**Military Life Skills Education**

Military life can be a challenging, yet very rewarding experience. The following FFSC Life Skills Education programs provide a variety of valuable resources that can help service members and their families successfully manage the challenges of military life:

- Building Healthy Relationships
- Family Violence Prevention Education
- Information and Referral
- New Parent Support/Parenting Programs
- Stress and Anger Management
- Ready Navy

**Command Support**

Whether your command needs support during a crisis, training for command leadership, or an FFSC Command Representative specifically assigned to serve the needs of your command, FFSC is here to support your command by providing:

- 21st Century Career Options and Navy Skills Evaluation Program (CONSEP)
- Crisis Support
- Exceptional Family Member Program (EFMP) POC Training
- FAP Command Leadership Training
- FFSC Command Representatives
- Family Readiness Group Training
- Leadership Spouse Training
- Leadership Training
- Ombudsman Training and Support
- Operational Stress Control Brief
- Sexual Assault Prevention and Response (SAPR) Support
- Suicide Prevention Brief
- Trainings and Workshops at Your Command

**Transition Assistance**

Are you separating or retiring soon? If so, FFSC can help you become better prepared for your transition into the civilian sector by providing the following:

- Employment Workshops
- Federal Employment Information
- Individual Career Counseling
- Internet Job Searching
- Resume Critiques
- Transition Assistance Services

**Counseling Services**

New challenges occur all the time – things like new jobs, new babies, relationship problems, or stress at work. Counseling can help! It gives you a chance to develop new problem-solving skills to help reduce your stress-level and focus on solutions. FFSC is staffed with fully-qualified, licensed counselors who know how to help.

**Call FFSC to learn more about these beneficial services:**

- Child Counseling
- Education Programs
- Individual and Couples Counseling
- Therapeutic Group Counseling
- Sailor Assistance and Intercept for Life (SAIL)

**FLEET AND FAMILY SUPPORT CENTERS (FFSC)**

**CONNECTICUT**
- New London: 860-694-3383

**HAMPTON ROADS, VIRGINIA**
- Dam Neck Annex: 757-492-6342
- Fort Story: 757-422-7311
- Little Creek: 757-462-7563
- Newport News: 757-688-6289
- Norfolk: 757-444-2102
- NSA HR - Northwest Annex: 757-421-8770
- NSA HR - Portsmouth Annex: 757-953-7801
- Oceana: 757-433-2912
- Yorktown: 757-887-4606

**ILLINOIS**
- Great Lakes: 847-688-3603 ext. 100

**NEW HAMPSHIRE**
- Portsmouth: 207-438-1835

**NEW JERSEY**
- Earle: 732-866-2115
- New York: Saratoga Springs: 518-886-0200 ext. 146

**RHODE ISLAND**
- Newport: 401-941-2283

**NATIONAL RESOURCES**
- National Suicide Prevention Lifeline: 1-800-273-8255
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- National Child Abuse Hotline: 1-800-4-A-CHILD (422-4453)
- DOD Safe Helpline: 1-877-995-5247
- Military OneSource: 1-800-342-9647

**For more information about FFSC Programs and Services, visit:**
Mid-Atlantic Fleet & Family Support Centers (FFSC) recognize that being in the military presents unique challenges and opportunities for service members and their families. FFSC’s programs and services are designed to help you make the most of your military experience…and they are available to you at no cost.

Family Employment Readiness Program
With approximately half of today’s military spouses working, FFSC’s Family Employment Readiness program is a valuable resource to help spouses and family members find employment. FFSC offers:
- Employment Workshops
- Federal Employment Information
- Individual Career Counseling
- Local and National Employment Information
- Resume Critiques

Family Advocacy Program
Domestic violence, spouse and child abuse and neglect, are serious problems which may be experienced by individuals and families. The Navy’s Family Advocacy Program provides the following vital services to commands and individuals:
- Clinical Counseling Resources
- Intervention and Case Management
- Victim Services
- Family Violence Prevention and Awareness Education
- New Parent Support Home Visitation Program

Personal Financial Management
FFSC has many resources that can help you manage your money. Here’s how FFSC’s fully-qualified financial education specialists can help:
- Command Financial Specialist Training and Support
  - Individual Financial Counseling
  - Personal Financial Management Workshops

Deployment and Mobilization Support
Deployments are a way of life for our military service members. Whether single or married, there are effective ways of dealing with this experience. FFSCs work very closely with deploying commands, their Ombudsman, and Family Readiness Groups to offer advice and assistance. In addition, FFSC offers the following deployment and mobilization programs:
- Deployment Readiness Brief
- Deployment Readiness for Parents
- Individual Augmentee Support
- Reserve Mobilization/Demobilization Assistance
- Return and Reunion
- Singles and Couples Pre-deployment

Relocation Assistance Services
Whether you’re arriving to or departing from your duty station, the following FFSC relocation services can help make the move easier on you and your family with:
- Relocation Assistance
- Relocation Workshops
- Welcome Aboard Information

Ombudsman Support
An Ombudsman is a command-appointed volunteer who serves as an information link between command leadership and Navy families. Ombudsmen also provide resource referrals to command families when assistance is needed.

FFSC supports the Ombudsman program with:
- Ombudsman Basic Training
- Ombudsman Advanced Training
- Ongoing Guidance for Ombudsmen

Navy Gold Star Program
The Navy Gold Star Program demonstrates the Navy’s commitment to Families of the Fallen by providing dedicated services and support to Survivors in their communities. Navy Gold Star connects and serves our Surviving Families during and/or immediately following the casualty assistance process. Navy Gold Star Coordinators will:
- Assist with State and Federal survivor benefits
- Facilitate remembrance events to help ensure that the sacrifices of our heroes are never forgotten.

WE’VE GOT YOU COVERED!
FFSC also offers a host of other programs and services including information and referral, individual deployment support and Family Readiness Group training. Call your FFSC today for more information.