September is Suicide Prevention Month

Every Sailor, Every Day starts with YOU.

850-623-7177

7511 USS ENTERPRISE STREET BLDG 3025
MILTON, FL 32570
HOURS: MONDAY - FRIDAY 0700 TO 1600

HTTPS://WWW.FACEBOOK.COM/NASWF.FLEETANDFAMILY
Suicide is a serious public health problem that can have long-lasting effects on individuals, families, and communities.

The good news is that suicide is preventable. Preventing suicide requires strategies at all levels of society. This includes prevention and protective strategies for individuals, families, and communities.

Everyone can help prevent suicide by learning the warning signs, promoting prevention and resilience, and a committing to social change.

For more information regarding prevention strategies go to the following link: https://www.cdc.gov/suicide/prevention/index.html

Contact the National Suicide Prevention Lifeline
Call 1-800-273-TALK (1-800-273-8255)

Use the online Lifeline Crisis Chat
https://suicidepreventionlifeline.org/chat/

Both are free and confidential. You’ll be connected to a skilled, trained counselor in your area.
FFSC Workshops have gone virtual. Save the date! Attend from anywhere.

Your Navy Region Southeast Team has got you covered.

September 2, 2021, 10:00 a.m. EST: USAJobs 2021
Facilitator: Tito Perez, FFSC NAS Corpus Christi

September 7, 2021, 3:00 p.m. EST: Paying for College
Facilitator: Julie Shourds, FFSC NSA Mid-South

September 9, 2021, 2:00 p.m. EST: Sponsor Training
Facilitator: Diane Brown, FFSC NSA Mid-South

September 8, 2021, 2:00 p.m. EST: Salary & Negotiation Skills
Facilitator: Jamie Brunson, FFSC JRB New Orleans

September 10, 2021, 10:00 a.m. EST: Credit Repair Clinic
Facilitator: Jennifer Belden, FFSC JRB New Orleans

September 14, 2021, 9:30 a.m. EST: Resume Writing
Facilitator: Diane Brown, FFSC NSA Mid-South

September 14, 2021, 10:00 a.m. EST: Understanding Anger
Facilitator: Edie Limardo, FFSC NS Mayport

September 15, 2021, 2:00 p.m. EST: Interviewing: Your Best First Impression
Facilitator: Marcus Williams, FFSC NAS Pensacola

September 15, 2021, 11:00 a.m. EST: Returning to Children After Deployment
Facilitator: Vallon Holley, FFSC JRB Ft Worth

September 15, 2021, 11:00 a.m. EST: Stress Management
Facilitator: Ora Millard, FFSC JRB Ft Worth

September 15, 2021, 12:00 noon EST: The Basics of Special Education & IEPs
Facilitator: Ginger Manley, FFSC NAS Pensacola

Space is limited. Register early on the CNIC Learning Management System (LMS):
MyNavyFamily.com or Learning.Zeiders.Refineda.com
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September 16, 2021, 2:00 p.m. EST: Baby Boot Camp
Facilitator: Creola James, FFSC CBC Gulfport

September 16, 2021, 1:00 p.m. EST: Fundamentals of LinkedIn
Facilitator: Ray Charest, FFSC NS Mayport

September 16, 2021, 1:00 p.m. EST: What About the Kids?
Facilitator: Edie Limardo, FFSC NS Mayport

September 16, 2021, 2:00 p.m. EST: Win the Interview with Your Career Portfolio
Facilitator: Jamie Brunson, FFSC JRB New Orleans

September 21, 2021, 10:00 a.m. EST: Stress Management
Facilitator: Edie Limardo, FFSC NS Mayport

September 28, 2021, 11:00 a.m. EST: Sponsor Training
Facilitator: Deon Grissett, FFSC JRB New Orleans

September 29, 2021, 11:00 a.m. EST: Stress Management
Facilitator: Ora Millard, FFSC JRB Ft Worth

September 29, 2021, 2:00 p.m. EST: Suicide Awareness
Facilitator: Edie Limardo, FFSC NS Mayport

September 30, 2021, 10:00 a.m. EST: Scam Alert!
Facilitator: Jennifer Belden, FFSC JRB New Orleans

September, 2021, 1:00 p.m. EST: Fundamentals of Resume Writing
Facilitator: Ray Charest, FFSC NS Mayport

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Anger Management Workshop

Everyone gets angry, but not everyone is equipped to manage that anger. Uncontrolled anger is a significant factor in workplace difficulties, road rage, relationship issues, domestic disturbances, and child abuse. Begin learning how to take control of your anger before it takes control of you!

Topics to be covered include: learning that the emotion of anger is separate from the expression of anger; recognizing warning signs of anger; identifying healthy ways to cope with and express anger.

Held on the third Tuesday of every month at the FFSC from 1300-1500.

Upcoming dates:

9/21/21.

Call the FFSC at 850-623-7177 to register!
Home Buying Workshop

Thursday, September 9
1500 to 1600

Are you ready to buy a home?
This workshop will help you answer that question.

Location:
Bldg. 2998 which is located next to the Tower Cafe.

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For more information:
michael.leclear.ctr@navy.mil  850-623-7644
Thrift Saving Plan
(TSP) Class
September 28th 1500-1600

Topics Include:

Traditional contributions vs. Roth contributions

What are the five core TSP funds

What are the TSP Lifecycle Funds

When do you become vested in the government contributions.

What do I do if I have misplaced or lost my TSP account number

Location:
Bldg .2998 which is located next to the Tower Cafe.

For more information:
Mike LeClear, AFC
850-623-7644
michael.leclear.ctr@navy.mil
Please RE-welcome Joni Wallis as our new SAPR Civilian Victim Advocate.

Joni previously held the Work and Family Life Consultant role with Fleet and Family Support Center.

She will now be joining the SAPR program with over 10 years’ experience in Advocacy serving both the Local communities of Santa Rosa and Escambia County.

Feel free to stop by the FFSC or Call with any questions about the SAPR program.

Contact information:
Joni Wallis
SAPR Civilian Victim Advocate
(850) 665-6392
IT'S A FACT, CHILDREN THRIVE WITH ROUTINE!

Our military life is so full of change and uncertainty that maintaining routines can help children feel grounded and secure by establishing expectations. Routines help reduce the stress and anxiety associated with unpredictability. But all that change also makes it hard to know how to start!

Here are some tips to help you get started on creating an achievable routine:

Keep it simple! You don’t have to schedule every minute of the day, just start with the basics: a predictable mealtime, homework routine, bedtime ritual.

Be realistic. Think carefully about your family’s schedule to guide your timing so it is achievable.

Be patient. Routines require practice to get used to, they may not all work smoothly right away and that’s okay!

Keep the same general structure. For example, use the same sequence of events at nighttime (bath-pajamas-stories-sleep).

Try to keep the weekend routine similar to the weekday routine.

Be flexible. It is okay to adjust your routines as your children get older or when the family’s schedule changes.
If you or someone you know needs assistance please contact:
NASWF Unit Victim Advocate: 850-554-5383
NASWF Sexual Assault Response Coordinator: 850-499-5810

If you are interested in joining the SAPR team and becoming a SAPR Victim Advocate, please contact Dora Ford (SARC) at dora.ford@navy.mil or 665-6393.
Until July 18, 1979, no special commemoration was held to honor America’s POW/MIAs, those returned and those still missing and unaccounted for from our nation’s wars.

That first year, resolutions were passed in Congress and the national ceremony was held at the National Cathedral, Washington, DC. The Veterans Administration published a poster with the letters “POW/MIA” and that format was continued until 1982, when a black and white drawing of a POW in harsh captivity was used to convey the urgency of the situation and the priority the President assigned to achieving the fullest possible accounting for Americans still missing from the Vietnam War.

Today, nearly 82,000 service members remain unaccounted for, from conflicts dating back to World War II. More than 72,000 of those were lost during World War II, nearly 8,000 from the Korean War, and around 1,600 remain unaccounted for from the Vietnam War. The department of defense remains committed to bringing all of them home.

NAS Whiting Field can provide support to any families that have POW/MIA members through counseling and guidance to resources for support. Counseling services can be scheduled by calling 1-866-293-2776.