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Family connection

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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.

Visit us online at:

The Fleet & Family Support Center

Scan QR Code to access via mobile device

Happy Anniversary Fleet and Family Support Centers!

The Fleet and Family Support Program is an integral part of the command and the focal point for Sailor and family readiness. Services and resources are provided at centers across the enterprise and worldwide through use of social media and web based platforms. For more than three decades now, Fleet and Family Support Centers (FFSC) stand ready to serve.

Many FFSC staff members are spouses, family members and veterans like you; an extension of your family. Programs are "Fleet, Fighter and Family" focused, consistent and efficient to support Navy readiness. Whether you have a question about purchasing a car, transitioning to your new career, improving communication with your children or how to prepare for your next deployment, FFSC is the best place to start. Assistance is just a drive, call or click way. To learn more, contact your local center or visit www.ffsp.navy.mil.

Other programs and services include, but are not limited to:

- Deployment support for Sailors and their families.
- Personal and family wellness education and counseling.
- Emergency preparedness and response.
- Crisis intervention and response.
- Military and personal career development.
- Financial education and counseling.
- Family employment programs.
- Transition assistance program.

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.

"A life isn't significant except for its impact on other lives."

— Jackie Robinson

Preparing Your Family Care Plan

A Family Care Plan ensures provisions are in place to care for family members during deployments, reserve mobilizations, normal and extended work hours, temporary assigned duty, weekend duty and more.

As PCS season peaks, Sailors are reminded of the importance of maintaining a current Family Care Plan. Families should work together to ensure the plan includes legal, medical, logistical, educational, monetary and religious arrangements for the care of all family members. Review these plans early and often. Remember to update DEERS with any life changes such as the addition of a new family member. Be prepared. For assistance contact your designated Command Family Care Plan Coordinator or visit Navy Personnel Command.

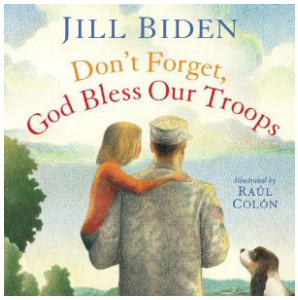
Exceptional Family Member Program and School Liaison Officers Partner

Exceptional Family Member Program (EFMP) Case Liaisons (CLs) provide information and referral to meet the specific needs of EFMP families. Linking families with military, national and local community resources, CLs also provide non-medical case management and assist in the development and maintenance of Individualized Services Plans (ISP).

School Liaison Officers (SLOs) are responsible for assisting military families in addressing educational issues, particularly during times of transition and deployment. The challenges of a Permanent Change of Station (PCS) can be especially stressful for families with children who have special needs. Together, CLs and SLOs will provide information, education and services, intended to support and promote parents and/or legal guardians as the first and primary advocates for the rights and needs of their children. To get connected, contact your EFMP Liaison or School Liaison Officer.

Book Shares Family's Deployment Experience

In *Don't Forget*, 5-year-old Natalie tries to "be brave" for herself and her younger brother, Hunter, as the family marks important events such as holidays and birthdays without their father. Natalie gets some solace by being able to video chat with her dad, and also feels the pride of his work when neighbors, teachers, church leaders and others recognize his service.



This is the first book by Dr. Jill Biden, who has made it her mission to highlight the challenges of military families. She and First Lady Michelle Obama last year started the "Joining Forces" campaign to do just that, and rally all Americans to support the troops and their families. Author proceeds are to be donated to a USO scholarship fund for the children of injured or fallen service members.

Let's Move It!

Military Youth on the Move has updated its website. It now features tabs for teens, pre-teens, and younger kids to help with everything from preparing for college, to dating, to making new friends. There is a "Moving Out" section with advice on packing, saying "goodbye" and keeping in touch. The "Get Help" tab offers advice on dealing with a parent's deployment, divorce, and bullying.

Free and Inexpensive Things to Do

National Park Service offers FREE annual pass for active duty service members and their families, granting access to more than 2,000 national parks, wildlife refuges, national forests, and other public lands around the nation. Service members can pick up a pass at any national park or wildlife refuge that charges an entrance fee or other selected sites. Members must show a current, valid military identification card to obtain pass. While the pass is not available to veterans and retirees, many are eligible for other discounted passes, such as the Senior Pass, granting lifetime access to U.S. citizens over 62 for $10, and the Access Pass granting free lifetime access for permanently disabled U.S. citizens.

MilKidz Club is all about cool events, free tickets, and tons of other happenings that all show our military children some well-deserved appreciation. Blogs are set up to help kids share experiences, post videos and photos. It's free and easy to sign up.

Let's Move! combines comprehensive strategies with common sense. Learn more about how your family can make healthier choices and get moving. Find tips on healthy eating. Discover fun activities you and your family can do together. Read the latest Let's Move! news. And see what else you can do to fight childhood obesity in your community or schools.

Transition and Employment Corner

OneStops can be vital tools in your career search. Using the web to start a search is almost second nature; and it is no different for a career search. Also known as "Employment Commission Services," "Workforce Development" and "Job Centers," OneStops offer valuable assistance from career assessments, network opportunities, goal setting, webinars, job leads, salary information to tracking your application status.

Some provide more intensive services to include basic skills workshops such as computer training; internships, follow-up services and supportive services for veterans and their families. Learn more about OneStops at http://www.careeronestop.org/.

Virtual OneStops

USAJOBS http://www.usajobs.gov

Military Spouse Employment Partnership http://www.msepjobs.com

Military Spouse Corporate Career Network http://www.msccn.org

Deployment "Tweet of the Week"

Receive deployment-related information, resources and tips via Twitter to ease the challenges of deployment. Sign up today to access via your desktop or mobile device. Search for more tweets using "#deploymentsupport."

NAVY ia

U.S. Navy Individual Augmentees

Like us on Facebook.

Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule & 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.

eKnowledge Test Prep Software for Military, Veterans and Families

The SAT and ACT PowerPrep™ program comes in a single DVD and includes 11+ hours of video instruction, 3000 files of supplemental test prep material, interactive diagnostic tools, sample questions, practice tests and graphic teaching illustrations indexed for easy use. The eKnowledge sponsorship covers the $200 DVD purchase price. There is a small charge of $17.55 (per standard program) for shipping and customer support. Each program has a one-year license from the date the product is shipped. Order online at www.eknowledge.com/cnic. For assistance, contact customer support at support@eknowledge.com or 951-256-4076.

2012-13	
SAT Test Dates	ACT Test Dates
October 6, November 3 January 26, March 9, May 4, June 1	Sept 8, October 27, December 8 Feb 9, April 13, June 8
Exam Time: 3 hours 45 minutes	Exam Time: 2 hours 55 minutes

Called to Serve!

Navy Chaplain Corps members are called to serve, ensuring Sailors, Marines and Coast Guardsmen and their families remain ready for the demanding life of military service and the vital mission of defending our Nation.

Did you know that the Navy Chaplain Corps offers retreats for couples, individuals and teens? The Chaplain's Religious Enrichment Development Operation (CREDO) retreats provide sea service members and their families the opportunity to get away for a FREE weekend or a one-day seminar and strengthen their personal lives, marriages or families. This program is just ONE of the many benefits available. Contact your local Navy Chaplain to learn more. Check out the posts on Facebook.

Free Credit Report

Anytime is a good time to review your credit report, with identity theft on the rise. With three bureaus, that means each individual can request a report every four months. Contrary to popular belief, the credit bureaus do not all report the same information.

Why is this so important? According to the Federal Trade Commission, more than 79 percent of all Americans have incorrect, incomplete, obsolete, or someone else's information on their credit report. Equally important, 25 percent of those will have information that is so significantly negative that it will cause either a denial of credit or an increase in interest rates. Regular monitoring can help you identify errors and most disputes or corrections can usually be resolved on-line. Check your credit today at www.annualcreditreport.com. Free reports to include your FICO score are available at your local FFSC.

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