



**Military and Family Support Center
Naval Support Activity Bethesda**

December 2024



The
Fleet & Family Support
Center

Monday	Tuesday	Wednesday	Thursday	Friday
2 E-TAP 8am-4pm Ombudsman Basic Training 5-9pm (VIRTUAL)	3 E-TAP 8am-4pm Ombudsman Basic Training 5-9pm (VIRTUAL)	4 E-TAP 8am-4pm Job Search & Interviewing Skills 9-10am SAPR Victim Advocate Refresher Training (CEUs) 1-330pm Ombudsman Basic Training 5-9pm (VIRTUAL)	5 DoL Vocational Track 8am-4pm Return & Reunion Brief 9am-12pm DoD SkillBridge 11am-12pm Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL) Saving and Investing 1-2pm Ombudsman Basic Training 5-9pm (VIRTUAL)	6 DoL Vocational Track 8am-4pm Pre-Deployment Brief 9am-12pm
9 40-Hour Initial SAPR Victim Advocate Training 730am-430pm TAP 8am-4pm	10 40-Hour Initial SAPR Victim Advocate Training 730am-430pm TAP 8am-4pm	11 40-Hour Initial SAPR Victim Advocate Training 730am-430pm TAP 8am-4pm	12 40-Hour Initial SAPR Victim Advocate Training 730am-430pm My Education 8am-4pm Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	13 40-Hour Initial SAPR Victim Advocate Training 730am-430pm My Education 8am-4pm
16 Pre-Separation Counseling 9-11am	17	18 Resume Writing 9-10am	19 DoD SkillBridge 11am-12pm Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	20
23	24 Hands-On Baby Care 12-2pm	25 	26 Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	27
30	31 NEW YEAR'S EVE	*some exceptions may apply*		

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



40-Hour Initial SAPR Victim Advocate Training

Mandatory for individuals providing support to victims of sexual assault. Content: Learning characteristics of offenders and victims, risk factors, victim care, and understanding the function of the Navy SAPR program. Candidates need to complete Certification after training and received certification before serving as a SAPR VA.

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.

DoL Vocational Track

The Career Exploration and Planning Track (formerly CTTT) workshop offers a unique opportunity to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals. Participants will complete personalized career development assessments and receive a variety of tailored job recommendations aligned with their interests and aptitudes, including some classified as “high demand” or “high growth” occupations. Facilitators will guide participants through several career considerations including labor market projections, education, apprenticeships, certifications, and licensure requirements to help narrow down their choices and identify achievable career goals.

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: A Support Group for Military Spouses (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.

My Education

Managing Your Education guides and assists service members pursuing college education with preparation for the college application process. This course will guide you through the variety of decisions involved in choosing a program, preparing for the college admissions application process, and securing funding. The expected outcome is that participants will create a customized plan for successful transition to a higher education institution.

Ombudsman Basic Training (VIRTUAL)

Training is an important factor of a successful Ombudsman Program. Trained Ombudsmen are less likely to make errors in judgment that reflect poorly on the command. Basic training is required of all Ombudsmen and must be documented. This course provides the foundational information necessary for Ombudsmen to properly execute their duties required by OPNAVINST 1750.1G CH-2.

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 Victim Advocate Refresher Training (CEUs)

Training for Victim Advocates on Victim sensitivity, understanding victim reporting (restricted/ unrestricted) preference and victim care, medical care, and referral services as needed. Minimum of 32 CEUs are need for recertification.

Saving and Investing

Learn the basics of wealth building.

Smooth Move

Provides information to relocating service members and their families with PCS orders within CONUS.

Sponsorship Training

Learn important skills and resources to ease the transition of service members and their families as they move.

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.

Why Do I Need an Estate Plan?

Many people think estate planning is only for the wealthy. However, if you have children, investments, property, life insurance, a car, or any belongings, you need a plan. An estate plan helps your loved ones navigate a difficult time and provides answers to important questions such as:

- To whom do you want to pass your personal possessions and property?
- How should assets like savings, real estate, investments, and insurance proceeds be used if you are incapacitated or dead?
- Who will care for your children?
- Who will oversee your finances and health care options if you are unable to?

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