



Military and Family Support Center
Naval Support Activity Bethesda

January 2025



The
 Fleet & Family Support
Center

Monday	Tuesday	Wednesday	Thursday	Friday
		1 	2 Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	3
6	7	8 Developing Your Spending Plan 10am-11am SAPR Victim Advocate Refresher Training (CEUs) 10am-12pm	9 	10 Pre-Deployment Brief 9am-12pm
13 TAP 8am-4pm Pre-Separation Counseling 9-11am	14 TAP 8am-4pm SAPR ADMIN Unit Victim Advocate Training (First Responders) 9-11am	15 TAP 8am-4pm Job Search & Interviewing Skills 9-10am	16 DoD SkillBridge 11am-12pm Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	17 Return & Reunion Brief 9am-12pm
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27 TAP 8am-4pm	28 TAP 8am-4pm Hands-On Baby Care 12-2pm	29 TAP 8am-4pm Resume Writing 9-10am	30 Boots to Business 8am-4pm Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	31 Boots to Business 8am-4pm

For more information or to register, please contact us at **(301) 319-4087** or NSABMilitaryFamilySupportCenter@us.navy.mil.
 Open Monday to Friday, 7:30 am - 4:00 pm

All active-duty military, wounded warriors, NMAs, dependents, retirees, reservists, and DoD civilians are eligible to participate in programs.

some exceptions may apply



Boots to Business

Boots to Business (B2B) is an entrepreneurial education and training program offered by the U.S. Small Business Administration (SBA) as part of the Department of Defense's Transition Assistance Program. The curriculum includes steps for evaluating business concepts, the foundational knowledge required to develop a business plan and information on SBA resources available to help access start-up capital and additional technical assistance.

Developing Your Spending Plan

Take control of your spending. Make a plan.

DoD SkillBridge Program

Discover opportunities to participate in training and development with industry and employers who are seeking the high-quality skills that you bring to the table.

Hands-On Baby Care

Diapering, swaddling and dressing... OH MY!!! Come learn infant care with the NPSP. This crash course was created to support new parents with a hands-on learning opportunity to learn how to diaper, dress and swaddle a newborn. Other topics include soothing holds, infant massage, Safe Sleep and Baby Shaken Syndrome.

Job Search Strategies and Interviewing Skills

Interviewing is a key step in getting a job. Learn how to conduct yourself, communicate, dress, and other valuable information.

Married to the Military (VIRTUAL)

A support group for military spouses. Join the Military Family Support Center on Thursdays at noon for an hour of connection, support, networking, and resource sharing for spouses of active-duty military members. The group will gather virtually on TEAMS.

Pre-Deployment Brief

Designed to assist the IA service member in preparing for their deployment. Presenters will focus on emotional, legal and financial preparation as well as provide resources. Service members and their adult family members are welcome to attend.

Pre-Separation Counseling

Pre-Separation Counseling provides a lot of information on the many benefits, services, resources, and programs available during and after transition. This guide provides you with the basic information including hyperlinks, to start you on your journey and research programs that may be beneficial to you as you transition. Knowing about these benefits and programs is the first step in helping you make informed decisions when you transition, retire, or are released from active duty.

Resume Writing

Improve the overall appearance and effectiveness of your resume! This class will give participants valuable feedback and strategies they can implement.

Return and Reunion Brief

Designed to address typical issues of post-deployment such as finances, the emotional cycle of deployment, as well as reuniting and renewing relationships. Service members and their adult family members are welcome to attend.

SAPR ADMIN Unit Victim Advocate Training (First Responders)

Training for individuals designated as the Sexual Assault Prevention and Response Administrative Unit Victim Advocate (SAPR ADMIN UVA) for the SAPR program. SARR ADMIN UVAs assist the Sexual Assault Response Coordinator (SARC) in ensuring that their command is in compliance with the Program and provide annual general military training (GMT).

SAPR Victim Advocate Refresher Training (CEUs)

Criminalizing Sexual Harassment. A training for SAPR Victim Advocates to discuss the changes to the UCMJ and officially criminalizing Sexual Harassment. Explaining how these changes will effect the SAPR program and victim advocates moving forward. Minimum of 32 CEUs are need for recertification.

Transition (TAP): This week-long seminar is designed to prepare service members for their transition to civilian life. If you are **SEPARATING** within 12 months, or **RETIRING** within 24 months, please call to register. Pre-separation briefings are held on Day 1 of the TAP class.

Executive TAP (E-TAP): Open only to O-4, E-8, WO-4 and above.

Capstone: Required for all transitioning service members within 90-120 days of separation.

Credit Can Be Both Good and Bad

Credit can be a valuable part of your long-term financial plan. It can help you make large purchases that would be difficult to pay for with cash, like a new vehicle, a home, or a college education. However, credit can also be dangerous if misused. It can cost you a lot of money, increase your stress, and even damage your career if you can't get or keep security clearances as a result of a poor credit.

For more details, go to <https://finred.usalearning.gov/assets/downloads/USAA-EF%20TC%20Handout-Understanding%20Credit%201220E1R1.pdf>. Or reach out to your local PFM at 301-295-5081 or Lawyer.L.Acker4.civ@us.navy.mil.