November is Military Family Month

FLEET & FAMILY SUPPORT CENTER

850-623-7177

7511 USS ENTERPRISE STREET  BLDG 3025
MILTON, FL 32570
HOURS:  MONDAY - FRIDAY 0730 TO 1600

HTTPS://WWW.FACEBOOK.COM/NASWF.FLEETANDFAMILY
FFSC Workshops have gone virtual. 
Save the date! Attend from anywhere.

Your Navy Region Southeast Team has got you covered.

November 16, 2021, 10:00 a.m. EST: Stress Management
Facilitator: Edie Limardo, FFSC NS Mayport

November 17, 2021, 7:00 p.m. EST: Teen Job Search
Facilitator: Diane Brown, FFSC NSA Mid-South

November 17, 2021, 11:00 a.m. EST: Portable Careers
Facilitator: Vallon Holley, FFSC JRB New Orleans

November 18, 2021, 1:00 p.m. EST: What About the Kids?
Facilitator: Edie Limardo, FFSC NS Mayport

November 18, 2021, 2:00 p.m. EST: Baby Boot Camp
Facilitator: Creola James, FFSC CBC Gulfport

November 19, 2021, 10:00 a.m. EST: Managing Your Student Loan Debt
Facilitator: Mike LeClear, FFSC NAS Whiting Field

November 23, 2021, 11:00 a.m. EST: Fundamentals of Interviewing
Facilitator: Ciara Bundridge & Ray Charest, FFSC NS Mayport

November 30, 2021, 11:00 a.m. EST: Sponsor Training
Facilitator: Deon Grissett, FFSC JRB New Orleans

Space is limited. Register early on the CNIC Learning Management System (LMS):
MyNavyFamily.com or Learning.Zeiders.Refineddata.com
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Your Navy Region Southeast Team has got you covered

November 4, 2021, 10:00 a.m. EST: USAJobs 2021
Facilitator: Tito Perez, FFSC NAS Corpus Christi

November 8, 2021, 11:00 a.m. EST: Financial Implications of Divorce
Facilitator: Julie Shourds, FFSC NSA Mid-South

November 8, 2021, 2:00 p.m. EST: Habits of Happy People
Facilitator: Jamie Brunson, FFSC JRB New Orleans

November 9, 2021, 10:00 a.m. EST: Sponsor Training
Facilitator: Diane Brown, FFSC NSA Mid-South

November 9, 2021, 11:00 a.m. EST: Anger Management
Facilitator: Ora Millard, FFSC JRB Ft Worth

November 10, 2021, 1:00 p.m. EST: Resume Writing & Cover Letters
Facilitator: Diane Brown, FFSC NSA Mid-South

November 12, 2021, 10:00 a.m. EST: Scam Alert!
Facilitator: Julie Shourds, FFSC NSA Mid-South

November 16, 2021, 11:00 a.m. EST: Building Emergency Preparedness Kits
Facilitator: Vallon Holley, FFSC JRB New Orleans

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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.

Call the FFSC at 850-623-7177 to register!

Class size is limited
Thrift Saving Plan (TSP) Class

November 10
1100 to 1200

Topics Include:

Traditional contributions vs. Roth contributions

Learn the difference between a contribution allocation and an interfund transfer.

Find out which TSP fund has a one year return rate of 42.32%

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.

Register by calling 850-623-7177.
Class size is limited.
**NOVEMBER RELOCATION WEBINARS**

**Wednesday, November 10th 1:00 PM EST**  
Moving With an Exceptional Family Member

**Tuesday, November 23rd 12:00 PM EST**  
Now I’m the Landlord

**Tuesday, November 30th 12:00 PM EST**  
Home Selling

To register for a webinar go to Mynavyfamily.com

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**NOV PARENTING WEBINARS**

**Tuesday, November 16th 2:00 PM EST**  
Transition to Parenthood Support: Mental Health and Wellness Check-Up

**Thursday, November 18th 1:00 PM EST**  
What About the Kids

**Thursday, November 18th 2:00 PM EST**  
Baby Boot Camp

Register at: mynavyfamily.com
Looking For a Job?
Register for an online workshop

NOVEMBER SCHEDULE

Thursday, November 4th 10:00 AM EST USAJobs 2021
Monday, November 8th 12:00 PM EST Holiday Employment
Wednesday, November 10th
1:00 PM EST Resume Writing and Cover Letters
4:00 PM EST LinkedIn 101
Monday, November 15th 11:00 AM EST Fundamentals of LinkedIn
Wednesday, November 17th
11:00 AM EST Portable Careers
7:00 PM EST Teen Job Search
Tuesday, November 23rd 1:00 PM EST Fundamentals of Interviewing
Tuesday, November 30th 4:00 PM EST Finding Federal Employment

ALL TIMES ARE EASTERN STANDARD

TO REGISTER GO TO: MYNAVYFAMILY.COM

Mind Body Mental Fitness Series

Tuesday, November 2nd 9:00 am EST
Part 1: Stress
Tuesday, November 9th 9:00 am EST
Part 2: Mindfulness and Meditation
Tuesday, November 16th 9:00 am EST
Part 3: Living Core Values 10:00 am
Tuesday, November 23rd 9:00 am EST
Part 4: Flexibility
Tuesday, November 30th 9:00 am EST
Part 5: Problem Solving

Register at: MyNavyFamily.com
Life Skills Webinars

November Schedule

Tuesday, November 2nd: 10:00 AM EST - Conflict Resolution
Wednesday, November 3rd: 2:00 PM EST - Resiliency
Tuesday, November 9th:
11:00 AM EST - Anger Management
10:00 AM EST - Sponsor Training
1:00 PM EST - Look at All the Sites! College Edition
Wednesday, November 10th:
11:00 AM EST - Resiliency
5:00 PM EST - Navy Spouse 101
Friday, November 12th:
10:00 AM EST - Scam Alert!
Tuesday, November 16th:
10:00 AM EST - Stress Management
2:00 PM EST - Tips to Decrease Holiday Stress
11:00 AM EST - Building Emergency Preparedness Kits
Wednesday, November 17th:
5:00 PM EST - Effective Communication
4:00 PM EST - Coping with Caregiver Burnout
Thursday, November 18th:
10:00 AM EST - Coping with Holiday Stress
Tuesday, November 30th:
11:00 AM EST - Sponsor Training
11:30 AM EST - Resiliency

Personal Financial Management

November Webinar Schedule

Monday, November 8th: 11:00 AM EST - Financial Implications of Divorce
Wednesday, November 10th: 4:00 PM EST - Home Buying
Friday, November 19th: 10:00 AM EST - Managing Your Student Loan Debt
Safe Helpline: How it Works

All Safe Helpline services are anonymous, confidential, 24/7, and tailored to support members of the DoD community and their loved ones affected by sexual assault.

CALL
877-995-5247

CHAT
Online.SafeHelpline.org

DISCUSS
SafeHelpRoom.org

You will always be connected to a live, specially trained professional.

“One of the most profound gifts we can give survivors who come to Safe Helpline is simply listening to them. No one should have to go through healing from a sexual assault alone.”
—Soni, Safe Helpline staff member for over three years

“Compassion and support are at the heart of DoD Safe Helpline staff. It is what they provide to each visitor, and why we enjoy being a part of Safe Helpline.”
—Sydney, Safe Helpline staff member for over ten years

“When a survivor is connected with one of our plotters, they should know that this is a safe place, free from judgment or shame. We can help survivors find the support they need and deserve.”
—Jason, Safe Helpline staff member for over three years

Need a self-care break?
Check out the Safe Helpline app for exercises, journaling prompts, and a digital coloring book!

Safe Helpline App
Free support anytime, anywhere for survivors of sexual assault

PIN-protected self-care plans, exercises, and journaling to help with trauma.
Secure, confidential, and anonymous.
Easily connect to all of Safe Helpline’s support services.

Download on the App Store or get on Google Play.