


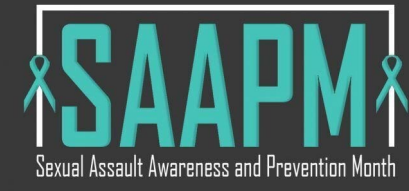


# Military and Family Support Center Naval Support Activity Bethesda

# April 2025



# The Fleet & Family Support Center

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>APRIL</b> National Child Abuse Prevention Month</p>	<p><b>1</b> Teal Tuesdays DoD SkillBridge 10-11am MBMF Module 1: Stress Resilience 10am-12pm</p>	<p><b>2</b> Effective Communication 1-230pm</p>	<p><b>3</b> Child Abuse Prevention Month Resource Table 10am-12pm MBMF Module 2: Mindfulness &amp; Meditation 10am-12pm Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)</p>	<p><b>4</b> Blue Ribbon Fridays</p>
<p><b>7</b> E-TAP 8am-4pm</p>	<p><b>8</b> Teal Tuesdays E-TAP 8am-4pm Return &amp; Reunion Brief 9am-12pm MBMF Module 3: Living Core Values 10am-12pm Serving Love: Preventing Harm – Flower Paper Plate Activity 10am-12pm</p>	<p><b>9</b> E-TAP 8am-4pm Job Search &amp; Interviewing Skills 9-10am Practical Financial Planning 11am-12pm</p>	<p><b>10</b> DoL Employment Track 8am-4pm Command EFMP Point of Contact (POC) Training 10-11am MBMF Module 4: Flexibility 10am-12pm Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL) Break the Cycle 3-4pm</p>	<p><b>11</b> Blue Ribbon Fridays DoL Employment Track 8am-4pm Pre-Deployment Brief 9am-12pm</p>
<p><b>14</b> Pre-Separation Counseling 9-11am</p>	<p><b>15</b> Teal Tuesdays MBMF Module 5: Problem Solving 10am-12pm DoD SkillBridge 10-11am Break the Cycle 1145am-1245pm</p>	<p><b>16</b> Child Abuse Prevention Month Resource Table 10am-12pm Building Health Relationships 10-1130am Pure Praxis SAPR Interactive Performance 130-3pm</p>	<p><b>17</b> MBMF Module 6: Connections 10am-12pm ABC's of EFMP 11am-12pm Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL)</p>	<p><b>18</b> Blue Ribbon Fridays</p>
<p><b>21</b></p>	<p><b>22</b> Teal Tuesdays Sponsorship Training 9-11am Hands-On Baby Care 12-2pm</p>	<p><b>23</b> Purple Up! Day Resume Writing 9-10am</p>	<p><b>24</b> EFMP Grounds for Discussion 11am-12pm Married to the Military: A Support Group for Military Spouses 12-1pm (VIRTUAL) Break the Cycle 3-4pm</p>	<p><b>25</b> Blue Ribbon Fridays</p>
<p><b>28</b> TAP 8am-4pm</p>	<p><b>29</b> Teal Tuesdays TAP 8am-4pm</p>	<p><b>30</b> Denim Day DFAC Teal Meal TAP 8am-4pm</p>	 <p><b>SAAPM</b> Sexual Assault Awareness and Prevention Month</p>	

For more information or to register, please contact us at **(301) 319-4087**  
or [NSABMilitaryFamilySupportCenter@us.navy.mil](mailto: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.

### **Blue Ribbon Fridays**

April is recognized around the world as Child Abuse Prevention Month. The blue ribbon is the symbol for child abuse prevention. In 1989, this movement began, when a concerned grandmother took a stand against child abuse after experiencing the death of her grandson and tied a blue ribbon on the antenna of her car to alert the community on issue of child abuse. Wear a blue ribbon every Friday this month to recognize and support of those who have experienced or survived child abuse and violence at the hands of another.

### **Break the Cycle**

A Ride Against Sexual Assault. Please join the NSA Bethesda SAPR team and MWR Fitness Center in bringing awareness to Sexual Assault Awareness and Prevention Month. During the Month of April, we are asking that as many individuals as possible support victims of sexual assault by participating in a free spin class at the fitness center. On 2, 11, 16, 25, and 30 April the SAPR program will take over the spin class and bring awareness and show support to victims of sexual violence. Every 68 seconds in the USA a person is a victim of sexual violence. During the 60 minutes of this class how many miles can you go to show your support? Show up, listen, and give it your all its also what victims are asking for. The ones who go the extra mile will get an extra prize... will it be you?

### **Building Healthy Relationships**

Designed to enhance established relationships by providing tools on emotional record keeping, expectations, communication, and developing healthy habits.

### **Child Abuse Prevention Month Resource Table**

An outreach table with local, state, and national child abuse prevention resources to help others report suspected child abuse, help families access and connect to services in the community to support and stabilize crisis, promote positive physical, mental, and behavioral health for children which plays a vital role to prevent and/or stop child abuse. Located in Bldg. 19 "Wall of Windows" Hallway.

### **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.

### **Denim Day**

Since 1999 we have been recognizing Denim Day as a day to protest sexual violence, support victims, and stand against victim blaming and rape myths. Please join us in the 25th year of observing Denim Day by wearing some denim items. Please ensure your participation is approved by command and does not interfere with your mission for the day.

### **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.

### **Effective Communication**

Helps participants use the power of communication to strengthen relationships at work and at home by practicing skills that build effective two-way communication.

### **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.

### **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.

Mind-Body Mental Fitness (MBMF)

### **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.

### **Mind-Body Mental Fitness (MBMF)**

MBMF is to enhance the mind, body, spirit, and social domains in one's life. MBMF teaches proactive pathways to achieve mental fitness and gives you the tools to manage stress. MBMF includes six modules that can be taken together as a series or individual module.

#### **Module 1: Stress Resilience**

In this module, you will: learn how stress affects the four domains of resilience, as well as how to recognize it and turn it into an opportunity for growth; develop the vital skills of energy management and recalibration through practical exercises designed to resync your mind-body connection; increase clear thinking; and optimize performance.

#### **Module 2: Mindfulness & Meditation**

In this module, you'll learn about the three attitudes of mindfulness (non-judgment, curiosity, and acceptance) and how these attitudes can improve decision-making, reduce destructive behaviors, and increase optimal performance. Through practical exercises, you will also learn how mindfulness and meditation can aid in recovery from stress.

#### **Module 3: Living Core Values**

In this module, you'll learn how values can help you stay on course and maintain commitment and consistency when you're under stress; how to identify and define your values, relate them to Core Navy Values and your personal goals; and develop strategies for dealing with situations where your values and behaviors are in conflict.

#### **Module 4: Flexibility**

This module will teach you how to better understand your own thoughts, emotions, and behaviors, as well as how they are different and how they interact with one another. You will also learn how to deal with your thoughts, emotions, and behaviors in different settings using practical skills.

#### **Module 5: Problem Solving**

This module covers the basic steps of effective problem-solving using practical examples of how these steps can be applied at work and at home. You will also learn how to recognize the dynamics and interactions that lead to personal and group challenges, as well as healthy and helpful coping skills.

#### **Module 6: Connections**

In this module, you will learn: how connection and communication help you manage stress and develop resiliency, among many other benefits; to identify your support network and recognize the different communication styles that, when understood, can lead to more successful communication; and the vital role empathetic listening has in building connections, communicating effectively, and improving the cohesiveness of groups and organizations.

### **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.

### **Practical Financial Planning**

Learn how to plan for all of your personal finance needs.

#### **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.

#### **Pure Praxis SAPR Interactive Performance**

Pure Praxis is an interactive theater group that host performances/trainings on challenging topics to include sexual assault and harassment. Pure Praxis trainings combine performance and live interaction to discuss social situations such as consent, sexual violence, and peer pressure. Through audience involvement, participants are able to practice creating a safe and effective solutions. Located in NICOE auditorium.

#### **Purple Up! Day**

People are encouraged to wear purple as a way to recognize the sacrifices and resilience of military children and their families during the Month of the Military Child, which is celebrated throughout April.

#### **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.

#### **Serving Love: Preventing Harm – Flower Paper Plate Activity**

This flower paper plate activity is a fun craft for children to create 3-D artwork making colorful paintings to take home or leave for the Military & Family Life Center to display the artwork for the month of April in recognition of Child Abuse Prevention Month.

#### **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.

#### **Teal Tuesdays**

Show your support for the SAPR program and victims of sexual violence by wearing teal on every Tuesday throughout the month of April.

**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: The Military Spouse Residency Relief ACT (MSRRA)**

The Military Spouse Residency Relief ACT (MSRRA), which protects tax, voting and property rights of military spouses. A military spouse may keep their tax domicile (legal residence) if they move because their military spouse is transferred out of state.

For more details, go to <https://www.militaryonesource.mil/financial-legal/legal/family-legal-issues/military-spouses-residency-relief-act>. Or reach out to your local PFM at 301-295-5081 or [Lawyer.L.Acker4.civ@us.navy.mil](mailto:Lawyer.L.Acker4.civ@us.navy.mil).