



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



**The**  
 Fleet & Family Support  
**Center**

# October

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Sponsorship Training</b> 9-11am	<b>2</b> <b>SAPR UVA Refresher Training</b> 1-3pm	<b>3</b> <b>Return and Reunion Brief</b> 9am-12pm <b>Married to the Military</b> 12-1pm (VIRTUAL)	<b>4</b> <b>#PURPLE UP FRIDAY</b> <b>Pre-Deployment Brief</b> 9am-12pm
<b>7</b> <b>TAP</b> 8am-4pm	<b>8</b> <b>TAP</b> 8am-4pm	<b>9</b> <b>TAP</b> 8am-4pm <b>Job Search &amp; Interviewing Skills</b> 10am-12pm <b>How's Your Credit?</b> 10-11am	<b>10</b> <b>Command EFMP POC Training</b> 10-11am <b>The Health Care Response to Intimate Partner Violence Including Unique Consideration for Military Individuals Webinar</b> 10am-12pm (VIRTUAL) <b>DoD SkillBridge</b> 11am-12pm <b>Married to the Military</b> 12-1pm (VIRTUAL)	<b>11</b> <b>#PURPLE UP FRIDAY</b>
<b>14</b>  <b>Columbus Day</b>	<b>15</b>	<b>16</b> <b>Lunch &amp; Learn: Domestic Violence and Safety Planning</b> 1130am-12pm (VIRTUAL)	<b>17</b> <b>ABC's OF EFMP</b> 11am-12pm <b>Candlelight Vigil</b> 11am-1230pm <b>Married to the Military</b> 12-1pm (VIRTUAL)	<b>18</b> <b>#PURPLE UP FRIDAY</b>
<b>21</b> <b>TAP</b> 8am-4pm <b>Pre-Separation Counseling</b> 9-11am	<b>22</b> <b>TAP</b> 8am-4pm <b>Smooth Move</b> 9-11am <b>Hands-On Baby Care</b> 12-2pm	<b>23</b> <b>TAP</b> 8am-4pm <b>Resume Writing</b> 10am-12pm	<b>24</b> <b>Boots to Business</b> 8am-4pm <b>DoD SkillBridge</b> 11am-12pm <b>Married to the Military</b> 12-1pm (VIRTUAL)	<b>25</b> <b>#PURPLE UP FRIDAY</b> <b>Boots to Business</b> 8am-4pm <b>SATURDAY, OCTOBER 26</b> <b>EFMP Farm Day</b> 10am-12pm
<b>28</b> <b>Clothesline Project</b> 10am-12pm	<b>29</b>	<b>30</b> <b>Strengthen Your Awareness (Boot Camp)</b> 1130am-1230pm	<b>31</b> <b>EFMP Grounds For Discussion</b> 11am-12pm <b>Married to the Military</b> 12-1pm (VIRTUAL)	 <b>Happy Halloween</b>

For more information or to register, please contact us at **(301)319-4087** or [usn.bethesda.nsabethesdamd.list.NNMC-FFSC@health.mil](mailto:usn.bethesda.nsabethesdamd.list.NNMC-FFSC@health.mil).

Open Monday to Friday, 730 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\**



### **#PURPLE UP FRIDAYS**

Wear purple every Friday this month to recognize and support those who have experienced or survived abuse and violence at the hands of another. Purple represents peace, courage, survival, honor, and personal dedication to domestic violence awareness.

### **ABC's of EFMP**

Wondering what the Exceptional Family Member Program (EFMP) is all about? Have questions? Then this workshop is for you! NSA Bethesda's EFMP Case Liaisons will provide you with the basics of EFMP, answer your questions and leave you with a better understanding of the program.

### **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.

### **Bringing Baby Home**

Designed for both pregnant and new parents to acquire skills and information to recognize and cope successfully with the normal stressors of becoming a family. This evidence-based program teaches new parents how to deal effectively with conflict, how to be involved in infant care and parenting, and how to improve the quality of parent-infant interactions.

### **Candlelight Vigil**

This candlelight vigil will be held to remember survivors and those lost to domestic violence by raising awareness of the cause, motivate change, and unite to support those in attendance. This event will be held either outdoors or indoors, depending on the weather.

### **Clothesline Project**

Design and create your own personalized shirts to increase awareness of Domestic Violence. The shirts will be hung for public display to recognize survivors and those who have lost their loved ones to domestic violence.

### **Command EFMP Point of Contact (POC) Training**

This workshop helps command POCs run their program efficiently and ensure that the enrolled EFMP families are equipped with the correct information regarding paperwork, contacts, OPNAVINST 1754.2F requirements, and current resources available to EFMP.

### **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.

### **EFMP Farm Day**

Enjoy some quality time with other EFMP families with a day at the farm. Families will receive an educational tour, enjoy snacks, arts and craft. Space is limited, families must register to attend. Registration will close once all spots are filled.

### **EFMP Grounds for Discussion**

Find community and support with other EFMP families of those with chronic illness or disability. Coffee, Tea and light snack provided. \*\*Last Thursday of every other month

### **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.

### **The Health Care Response to Intimate Partner Violence Including Unique Consideration for Military Individuals Webinar (VIRTUAL)**

This free webinar focuses on a proactive health care response to intimate partner violence, with special focus on military individuals and families.

### **How's Your Credit?**

Review and improve your credit

### **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.

### **Lunch & Learn: Domestic Violence and Safety Planning**

During lunch (30 minutes) have a brief discussion on the definition of domestic violence, types of domestic violence, and how to create a safety plan optimizing victims/survivors personal safety.

### **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 UVA Refresher Training**

Training for Victim Advocates on Victim sensitivity, understanding victim reporting (restricted/ unrestricted) preference and victim care, medical care, and referral services as needed.

### **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.

### **Strengthen Your Awareness (Boot Camp)**

The Sexual Assault Prevention and Response (SAPR) Team and the MWR Fitness Center are joining together to Strengthen Your Awareness. There will be a pop-up boot camp-style fitness class to strengthen your body and your knowledge of the SAPR program.

**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.

### **PFM Two Cents: Spending Plan Worksheet**

Need to reconsider your spending and budgeting habits? Use this worksheet to record your cash flow this month, then use the information to help you plan next month's cash flow.

For more details, go to <https://finred.usalearning.gov/assets/downloads/USAA-EF%20TC%20Handout-Spending%20Plan%20Worksheet%201220E1R1.pdf>. Or reach out to your local PFM at 301-295-5081 or [Lawyer.L.Acker4.civ@health.mil](mailto:Lawyer.L.Acker4.civ@health.mil).