



# Family CONNECTION

Your Link to the Navy Community since 2007

July 2025  
Volume 18 | Issue 7



Subscribe Now!

Click here to submit a question!

Questions?



## Sailors Returning to Civilian Life Must Attend Transition Assistance Program

Recognizing the need, Commander, Navy Installations Command's (CNIC) Fleet and Family Support Centers (FFSC) offer Transition Assistance Program (TAP)...



## FFSP Launches Third Career Transition Series Following Spring Success

Following the success of its Career Transition Series this spring, the Fleet and Family Support Program is providing future webinar...



## Navy and Nation 250 Events Schedule - July 2025

Join the nation in celebrating the Navy's 250th Birthday. Celebrations are happening around the country. How will you celebrate?



## Wellness Watch: Get Your Summer Going, Visit America's National Parks

Are you looking for a family friendly, fun and low-cost activity that everyone can enjoy? Look no further than the United States national parks! The national...



## Emergency Family Assistance Center: A Lifeline During Disasters

When disasters strike – whether natural, manmade or personal – military families face unique challenges that require specialized support. The Fleet and Family Support Center (FFSC)...



## Protect What You've Earned: Watch Out For Scams This Military Consumer Month

July is Military Consumer Month, a time to help the military community with tools to protect what really matters: your money, your identity...



## Summer Fun With Your Installation's FFSC

We are halfway through the year, halfway through summer vacation, and halfway through permanent change of station (PCS) season; July is truly a month of transitions. Many use this time to reflect...



## What's Happening?

Good news from local Fleet and Family Support Centers.

Your  
*Virtual*  
FFSC

## Your Virtual FFSC Webinars

See the full list of webinars available on [www.MyNavyFamily.com](http://www.MyNavyFamily.com) this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition...

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.

# Sailors Returning to Civilian Life Must Attend Transition Assistance Program

Recognizing the need, Commander, Navy Installations Command's (CNIC) Fleet and Family Support Centers (FFSC) offer Transition Assistance Program (TAP) classes to facilitate a smooth transition from military to civilian life for Sailors and their families.

Attending TAP is crucial for Sailors transitioning out of the military. The civilian employment landscape is constantly evolving and can be daunting for individuals returning to civilian life. TAP equips Sailors with tools to help them adapt to their new environment, providing resources for employment, financial stability, veteran benefits and an emotional support network, all of which contribute to a comprehensive transition process.

In compliance with Department of Defense (DoD) Instruction 1332.35, Transition Assistance Program (TAP) for Military Personnel, in-person TAP workshops are the DoD's preferred method of service delivery. Recognizing that a Sailor's schedule is hectic, the Navy offers Virtual TAP (VTAP) workshops as well.

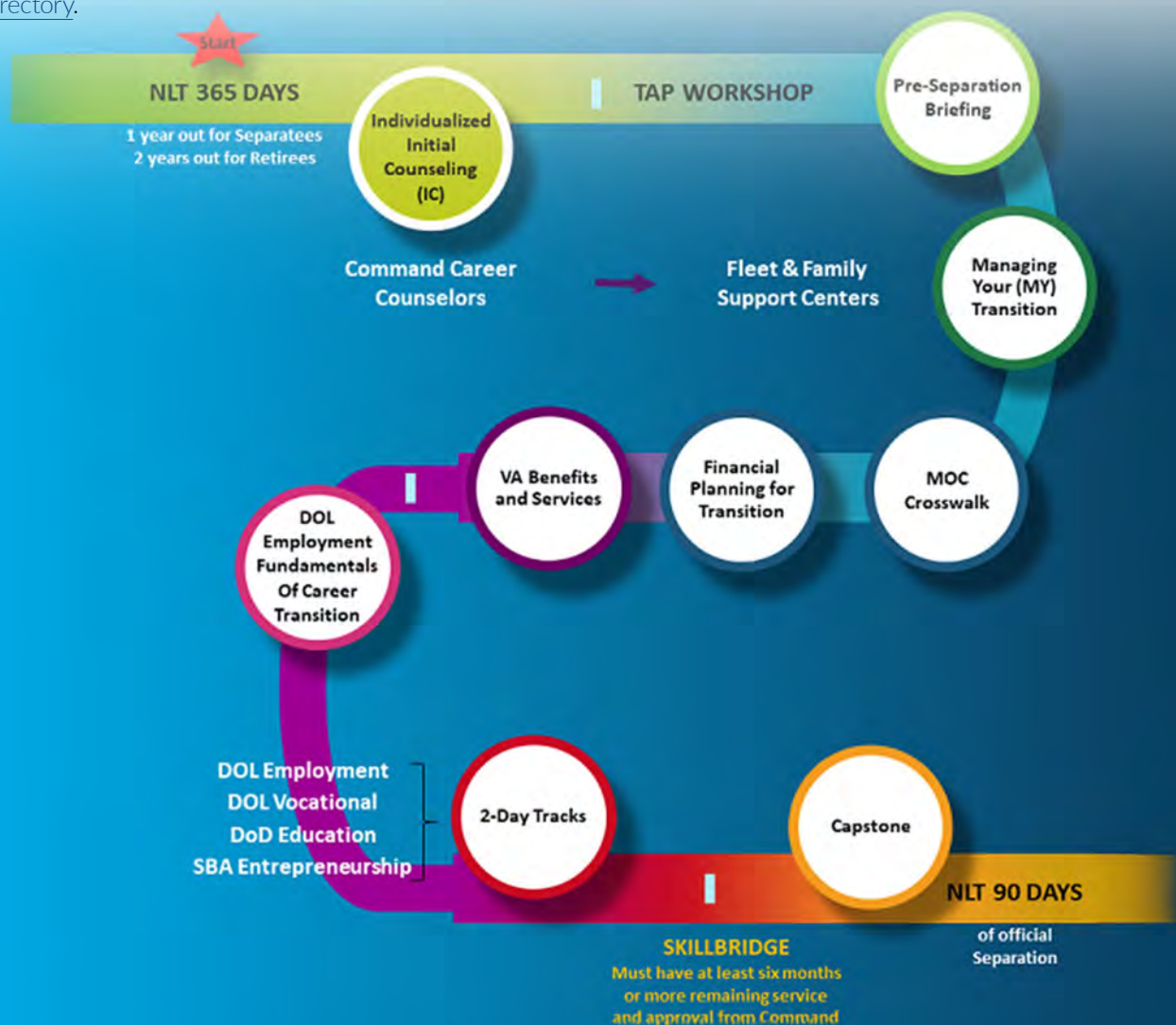
VTAP is geared toward, but not limited to, Sailors whose duty locations are in remote or isolated geographic areas, have a short-notice separation, or, as outlined in Chapter 58 of Title 10, U.S.C., who cannot access in-person workshops in a timely manner.

Navy VTAP workshops were originally developed to meet needs that emerged during the COVID-19 pandemic, but they also serve Sailors who are deployed or work irregular hours and cannot attend in-person TAP classes. Sailors participating in VTAP webinars can expect an informative and interactive discussion. This format aims to keep Sailors engaged and ensure they maximize their learning experience. Sailors can ask questions and receive real-time feedback, enhancing the overall dynamic and effectiveness of the learning process.

The webinars can be accessed and viewed on the [Fleet and Family Support Program's \(FFSP\) Learning Management System \(LMS\)](#).

Sailors and their families do not have to wait to attend. TAP is available to all eligible service members and their families throughout their military careers. Sailors who are within two years of retirement and no later than 365 days from separation or release are strongly encouraged to contact their command career counselor to ensure a smooth transition before returning to civilian life. Sailors will receive the same information and support through VTAP as they do during in-person TAP classes, allowing service members to follow the steps for a stress-free transition to civilian life.

Sailors should begin their transition process as soon as possible. For more information, visit any local FFSC or find their contact information in the [FFSC Directory](#).





# FFSP Launches Third Career Transition Series Following Spring Success

Following the success of its Career Transition Series this spring, the Fleet and Family Support Program is providing future webinar opportunities. The next CTS will take place during the last quarter of the fiscal year, offering essential resources to help participants navigate career changes, organizational transitions or retirement.

According to Ebonie Powe, Commander, Navy Installations Command's (CNIC) Family Employment Readiness Program (FERP) analyst, the Career Transition Series offers job seekers a leg up in securing a career.

"The launch of the widely attended series attracted both returning and new job seekers who are eager to take advantage of the extended webinar schedule," said Powe. "Having this adds so much value, and we are very excited to provide this for our community."

Powe, who played a pivotal role in coordinating both the April and June summits, is building on the Career Transition Series's momentum; the upcoming sessions promise to deliver even more assistance.

"Participants can expect expert-led discussions on an array of relevant topics that include transferrable skills, creating a civilian résumé, civilian interviews, the Thrift Savings Plan and more," Powe exclaimed.

The number of topics covered during the series means there is something for everyone. "The series will also spotlight community resources for support and networking," said Powe.

Whether you are transitioning out of the military, shifting careers or exploring new opportunities, the Career Transition Series is an event designed to empower and equip you for your next chapter. Dates for the event will be released soon.

Check with your [Fleet and Family Support Center \(FFSC\)](#) for training opportunities and to answer any questions you may have to help your career transition go as smoothly as possible.

For more information about the Family Employment Readiness Program, visit your local FFSC or download the [MyNavy Family app](#). The app is free and can be downloaded from the [Navy App Locker](#).

To register for the upcoming series, visit the [FFSP Learning Management System](#).



# Navy and Nation 250 Events Schedule

## July 2025

★	<b>July 1</b> - Washington, D.C. – Concert of the Avenue
★	<b>July 2</b> - Chicago, Ill. – North Chicago Community Days
★	<b>July 3</b> - Chesapeake City Parks, Chesapeake, Va. – Celebrate Freedom Public Concert
★	<b>July 4</b> - Honolulu, Hawaii – Independence Day Concert
★	Town Point Park, Norfolk, Va. – Great American Picnic, 4th of July Concert
★	Columbia, Md. – Chrysalis Concert Staunton, Va. – Happy Birthday America July 4th Celebration
★	Washington, D.C. – A Capitol Fourth PBS Concert 2025
★	Coronado, Calif. – Coronado 4th of July Parade
★	Washington, D.C. – Independence Day Parade 2025
★	<b>July 5-6</b> - Duluth, Minn. – Blue Angels: Duluth Air and Aviation Expo
★	<b>July 8</b> - Poulsbo, Wash. – Summer Nights at the Bay Concert Series
★	Annapolis, Md. – Public Performance at Annapolis City Dock
★	<b>July 10</b> - Washington, D.C. – Smithsonian Summer Concert Series
★	<b>July 11</b> - Colton's Point, Md. – Potomac Jazz Festival

★	<b>July 11-13</b> - Sonoma, Calif. – Sonoma Raceway NASCAR Cup Series
★	<b>July 12</b> - Carlsbad, Calif. – Saturday in the Courtyard, Carlsbad Library
★	Pensacola, Fla. – Blue Angels: Pensacola Beach Air Show
★	<b>July 14-20</b> - Milwaukee, Wis. – Milwaukee Navy Week
★	<b>July 15</b> - Washington, D.C. – National Navy Memorial Concert
★	Redlands, Calif. – Redlands Bowl Summer Music Festival
★	Annapolis, Md. – Public Performance at Annapolis City Dock
★	<b>July 19</b> - Annapolis, Md. – Performance at Quiet Waters Park
★	<b>July 19-20</b> – Milwaukee, Wis. – Blue Angels: Milwaukee Air and Water Show
★	<b>July 22</b> - Washington, D.C. – Navy Memorial Concert
★	<b>July 24</b> - Aldie, Va. – South Loudoun County Summer Camp Concert Series
★	<b>July 26</b> – Seattle, Wash. – Seafair Torchlight Parade
★	Easton, Md. – Avalon Foundation Outdoor Concert Series
★	<b>July 29</b> - Washington, D.C. – Concert on the Avenue
★	<b>August 3</b> – Seattle, Wash. - Seafair



## Help celebrate our Navy's 250th Birthday!

### Get Involved.

- ★ Volunteer and participate
- ★ Attend events nationwide

### Learn more about the Navy

- ★ Visit a Navy Museum
- ★ Learn about Navy history

### Show your Navy pride!

- ★ Wear your Navy gear
- ★ Decorate your home

Post on  
social media

#AmericasNavy250

**CNIC**  
★ FLEET ★ FIGHTER ★ FAMILY





## Get Your Summer Going, Visit America's National Parks

Are you looking for a family friendly, fun and low-cost activity that everyone can enjoy? Look no further than the United States national parks! The national parks are 63 hidden gems that can be found in 30 states and two U.S. territories. These parks are congressionally protected areas which preserve the beautiful habitat for all to enjoy, offering outdoor adventures, history and an ecological haven for wildlife.

The U.S. national parks' origin dates to 1872, when Congress established Yellowstone National Park. In 1916, President Woodrow Wilson signed The National Park Service Organic Act, creating the National Park Service we enjoy today. The National Park Service has expanded to 433 sites, monuments and parks across the U.S. and its territories ([nps.gov](https://www.nps.gov)).

Visiting the parks is beneficial in many ways, including mental and physical health. The parks offer creative outlets for improving physical and mental health, including hiking, whitewater rafting, rock climbing, birdwatching, camping and biking to build your strength and improve endurance. If you are seeking less strenuous activities, there is always the option to enjoy the peace and quiet of nature while taking in the breathtaking views. Simply being in nature offers a way to improve your mood, reduce stress and practice mindfulness.

The parks are designed for people of all ages and physical abilities while providing a low-cost choice for accessible interests for everyone. There are many ticket options for visiting the sites, including passes for military, seniors, fourth graders, volunteers and an annual pass. Children can participate in Junior Ranger program activities. These activities include scavenger hunts and kid friendly places to explore. Each park has a visitor center where you can learn the history of the park.

There are many options to explore, from historic ships and churches to the homes of notable Americans and natural wonders. The national parks provide a way to celebrate this land that is your land. Plan a trip that is calming, mindful and reduces the stress of any day, or a trip focused on celebrating the history of our country. Anyone can build an adventure this summer. Visit the National Park Service website and plan your bucket list adventures for years to come. These trips will make memories for your family.

Some national parks may require reservations or timed entry permits, particularly during peak season, to manage visitor numbers and protect natural resources. For more information on America's national parks, visit the National Park Service website.





# Emergency Family Assistance Center: A Lifeline During Disasters



▲ NSA Hampton Roads FFSC conducted its annual tabletop exercise focused on establishing an Emergency Family Assistance Center (EFAC). Representatives from various services, including Child and Youth Programs, participated to discuss their roles during EFAC activation.

When disasters strike – whether natural, man-made or personal – military families face unique challenges that require specialized support. The Fleet and Family Support Center (FFSC), through its Emergency Family Assistance Center (EFAC), serves as a critical resource in these times of crisis. Designed to provide coordinated support, the EFAC ensures that service members and their families have access to the information, resources and care they need during emergencies.

“The safety and well-being of our Sailors and their families is our top priority. The Emergency Family Assistance Center ensures that, no matter the crisis, our military community has a trusted resource to turn to for guidance, support and care. It’s about standing strong together – before, during and after the storm,” said Capt. Matthew Olson, commanding officer, Naval Support Activity (NSA) Hampton Roads, Virginia.

An EFAC is a one-stop shop, either physical or virtual, activated during crises to support the military community. It is managed by the FFSC in coordination with base leadership and other installation services. EFACs are typically activated in response to:

- Natural disasters such as hurricanes, floods, wildfires and earthquakes.
- Man-made incidents including terrorist attacks, active shooter situations and industrial accidents.
- Personal emergencies such as mass evacuations, casualties or large-scale family disruptions.

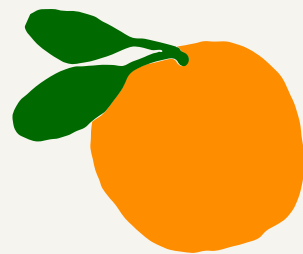
The EFAC streamlines communication and consolidates support services to reduce confusion and stress during chaotic times.

When activated, an EFAC becomes a one-stop shop for essential services, such as information dissemination, updates on the situation, safety protocols, evacuation routes and return-to-duty instructions. Family accountability and reunification is always a top priority. Crisis counseling and emotional support through licensed counselors provide mental health support for those affected by the events. Legal and financial assistance is readily accessible for legal guidance, emergency funds and help with insurance claims. Housing and relocation services help find temporary shelter and relocation options. Emergency childcare services and activities support children in crisis through Child and Youth programs.

“The Emergency Family Assistance Center plays a vital role in our emergency response efforts, and the Fleet and Family Support Center is at the heart of its success. Our expertise, compassion and coordination ensure our Navy families receive the support they need when it matters most. Together, we strengthen the resilience of the military families we serve,” said Elizabeth Bell, NSA Hampton Roads FFSC director.

These services are designed to reduce stress and restore stability as quickly as possible. Moreover, EFACs play a key role in maintaining mission readiness. By supporting families on the home front, EFACs enable service members to focus on their duties without the added burden of personal uncertainty.

The FFSC’s EFAC is more than a program – it is a vital part of the Navy’s commitment to its people. In times of crisis, EFACs stand ready to provide calm, competent and compassionate care. Whatever the disaster, military families can count on the EFAC to guide them through the storm.



# A healthier summer, made easy

Summer's here, and it's the perfect time to put your health first. Try these tips to reach your health goals, and see how Noom makes it simple.



## 1. STAY MOVING, FROM ANYWHERE, WITH NOOM MOVE

Try a 10 day walking challenge or pick from 15+ types of workouts you can do at home, at the beach, or in your hotel room.



## 2. SEE MEAL NUTRITION AND MACROS WITH THE SNAP OF A PHOTO

Noom makes logging meals and nutrition, including macros, simple - just take a photo of your meal.



## 3. REFRAME THOUGHTS AND MEDITATE WITH SUCCESS KIT

Whether you're enjoying a vacation or navigating your daily routine, easily recharge with Noom's Success Kit to reframe thoughts, create space, and meditate.



## 4. GET 24/7 SUPPORT FROM WELLI AND YOUR NOOM COACH

Stay on track between work, family, road trips, and long weekends with real-time help from your dedicated Noom coach and 24/7 support from Welli, Noom's AI coaching tool.



Sailors who did not meet BCA standards during the 2024 PFA are eligible for Noom for free. Visit:  
[go.noom.com/usnavy](https://go.noom.com/usnavy)

OR SCAN HERE  
TO ENROLL →





# Protect What You've Earned: Watch Out for Scams this Military Consumer Month

July is Military Consumer Month, a time to help the military community with tools to protect what really matters: your money, your identity and your peace of mind.

Being part of the military community is a unique lifestyle. With constant moves, deployments and juggling finances from a distance, it is easy for scammers to take advantage of the busy pace and the challenges you face. These bad actors know what they are doing and often pretend to be government agencies or well-known organizations to gain your trust, which is why being alert and informed is so important.

Protecting yourself starts with knowing what to look out for and how to respond when something does not feel right. Before you can defend your finances, you must understand how the enemy operates.

To keep your finances safe, you need to know the four red flags of a scam. Scammers are clever but often use the same tactics. Ensure you can recognize the redflags before scammers gain access to your money or personal information:

## 1. They pretend to be someone you know.

Scammers may impersonate representatives from the Defense Finance and Accounting Service, your bank, TRICARE or even a charity supporting veterans. Just because a caller or email appears official does not mean it is official. Scammers can fake names, email addresses and even spoof phone numbers.

## 2. They create urgency around a problem or a prize.

Whether it is a "security issue with your bank account" or an unexpected "sweepstakes win," a scammer's goal is to provoke panic or excitement, preventing you from asking questions. Remember, you should never have to pay to claim a prize.

## 3. They pressure you to act immediately.

Scammers aim to keep you from taking a moment to think. They might threaten arrest, loss of benefits, or computer viruses. If someone tells you "don't hang up" or "this is your only chance," consider it a red flag.

## 4. They want payment in unusual ways.

No legitimate business or agency will ask for payment via gift cards, cryptocurrency or wire transfers. If someone insists you use these methods, it is a scam, plain and simple.

## Know How to Protect Yourself and Your Family

- Screen and block unwanted calls and texts. Use a call-blocking app and report junk messages.
- Don't share personal information just because someone asks. If the request is unexpected – especially if it comes by phone, text, or email – it is a strong sign something is not right. Scammers are skilled at making their requests sound urgent, routine or even helpful, but legitimate organizations will never ask for sensitive information, such as your Social Security number, bank account details, or credit card numbers out of the blue. Always verify first; when in doubt, contact the organization directly using a trusted phone number or website, not the one a potential scammer gives you.
- Avoid clicking links in emails or texts. Even if the message seems legitimate, navigate directly to the company's verified website instead.
- Pause and consult someone you know and trust. If something feels off, even if it sounds official or urgent, take a moment to step back and talk it through with someone outside the situation. Scammers count on catching you off guard, but a second opinion can make all the difference. Whether it is a close friend, your ombudsman, the base legal office or your installation's personal financial manager (PFM), having another perspective can help you see red flags you might have missed.
- Report scams promptly. Visit the [Federal Trade Commission's fraud reporting website](#) to help stop scammers in their tracks.

[continued below]





# Financial Readiness Is Mission Readiness

Financial readiness is mission readiness. By learning how scams work and staying alert to red flags, you are doing more than protecting your wallet – you are protecting your family's stability, your peace of mind and your ability to stay mission-ready at every stage of military life.

Military Consumer Month is more than just awareness, it is a call to action to take control of your financial well-being. This is a great time to review your financial protections, learn how to spot scams and strengthen your defenses.

Your local PFM and Command Financial Specialist (CFS) are here to help. They offer free, confidential support on consumer-related topics, including scam prevention, budgeting assistance, understanding credit reports and protecting your identity, so you can safeguard what you have worked so hard to earn.

To find a PFM at your installation, visit the [FFSC Directory](#) to take the first step toward staying informed and protecting yourself from consumer scams.

# Your Navy career doesn't just happen – you build it.

MYNCO GIVES YOU THE TOOLS TO SHAPE YOUR FUTURE, YOUR WAY.

- EXPLORE CAREER & EDUCATION OPTIONS
- GET FINANCIALLY SQUARED AWAY
- GROW YOUR NETWORK FOR THE NEXT STEP — IN OR OUT OF UNIFORM

**MY NAVY  
CAREER  
OPTIONS**

THE STANDARD FOR CAREER READINESS

WHETHER YOU'RE EYEING THAT NEXT BILLET OR PLANNING FOR CIVILIAN LIFE, MYNCO HELPS YOU MOVE WITH PURPOSE. YOU'RE NOT JUST IN THE NAVY — YOU'RE BUILDING WHAT'S NEXT.

BE IN CHARGE OF YOUR CAREER, EDUCATION, AND FINANCIAL GOALS — IN AND OUT OF UNIFORM.

**SESSION 1: TUESDAY JULY 15: 5:00 - 9:30 PM ET**

NAVY PERSONAL AND PROFESSIONAL CAREER ASSESSMENT \* NAVY CAREER OPTIONS \* CIVILIAN CAREER OPTIONS

**SESSION 2: WEDNESDAY JULY 16: 5:00 - 9:00 PM ET**

FINANCIAL PLANNING \* DEVELOPING A PROFESSIONAL NETWORK

**REGISTER TODAY AT: [MYNAVYFAMILY.COM](https://mynavyfamily.com)**

**#MyNCO #NavyStrong #NextStepReady #MissionReady #CareerGoals**





# Summer Fun with Your Installation's FFSC

We are halfway through the year, halfway through summer vacation, and halfway through permanent change of station (PCS) season; July is truly a month of transitions. Many use this time to reflect on their New Years' resolutions (remember those?), take pride in all they have accomplished or survived thus far and create a plan for what they want the rest of the year to look like. To help with your midyear review, here are five fun ideas from your installation's Fleet and Family Support Center (FFSC).

1. **Commemorate the year with a collection.** Create your own playlist of iconic songs you listened to on repeat throughout the months. Sum up each month into one word and journal about why that word resonates with you. Write a reverse bucket list to highlight the things you have already accomplished and are grateful to put behind you. Create a calendar scrapbook with photo memories assigned to each day you took a picture.
2. **Revisit your New Year's resolutions.** Take pride in the resolutions you stuck with and do not punish yourself for having neglected the rest. According to a 2023 Forbes study, only 6% of people keep their resolutions. Not one of the 6%? Good news, no one cares! If you are in the 80% who abandoned your resolution within the first month, or if you never even made a resolution to begin with, the only judge involved in this trial is you. So go easy on yourself and try again. You will be glad you did. Take advantage of the lovely weather and go for a walk, do a pool workout or participate in an MWR fitness class. Instead of barbecuing burgers and hot dogs at the next picnic, try out [these delicious, nutritious grillable alternatives](#) from the [American Heart Association](#). Give your resolutions another chance, you are worth it!
3. **Keep yourself grounded in the present with mindfulness.** Attend your local Fleet and Family Support Center's (FFSC) virtual or in-person Mind Body Mental Fitness class to learn tips and tricks to strengthen your mindset, boost your stress tolerance, communicate more effectively and so much more. Start here with the [Virtual FFSC Webinar schedule](#).
4. **Lay out the next six months with a vision board.** Something magical happens when you put your plans on paper; they become more likely to happen! Find pictures and words in old magazines that represent your goals for the rest of the year. If you do not have magazines, use the local library to make copies. Arrange everything in a way that appeals to you visually and place your newly created vision board in a place you will see it often. Have children? Make this a family project to learn what your kids' hopes are for the future.
5. **Begin budgeting for upcoming, more expensive months.** It is hard to think about it, but back-to-school supplies, Halloween costumes, Thanksgiving feasts, holiday presents and end-of-year travels are all right around the corner. Americans spend approximately \$1,000 on Christmas alone; more than a whole paycheck for some. Begin planning and saving for these tighter months with the help of your personal financial readiness team. Schedule a free, confidential one-on-one with your Command Financial Specialist, personal finance manager or [virtual work and family life consultant](#) today!

For more information and to contact your installation's Fleet and Family Support Center visit the [FFSC Directory](#).



# GOOD NEWS!

## What's Happening? Good News from Local Fleet and Family Support Centers



### Kings Bay Holds Suicide Prevention Forum

The Naval Submarine Base Kings Bay's suicide prevention coordinators from across the fleet and shore commands convened for an essential forum dedicated to promoting suicide prevention efforts in May.

This event served as a critical platform for coordinators – those on the front lines of safeguarding Sailors' mental health – to exchange best practices, receive specialized training and reinforce the Navy's commitment to proactive suicide prevention.

Recognizing the unique pressures faced by military personnel, the forum created a space for honest conversations, shared experiences and actionable strategies aimed at saving lives and promoting resilience within the military community. Chaplains and mental health experts led discussions covering critical topics such as early intervention, support and resources following a suicide or traumatic loss and community-based support systems.

Throughout the forum, coordinators emphasized the shared mission to stand vigilant in protecting every service member's well-being and to promote an environment where seeking help is encouraged and supported.

[continued below]



## Return & Reunions, Part of the FFSC's Continuing Support of the Fleet

Before the Harry S. Truman Carrier Strike Group returned to its homeport in Virginia in June, the crew went through the Fleet and Family Support Program's Return & Reunion (R&R) training.

Ahead of deploying, all U.S. Navy strike groups, ships and commands are offered R&R training before returning home to their loved ones.

Last year, a team from the Military and Family Support Center (MFSC) at Joint Base Pearl Harbor-Hickam (JBPHH) deployed in support of USS Frank E. Peterson Jr. (DDG 121) and USS Michael Murphy (DDG112) to support their return to port, catching the attention of Commander, Naval Surface Forces and Commander, Naval Surface Force, Pacific Fleet, Vice Admiral Brendan McLane.

Counselors from JBPHH's MFSC, Laura Little and Duane Barone, headed out to work with Sailors coming back from the Weapons Engagement Zone, preparing service members to reintegrate with their families. Anecdotal accounts from the counselors showed that the Sailors and their families continue to do well.

According to McLane, meeting with Little and Barone was inspiring. He also had a chance to meet all their shipmates at the MFSC.

In an email to CNIC, McLane was blown away by the MFSC's teamwork and passion, and how the base, led by Capt. Samuel White and MFSC mutually supported each other.

"You've got such a strong team here," said McLane. "Wow!"

For more information on Return & Reunion training, contact [your installation's Fleet and Family Support Center \(FFSC\)](#).



## Kings Bay IPPW Host Wellness Event

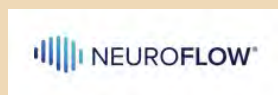
The Naval Submarine Base Kings Bay Integrated Primary Prevention Workforce (IPPW) hosted a dynamic Prevention Wellness Event in May, focusing on enhancing the health and well-being of service members and their families. The event featured a broad range of activities and information from preventative medicine, security, a Drug and Alcohol Program Advisor, the Sexual Assault Prevention and Response Program and the Fleet and Family Support Center, designed to support physical fitness, mental health, nutrition and responsible lifestyle choices.

Among the many highlights was an activity promoting alcohol awareness and responsible drinking. Participants learned about the risks associated with alcohol misuse, including the often-cited phenomenon of "beer goggles," which shows how judgment can be impaired after drinking. The activities emphasized how making informed decisions around alcohol is essential to maintaining safety, readiness and overall wellness.

The Prevention Wellness Event reinforced the commitment to fostering a strong, healthy and resilient community through education, support and engagement.

## NeuroFlow: A Mental Wellness Tool now Available to Sailors at NS Mayport

Mental health is just as important as physical health, and now Sailors at Naval Station (NavSta) Mayport, Florida, have access to the NeuroFlow app.



NeuroFlow is a digital platform designed to support their well-being. It is offered as a pilot for this calendar year and consists of personalized resources to strengthen Sailors' warfighter ethos, track their progress and stay motivated on their mental health journey.

NeuroFlow provides a wide range of tools to support mental wellness. It offers personalized activities, including guided exercises designed to help Sailors strengthen their coping strategies and improve their overall well-being. The platform also includes progress tracking, allowing Mayport Sailors to monitor their mental health growth over time and see their improvements.

Additionally, the application features a reward system with built-in incentives to keep Sailors engaged and motivated as they work toward their wellness goals.

"Sailors need a support system for check-ins and access to mental health resources while serving their country," said Ashley Carmichael, LMHC, supervisory integrated prevention coordinator at NavSta Mayport. "NeuroFlow has shown month after month that there is a need for mental health resiliency in the service, and the added bonus is the points, which equate to gift cards."

Carmichael is actively promoting the app to Sailors at the installation to encourage adoption and awareness of mental wellness.

Getting started is easy. Sailors at NavSta Mayport can scan the QR code or visit <https://neuroflow.app.link/NAVY2024> to download the app and create an account.



# Special Thanks to this Month's Contributors:

- Ninoshka Basantes, NSA Hampton Roads
- JBPHH Military and Family Support Center
- Fran Jackson, MBA, AFC, CNIC Fleet and Family Support Program
- S.L. Walker, PhD, CNIC Fleet and Family Support Program
- Marisa Keeler, AFC, GCDF, CNIC Fleet and Family Support Program
- Kathy Vi, LCSW, CNIC Fleet and Family Support Program
- Tim McGough, CNIC Fleet and Family Support Program





# YOUR *Virtual* FFSC WEBINAR SCHEDULE

JULY 2025

We have webinars scheduled to suit time zones around the world!

Visit [MyNavyFamily.com](https://MyNavyFamily.com), select a topic, and view available sessions with times automatically converted to your local time.

## DEPLOYMENT SUPPORT

**Looking for deployment training?** Click Deployment on the LMS for the following trainings.

- Deployment Sleep Strategies
- Equipping Your Kids During Deployment
- Ready, Set, Deploy: Pre-Deployment Planning
- Single Sailor Deployment Tools
- The Service Member's Guide to Family Care Plans



## EMPLOYMENT

AI Resume Building - A Paradigm Shift	7/2/25	9:00 AM EDT	6:00 AM PDT
AI Job Search Optimization 2025	7/3/25	12:00 PM EDT	9:00 AM PDT
The Road to Remote Job Success	7/9/25	1:00 PM EDT	10:00 AM PDT
PAIN FREE - Resume Writing	7/9/25	1:00 PM EDT	10:00 AM PDT
USAJOBS 2025	7/11/25	9:00 AM EDT	6:00 AM PDT
Mock Interview	7/15/25	1:00 PM EDT	10:00 AM PDT
Innovative Interviewing	7/15/25	9:30 AM EDT	6:30 AM PDT
Are you Prepared for the Next Job Fair?	7/17/25	2:00 PM EDT	11:00 AM PDT
Navigating LinkedIn	7/28/25	4:00 PM EDT	1:00 PM PDT

**Want more? Click on Employment for dates and times for:**

- Becoming Federal Resume Savvy
- Job Search Hacks
- Mastering the Modern Resume
- Mastering Virtual Interviews
- Remote Ready: A Spouse's Roadmap to a Virtual Career!
- Understanding USAJobs

## EXCEPTIONAL FAMILY MEMBER (EFMP)

Demystifying the Acronyms and Supports for Students with Behavioral Needs	7/17/25	1:00 PM EDT	10:00 AM PDT
Navigating Employment: A Resource Guide for Exceptional Family Members	7/3/25	12:00 PM EDT	9:00 AM PDT
The Transition From High School to College for Students with Disabilities	7/16/25	1:00 PM EDT	10:00 AM PDT

## MENTAL WELL-BEING

Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	7/16/25	11:00 AM EDT	8:00 AM PDT
---	---------	--------------	-------------

## PARENTING



Healing Through Parenting	7/21/25	1:30 PM EDT	10:30 AM PDT
Parenting and Sexual Development (SHAPE Module 1)	7/15/25 7/31/25	11:00 AM EDT 9:00 AM EDT	8:00 AM PDT 6:00 AM PDT
Raising Siblings	7/15/25	12:00 PM EDT	9:00 AM PDT
What About the Kids?	7/17/25	1:00 PM EDT	10:00 AM PDT

**Join us for these webinars offered throughout July:**

- Helping Kids Thrive Through Change
- Nine Steps to Positive Parenting
- Spotting the Signs of Youth Suicide



**1** Go to [MyNavyFamily.com](https://MyNavyFamily.com) to log in or create a free account. Select the category on the

**2** home page, then select your webinar.

**3** Confirm the start time and click "Enroll Me."

The FFSC LMS also has comprehensive resources like New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.

[Back To Top](#)

## PERSONAL GROWTH



Understanding Anger	7/8/25	10:00 AM EDT	7:00 AM PDT
College Bound - Survivor Secrets	7/9/25	6:00 PM EDT	3:00 PM PDT
New Spouse Orientation	7/15/25	12:00 PM EDT	9:00 AM PDT
Stress Management	7/15/25	11:00 AM EDT	8:00 AM PDT
	7/22/25	10:00 AM EDT	7:00 AM PDT
Conflict Management	7/31/25	11:00 AM EDT	8:00 AM PDT

## PERSONAL FINANCIAL MANAGEMENT

Christmas in July: Saving Money for the Holidays	7/11/25	10:00 AM EDT	7:00 AM PDT
Are You Home Buying Ready?	7/17/25	1:00 PM EDT	10:00 AM PDT
Money Munchkins: Raising Money-Savvy Kids	7/23/25	1:00 PM EDT	10:00 AM PDT
Home Selling	7/24/25	1:00 PM EDT	10:00 AM PDT
Couples Communication: Communicating About Finance	7/24/25	2:00 PM EDT	11:00 AM PDT



**Click Personal Financial Management** for webinars on:

- Booties & Budgets: Welcoming Your First Child and Baby-Proofing Your Finances
- Command Your Credit
- Emergency Financial Preparedness
- Financial Readiness Before Deployment: Securing Your Future
- Making the Most of your Overseas Pay
- Making your Money work for you
- Military Retirement Planning
- PCS and your Pocketbook
- Planning your Financial Future
- Servicemembers Civil Relief Act Q&A
- Stretching Budgets and Maximizing Nutrition
- TSP Essentials for Navy Life: Grow Your Savings, Secure Your Future

## RELOCATION

**Click the Relocation category** for Calming Cultural Shock, Planning the Perfect PCS, Stepping up Support: Sponsorship Training, and The PCS Process — all offered several times throughout June for your convenience!

## EMERGENCY PREPAREDNESS

Emergency Preparedness	7/10/25	3:00 PM EDT	12:00 PM PDT
------------------------	---------	-------------	--------------

## RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 2: Mindfulness and Meditation	7/1/25	1:00 PM EDT	10:00 AM PDT
Module 3: Living Core Values	7/8/25	1:00 PM EDT	10:00 AM PDT
Module 4: Flexibility	7/15/25	1:00 PM EDT	10:00 AM PDT
Module 5: Problem Solving	7/22/25	1:00 PM EDT	10:00 AM PDT
Module 6: Connection	7/29/25	1:00 PM EDT	10:00 AM PDT
Stoicism Principles and Stress Management	7/18/25	9:00 AM EDT	6:00 AM PDT



Want to learn more about resilience? Join us for Bounce Back Better. See the LMS for times in your time zone.

