday, May 9, join us in recognizing, celebrating and thanking our military spouses.

Spouse Education and Career Opportunities Presents: My Individual Career Plan

To assist spouses on their journey toward achieving career and education goals, the Department of Defense Spouse Education and Career Opportunities (SECO) program offers a variety of tools and resources on portable careers, education, resume writing and career planning.

The newest tool offered through SECO is My Individual Career Plan or MyICP. This interactive and printable individualized plan contains customized tools, resources and activities to help spouses reach their career and education goals. MyICP is a personal career and education road map, and it can track your progress through the four stages of the SECO career lifecycle:

- Career exploration — Identify career interests and aptitudes. Find information about today's job market and work opportunities, including portable skills and careers, entrepreneurship and federal employment options.
- Education, training and licensing — Learn about education options and licensing or credentialing requirements. Identify, compare and weigh the costs of potential schools and programs to help reach education and career goals.
- Employment readiness — Prepare to join or re-enter the workforce and receive information and assistance with job search strategies, resume writing, interviewing, networking and self-marketing skills.

"As long as there have been courageous men and women willing to protect our Union and our ideals, there have been extraordinary spouses at their side... They are moms and dads who take up the work of two during deployments... They are dedicated employees at our businesses, committed volunteers in our communities and essential caretakers for our wounded warriors. America's military spouses are at the core of our Armed Forces, and on Military Spouse Appreciation Day, we celebrate their contributions to keeping our country safe."

~President Barack Obama

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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 Timothy McGough at timothy.mcgough@navy.mil.

Visit us online at:



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- Career connections — Connect with corporations, government organizations and nonprofits, and learn how to leverage resources such as the Military Spouse Employment Partnership, Hiring Our Heroes Hiring Fairs, USAJobs and more.

To create your MyICP, click "Manage My Individual Career Plan" from the quick action links located throughout [MySECO](#). Then click "Create a MyICP" when you are ready to begin.

Federal Employment and Military Spouse Preference Webinar

On Thursday, May 15, 2014 at 11 a.m. EDT, the Defense Civilian Personal Advisory Service (DCPAS) will facilitate a web-based training entitled "Federal Employment and Military Spouse Preference." This highly informative webinar will provide an overview of the Spouse hiring authorities and explore the federal application process. Military Spouses are encouraged to attend.

Access to this webinar may be obtained by visiting the following link at the appointed date and time: <http://zeiders.adobeconnect.com/femsp>.

For questions or assistance regarding access to the virtual classroom, please contact the LMS Helpdesk at learning@zeiders.com.

Preparing for Your Move

When you receive permanent change of station (PCS) orders, you may have some questions. Will there be housing on the installation? What are the schools like? Do they have soccer? Will my spouse be able to get a job? The Fleet and Family Support Center's (FFSC) Relocation Assistance Program (RAP) makes moving easier. FFSC staff will help you with all aspects of moving so that you can prepare for it, survive it and enjoy it. (OK, enjoying it may be a stretch.)

But if you visit your local FFSC, you will be able to plan for the move and be better prepared for whatever comes your way. Planning and preparation, as well as a sense of humor and positive attitude, have been proven by military spouses to be surefire stress reducers.

The Smooth Move Workshop at the FFSC will address move-related topics such as shipping household goods, travel, entitlements, passports, personal security, culture shock, family preparation and the sponsorship program. There will also be a personal financial counselor available for you. Your [FFSC](#) has resources that contain information about bases worldwide as well as a lending locker, where you can borrow household items prior to or at arrival during the move. If you are unable to attend a Smooth Move Workshop, set up a one-on-one session with the FFSC Relocation Consultant.

With so many resources available, you may feel like you are drinking from a fire hose, but the FFSC RAP will help you take it one step at a time and point out the best resources to start with and to help you along your way. The [Relocation Assistance Program](#) has everything you need to make your move smooth.



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Relocation Tip

Take control of your Permanent Change of Station (PCS) move with [Plan My Move](#), which offers a customizable calendar tool to create a unique personal moving plan.



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.

Building Ready and Resilient Sailors and Families Video Podcast Series

Commander, Navy Installations Command's Fleet and Family Support Program (FFSP) has developed a series of video podcasts specifically designed to help Navy families adjust to the challenges of deployments. These four- to five-minute podcasts are general in nature and provide an overview of various topics and family issues that may arise during deployment.



The first video podcast in the series, "Resilience During Deployment," introduces Sailors and family members to the emotional cycles associated with deployment. Viewers are also introduced to the resources and tools available to promote and build family resilience to successfully navigate the challenges of deployment.

These video podcasts are designed to inform Sailors and family members about the services and resources available through Fleet and Family Support Centers, along with community and web-based resources to promote family resilience. They are available on the Navy Family Readiness [YouTube channel](#) and the FFSP [website](#).

Teen Adventure Camps, Deployment and Reintegration Camps

The Department of Defense continues to partner with the USDA and the Land Grant University System to offer a number of camps for military children and their families. These camps are open to families from all services, active and reserve, and planned for locations across the United States. Each camp varies in design and activities. In most cases, reservations are available at little to no cost.

[Teen Adventure Camps](#) — With more than 42 camps from May of 2014 through January of 2015, the Teen Adventure Camp Program offers a variety of camps for military teens aged 14-18, including two winter camp programs in New Hampshire for youth with disabilities.

[Deployment and Reintegration Camps](#) — This program offers a number of camp opportunities for military children and youth ages 6-18 whose parents and loved ones have been deployed during the past several years.



Ombudsman Confidentiality and Reportables

One element of the Ombudsman Code of Ethics is to maintain confidentiality. However, there are some situations, known as "reportables," where the ombudsman is a mandated reporter and must inform the commanding officer, Family Advocacy Program (FAP) representative, Sexual Assault Response Coordinator (SARC) or the appropriate agency depending on the type of incident.



The "reportables" are:

- Suspected child abuse or neglect.
- Alleged domestic abuse.
- Suspected and/or potential homicides, violence or life-endangering situations.
- Suspected and/or potential suicide risks.
- Other issues identified by the commander or commanding officer as reportable.

Sexual assaults are also reportable and must be reported to the commanding officer and the Sexual Assault Response Coordinator (SARC).

While family members may have an established relationship with the command ombudsman, it is important to note that anytime an ombudsman becomes aware of a reportable situation, as an official representative of the command, the ombudsmen is required to report the incident.

For more information [contact your ombudsman](#) or your local [Fleet and Family Support Center](#).

Acceptance

Healthy families that can overcome adversity reflect acceptance. Accepting families are flexible enough to tolerate mistakes and surprises with an attitude that together, they can succeed. Ultimately, accepting families learn to make meaning out of life's challenges. If we know that adversity in life is normal, we are less likely to blame and criticize our loved ones and ourselves for it. In our Navy families, we all face adversity, but like the bamboo shoot, we bend with the wind and stand straight again. For support in your time of adversity, contact your local [FFSC](#) counseling services.

New Initiatives Boost Military Caregiver Support

On April 11, 2014, First Lady Michelle Obama and Dr. Jill Biden announced several new initiatives designed to strengthen support for military caregivers. "I'm thrilled to announce that the Department of Defense (DoD) is committed to form in-person peer forums at every military installation that serves wounded warriors and their caregivers around the world," Mrs. Obama said. The DoD will also create online tools and webinars for caregivers who are not able to attend an in-person forum, so they too, can connect with their peers, she said.

Additionally, the Tragedy Assistance Program for Survivors, the Elizabeth Dole Foundation and many other organizations are committing to training 10,000 caregiving peer mentors, Mrs. Obama said. "It's a commitment that will reach 50,000 caregivers nationwide," she added, "and together, these commitments mean tens of thousands of our brave caregivers will have the added support they need — the support of a friend and mentor who understands what they're going through."

Mrs. Obama said those initiative are just the tip of the iceberg. Read the entire [article](#) or watch the [video](#).



Hiring Fairs for Sailors and Spouses

The U.S. Chamber of Commerce Hiring Our Heroes hiring fairs and events are open to all military job seekers and their spouses. Each of these events is a great opportunity for employers to connect with high-caliber candidates. Visit [Hiring Our Heroes](#) for the latest information and a complete listing of hiring fairs.

Hiring Fairs

Memphis, Tennessee — May 22, 2014
 Jacksonville, Florida — June 5, 2014
 Savannah, Georgia — June 10, 2014

Military Spouse Hiring Fair and Career Forum

Whidbey Island, Washington — May 15, 2014
 Joint Base Myer-Henderson Hall — May 29, 2014

Employment and Transition Corner

Want to be your own boss?

Service members and spouses interested in owning and operating a business are invited to attend the Entrepreneurship workshops offered at Navy Fleet and Family Support Centers worldwide.

During this two-day course, participants receive an overview of business fundamentals from the Small Business Administration (SBA). They also research the realities of small-business ownership specific to their industry of choice. Together with SBA facilitators, each participant begins developing a detailed business plan. As with the two other Transition GPS career track offerings, Accessing

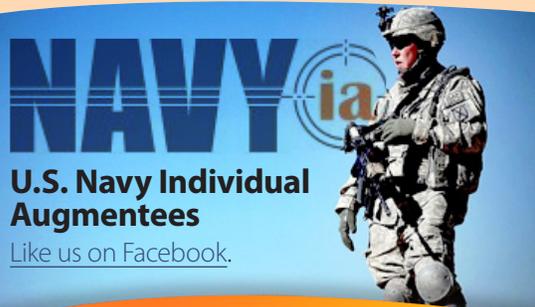
Higher Education and the Career Technical Training track, participation in the Entrepreneurship workshop prepares Service members and their families for success after the military.

After completing the Entrepreneurship track, Service members interested in furthering their understanding of business ownership will be able to enroll in an eight-week, instructor-led online program offered by the SBA and the Whitman School of Management at Syracuse University.

Contact your local [FFSC](#) for more information about the Entrepreneurship workshop.



Apply. Advance. Achieve.



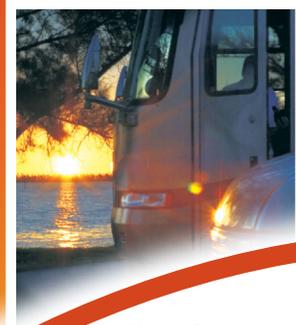
Returning Warrior Workshops (RWW)

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.](#)

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