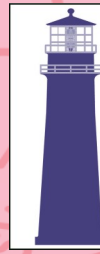




**Military and Family Support Center
Naval Support Activity Bethesda**



**The
Fleet & Family Support
Center**

February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 E-TAP 8am-4pm	4 E-TAP 8am-4pm	5 E-TAP 8am-4pm SAPR Victim Advocate Refresher Training 1-3pm	6 DoL Employment Track 8am-4pm DoD SkillBridge 11am-12pm Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	7 DoL Employment Track 8am-4pm Pre-Deployment Brief 9am-12pm
10 TAP 8am-4pm Pre-Separation Counseling 9-11am	11 TAP 8am-4pm	12 TAP 8am-4pm Job Search & Interviewing Skills 9-10am	13 Command EFMP Point of Contact (POC) Training 10-11am Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL) How's Your Credit 1-2pm	14
17 	18 Return & Reunion Brief 9am-12pm	19	20 ABC's of EFMP 11am-12pm Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	21
24 TAP 8am-4pm	25 TAP 8am-4pm Hands-On Baby Care 12-2pm	26 TAP 8am-4pm Resume Writing 9-10am	27 My Education 8am-4pm DoD SkillBridge 11am-12pm EFMP Grounds for Discussion 11am-12pm Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)	28 My Education 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



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.

Command EFMP Point of Contact (POC) Training

This workshop helps command POC's 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 available resources to EFMP. EFMP OC TRAINING: Active Duty Members Only

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 Employment Track

A comprehensive two-day curriculum that covers emerging best practices in career development. The workshop is engaging and relevant in light of the unique challenges facing transitioning service members. Service members receive vital skills in this DoL-led work-shop, including learning interview skills, building effective resumes, and using emerging technology to network and search for employment.

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.

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.

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.

My Education

My 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.

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)

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 affect the SAPR program and victim advocates moving forward. Minimum of 32 CEUs are need for recertification.

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.

PFM Two Cents: Student Loans and Your Financial Future

Student loans can consume a big portion of your spending plan, so many Service members want to pay them off as soon as possible. This handout will cover the basics of student loans, common strategies to pay off your loans, and provide you with helpful resources.

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