



Family CONNECTION

Your Link to the Navy Community since 2007

September 2026
Volume 20 | Issue 9

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Questions?



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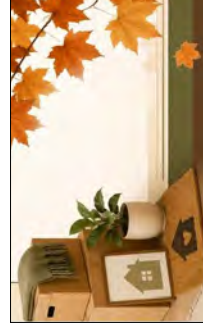


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Family Connection is a publication of the Fleet and Family Support Program. The Navy's Fleet and Family Support Program promotes the self-reliance and resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle. The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.



National Preparedness Month: Ready Today, Stronger Tomorrow

September is National Preparedness Month, a great time for Navy families to take a few simple steps to prepare for emergencies before they happen.

This year's National Preparedness Month theme, "Stand Ready," reminds us that preparedness starts before an emergency occurs. Taking small steps today can help you and your family respond with greater confidence when the unexpected happens.

Being prepared does not mean expecting the worst. It means giving yourself and your family the tools, information, and confidence to respond when it matters most.

Start With a Family Emergency Plan

An emergency can be stressful, especially when family members are separated. A plan can help everyone know what to do and where to turn.

Talk with your family about:

- ✓ Where you will meet if you cannot return home.
- ✓ How you will contact one another if phone service is disrupted.
- ✓ Who your emergency contacts are.
- ✓ Where important documents and information are stored.
- ✓ What you will do if an emergency occurs while a service member is deployed, underway or away from home.
- ✓ How you will care for children, older family members, pets and anyone else who may need additional assistance.

Make sure everyone knows the plan and practice it together.

Build an Emergency Kit

You do not have to purchase everything at once. Build your emergency kit over time and tailor it to your family's needs. Consider keeping enough supplies to be self-sufficient for several days, including:

- ✓ Water and nonperishable food.
- ✓ Flashlights and extra batteries.
- ✓ First aid supplies.
- ✓ Medications and essential personal care items.
- ✓ Phone chargers and backup power banks.
- ✓ Copies of important documents.
- ✓ Cash in small denominations.
- ✓ Infant, child or pet supplies, if needed.
- ✓ Blankets and weather-appropriate clothing.

Check your supplies regularly and replace anything that has expired or is no longer usable.

[continued below]



Know Your Risks

Preparedness looks different depending on where you live. Navy families may relocate frequently, so take time to learn about the hazards in your current community. Depending on your location, you may need to prepare for hurricanes, flooding, severe storms, extreme temperatures, wildfires, earthquakes or other emergencies.

Know how your installation and local community will share emergency information. Make sure your Navy Family Accountability and Assessment System (NFAAS) contact information is current, and learn where to find official emergency notifications.

Prepare for the Unexpected

Navy families may face an additional challenge during an emergency: geographic separation. A service member may be deployed, underway, on temporary duty or otherwise unable to immediately assist the family.

Talk with your spouse or support network ahead of time about what you would do if an emergency occurs while you are separated. Identify trusted family members, friends, neighbors and installation resources that can provide support.

And remember, asking for help is part of being prepared.

Fleet and Family Support Centers and other installation resources are available to help Navy families navigate challenging situations and connect with appropriate resources.

Small Steps Make a Big Difference

Preparedness does not have to be overwhelming. Start with one step today. Make a family communication plan, check your emergency supplies, update your emergency contacts or learn how your installation communicates during an emergency.

The goal is not to predict every emergency. The goal is to be ready to respond.

This National Preparedness Month, take time to prepare your family, connect with your support network and learn about the resources available to you.

Prepare. Plan. Stay informed. Stay connected.

When Navy families are prepared, Navy communities are stronger and more resilient.

For more information about emergency preparedness, visit [Ready.gov](https://ready.gov) or visit your [local Fleet and Family Support Center](#).

Nation 250 Events Schedule

September 2026

★	Sept. 5 – Kewanee Hog Days Celebration Parade, Kewanee, Ill.
★	Sept. 5-7 – Blue Angels: Cleveland National Air Show, Cleveland, Ohio
★	Sept. 6 – Threshermen's Parade, Pontiac, Ill.
★	Sept. 14-20 – Navy Week Cincinnati, Cincinnati, Ohio
★	Sept. 16 – CCM Jazz Studies Jazz Seminar, Cincinnati, Ohio
★	Sept. 17 – CONGEN Istanbul F250 Independence Day, Istanbul, Turkey

★	Sept. 18 – POW/MIA Recognition Day Wreath Ceremony 2026, Washington, D.C.
★	Sept. 19-20 – 2026 Naval Air Station Oceana Air Show, Virginia Beach, Virg.
★	Sept. 22 – Bells Across America Ceremony, Keyport, Wash.
★	Sept. 24-27 – U.S. Embassy Valletta Outreach Tour, Valletta, Malta
★	Sept. 26 – U.S.-Japan Joint Music Celebration In Honor Of America 250, Osaka, Japan





Navy Ombudsmen: Serving Navy Families for More Than A Half-Century

Each year on September 14, we recognize and honor the individuals who serve as Navy family ombudsmen, volunteers who serve as a vital link between commands and Navy families. Appointed by commanding officers, ombudsmen provide confidential support, share information and resources, and offer a steady presence during deployments, homecomings and everything in between.

Serving as an ombudsman is no small task. It requires dedication, empathy, discretion and a strong commitment to family readiness. Ombudsmen often work behind the scenes, offering guidance, support and reassurance to spouses, parents and loved ones as they navigate the unique challenges of military life.

On Navy Family Ombudsman Program Appreciation Day, we say thank you.

Thank you for answering late-night calls, helping families navigate difficult situations, connecting them with resources and providing support during uncertain times. An ombudsman's service strengthens Navy families and contributes to mission readiness by helping Sailors stay focused on their mission while knowing their families have support.

To every ombudsman, past and present: Your compassion, resilience and dedication make a difference. Thank you for serving those who serve.



Honoring Our Fallen and Supporting the Families They Leave Behind

Since 1936, the last Sunday in September has been designated as Gold Star Mother's Day to honor mothers who have lost a child while serving in the U.S. Armed Forces. In 2009, the observance was expanded to recognize the families of fallen service members and renamed Gold Star Mother's and Family's Day.

On September 27, 2026, we honor Gold Star mothers and families, recognize their profound sacrifices and enduring strength and remember the service members whose lives were lost in service to our nation.

Each year, the President issues a proclamation reaffirming the commitment to honor those who carry forward the memories of those willing to lay down their lives for the United States and the liberties for which we stand. For Gold Star families, remembrance remains an important part of honoring their loved ones and recognizing the lasting impact of their service and sacrifice.

Remembering Together

Bells Across America for Fallen Service Members offers Navy families and communities an opportunity to come together in remembrance. Each September, Navy installations across the fleet host these deeply moving ceremonies to honor the memory of service members who lost their lives and remind their families and loved ones that they are not forgotten.

During each ceremony, the names of fallen service members are reverently read aloud as a bell is tolled in their memory. The ceremonies offer a meaningful opportunity for Gold Star families, service members, veterans and community members to pause, reflect and pay tribute to those who made the ultimate sacrifice.

Attending a local ceremony can be a meaningful way for Navy families and community members to show support for Gold Star families and join others across the fleet in honoring our fallen service members.

Support for Gold Star Families

The loss of a service member can have a lasting impact on the entire family. The Navy Gold Star Program provides support to surviving family members as they navigate life after loss. Through individualized support, information and referrals and opportunities for connection and remembrance, the program helps Gold Star families assess their needs, access appropriate resources and remain connected to the Navy community.

As we observe Gold Star Mother's and Family's Day and Bells Across America, we honor the fallen and remember the families who continue to carry their legacy. Their loved ones and their place in the Navy family will never be forgotten.

Learn More

To learn more about the Navy Gold Star Program, visit the [Navy Gold Star website](#), the [Navy Gold Star Program Facebook page](#), or call 1-888-509-8759.

To learn more about Bells Across America and find a local ceremony, visit the [Navy Gold Star Events website](#).



No Navy endorsement implied.

BELLS ACROSS AMERICA FOR FALLEN SERVICE MEMBERS

September 24, 2026

Tolling in Remembrance of Our Nation's Fallen

Join us as we pay tribute to the men and women who died in service to our nation. As bells toll across the country, we remember their sacrifice and those they left behind.

www.NavyGoldStar.com | www.facebook.com/NavyGoldStar | 1-888-509-8759



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Back To School Tips for Navy EFMP Families

A new school year can bring excitement, but it can also feel overwhelming for children with special educational needs and their families. Planning ahead can help ease the transition and give your family a stronger start to the school year.

Focus Area	Action Step	Why It Matters
Documentation	Organize IEP/504 paperwork in a dedicated digital folder and keep a backup hard copy on hand.	Ensures you can quickly share critical accommodations with new staff.
Communication	Create a physical or digital communication log to track all calls, emails and meetings.	Helps maintain an accurate record of agreements and decisions.
IEP/504 Review	Review the current plan to ensure it still fits your child's needs and note any new concerns.	Identifies gaps before the school year gets fully underway.
Emotional support	Talk openly with your child about their fears, jitters or exciting expectations.	Directly addresses anxiety and builds emotional resilience.
Daily routine	Establish structured bedtime and morning routines, and prep backpacks and lunches the night before.	Reduces morning chaos and establishes a predictable environment.
"All About Me" portfolio	Build a one-page profile detailing your child's strengths, triggers, likes and dislikes, and military context (e.g., a deployed parent).	Gives teachers immediate, personalized insights to support your child.
School engagement	Attend the school's open house, orientation or back-to-school night.	Familiarizes your child with the teachers and physical layout of the school early.

Avoid Common Back-to-School Pitfalls

Connect with the school before classes begin. Reach out to your child's teacher or school team before the first day to share helpful information about your child, including an "All About Me" folder, if you use one.

Bring your child's educational records when you move. When you PCS, hand-carry copies of your child's current Individualized Education Program (IEP), Section 504 plan, evaluations and other important educational records. Having these documents available can help the new school understand your child's needs and support a smoother transition.

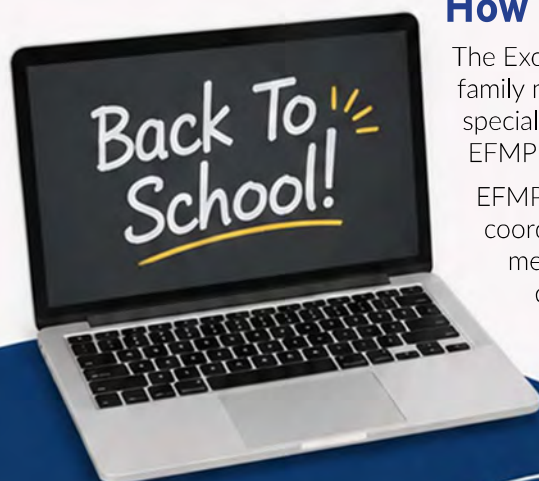
PCSing with an EFMP family member? Start early. Gather current educational and medical records, update your EFMP information, and connect with your EFMP Case Liaison before your move.

How EFMP Can Support Your Family

The Exceptional Family Member Program (EFMP) supports military families who have family members with special medical or educational needs. Children who receive special education services through an IEP or early intervention services may meet EFMP enrollment criteria.

EFMP has three components: identification and enrollment, assignment coordination and family support. Enrollment helps ensure that a family member's documented medical and educational needs are considered during the military assignment process.

[continued below]



Your local Fleet and Family Support Center (FFSC) EFMP Case Liaison can help your family:

- **Navigate the EFMP process.** Connect with the appropriate resources to learn about enrollment and benefits.
- **Navigate special education.** Liaisons provide information and support related to IEPs and Section 504 plans and, when appropriate, attend school meetings with families.
- **Connect with medical resources.** A liaison will help you navigate TRICARE, the Extended Care Health Option (ECHO) and other medical and specialty-care resources.
- **Prepare for a PCS.** A liaison will connect you with resources at your gaining installation and support continuity of services during your move.
- **Find community resources.** Liaisons provide information and referrals for school liaison officers, housing, child care, respite care, support groups, community organizations, special-needs events and training opportunities.

EFMP case liaisons provide information, referrals, system navigation and support to families and can connect them with military, local, state and national resources.

Start the School Year Connected

You do not have to navigate your child's educational needs alone. Start early, keep important records accessible and connect with your child's school and your installation's support resources.

For more information, visit your local [Fleet and Family Support Center](#) or the [Navy Exceptional Family Member Program website](#).



Strengthening Resilience Through Connection, Support and Financial Readiness

September is Suicide Prevention Awareness Month, a time to reaffirm our commitment to the well-being of Sailors and their families. Suicide is complex and rarely results from a single circumstance. Financial strain, family responsibilities, military demands and major life changes are among the many challenges that can add to stress and affect a person's sense of stability. Recognizing challenges early, staying connected, taking practical steps to address concerns and seeking support when needed can help reduce stress and strengthen resilience.

Understand the Impact of Stress

Financial well-being is about more than balancing a budget. Financial stress can affect overall well-being, resilience and readiness. It may disrupt sleep, strain relationships and make it harder to concentrate or manage everyday responsibilities. While financial challenges alone do not cause a mental health crisis, they can add to other pressures in life.

Military life can bring its own financial and family challenges. PCS moves, deployments, training periods, unexpected expenses and changing family circumstances can disrupt even the best financial plan. When financial challenges combine with family responsibilities, military demands or other sources of stress, you may feel overwhelmed.

The good news is that you do not have to face these challenges alone.

Stay Connected and Take Action Early

Family members may notice changes in mood, behavior or stress before others do. Paying attention to these changes and starting a conversation can be an important first step.

Small moments can create opportunities for meaningful conversations. Checking in after a long day, talking during a commute or sharing a meal can help family members stay connected and notice when something may be wrong.

Families can help strengthen protective factors such as:

- Strong social connections.
- Healthy communication.
- Supportive routines and structures.
- Early help-seeking.
- Awareness of available resources.

Families do not need clinical training to make a difference. Small, consistent actions can help create a supportive environment.

- **Check in regularly.** Ask how your Sailor is doing, not just how work is going.
- **Listen without judgment.** Give your loved one space to talk openly about concerns or challenges.
- **Encourage help-seeking.** Remind your Sailor that asking for help is a sign of strength.
- **Know your resources.** Learn where to turn if you or your Sailor needs support.
- **Stay connected during transitions.** Pay extra attention to family well-being during moves, deployments and other major life changes.

If you are concerned about someone, do not wait for the situation to become a crisis. Start a conversation and connect with a trusted resource.

Take One Practical Step

One of the best ways to manage financial stress is to address concerns before they become larger problems. A missed payment or unexpected expense may seem manageable at first, but delaying action can lead to additional debt, credit challenges or more stress.

Start by reviewing your income and expenses, identifying your priorities and creating a realistic spending plan. Even small steps, such as adjusting monthly expenses, building emergency savings or contacting a creditor early, can help you regain a sense of control.

You do not have to solve everything at once. Focus on the issue causing you the most concern and take one practical step forward. That might mean opening a bill you have been avoiding, reviewing your account balances, talking with your spouse or partner or making a plan to address your financial priorities.

Small, intentional actions today can help you feel more prepared for tomorrow.

Resilience is not about avoiding every financial setback or life challenge. It is about knowing how to respond when challenges arise and knowing when to reach out for support.

You Are Not Alone

Asking for help is a sign of strength. Whether you are managing financial concerns, navigating a major life transition, supporting a Sailor or loved one or simply need someone to talk to, support is available.

Resources for Sailors and families include:

[Personal Financial Readiness Specialists \(PFRSs\)](#) can provide confidential financial education and counseling, as well as resources and tools to help Sailors and their families make informed financial decisions and work toward their financial goals. PFRSs can help with spending plans, debt, credit, PCS preparation and other financial concerns. Services are free to eligible service members and families.

Virtual Personal Financial Educators offer online personal finance workshops and individual consultations for Sailors and families who cannot visit an FFSC in person. [Book a one-on-one appointment with a virtual personal financial educator.](#)

Nonmedical Counseling provides free, confidential support for Sailors and families navigating stress, relationship concerns, life transitions and other challenges. The Navy also offers [virtual clinical counseling](#) for eligible Sailors and family members.

[Sailor Assistance and Intercept for Life \(SAIL\)](#) provides rapid assistance, ongoing risk assessment, care coordination and reintegration support for Sailors who have experienced suicide-related behavior. SAIL does not replace mental health treatment. Instead, SAIL case managers help Sailors stay connected to care and other resources during recovery. Participation in SAIL is voluntary.

[Military OneSource](#) provides resources and short-term, confidential counseling for eligible service members, spouses and children.

[Navy Chaplain Corps](#) offers confidential spiritual support, guidance and family-focused resilience resources for service members and their families.

[The Navy Family Ombudsman Program](#) serves as a communication bridge between families and commands, helping families stay informed and connected.



Build Resilience Together

Suicide prevention is not a single program. It is a collective commitment. Families do not have to have all the answers, and they do not have to solve a problem on their own.

Sometimes the most important thing you can do is notice a change, start a conversation, listen and help connect someone with support. Whether you are taking control of your finances, reaching out for support or checking in on a shipmate or loved one, taking action can help build resilience.

Life will always bring unexpected challenges, but you do not have to face them alone. Start with one step, stay connected and remember that support is available.

Building a Culture of Shared Responsibility

Suicide prevention is not a single program; it is a collective commitment. Families do not have to have all the answers, and they do not have to solve a problem on their own. Sometimes, the most important thing you can do is notice a change, start a conversation, listen and help connect someone with support.

By strengthening family involvement, we reinforce the Navy's core belief that readiness begins with people, and people thrive when they are connected.

**Suicide
Prevention
Awareness
Month reminds
us that asking
for help is a sign
of strength.**



Navigating Autumn Transitions & Finding Support

As the high-tempo permanent change of station season winds down, September can usher in a new momentum across the fleet. New personnel are arriving, families are settling into new routines and commands are building connections that support strong, ready teams.

Those same transitions can also bring stress and uncertainty. Whether you are adjusting to a new duty station, supporting a loved one or working through the effects of trauma, knowing where to turn for support can make a difference.

The Navy offers a network of resources to help Sailors, dependents age 18 and older and other eligible members of the military community navigate difficult situations. For those affected by sexual assault, the Sexual Assault Prevention and Response (SAPR) program provides confidential support, advocacy, information and referrals through an integrated network of care.

Know Where to Turn

No matter where individuals are in their career or healing journey, installation resources collaborate to provide comprehensive response resources:

SAPR Program: Sexual Assault Response Coordinators (SARCs) and SAPR Victim Advocates (VAs) provide unwavering, confidential and comprehensive crisis intervention, advocacy, information about reporting options and referrals to additional resources for survivors of sexual assault. SAPR services are available 24/7.

Medical and mental health clinics: Medical and mental health professionals can provide care and support for the physical and emotional effects of trauma. SAPR personnel can help survivors connect with appropriate medical and mental health resources.

Chaplain Corps: Chaplains provide confidential care, spiritual guidance and a safe place to talk through difficult situations. They can also help connect individuals with additional resources when needed.

DoD Safe Helpline: The Safe Helpline provides anonymous, confidential support and information to members of the DoD community affected by sexual assault. Trained staff are available 24/7 worldwide, and can connect individuals with local resources.

You Don't Have to Navigate It Alone

Seeking mental health support after trauma is a sign of strength. You do not have to wait until a situation becomes overwhelming to reach out. Whether you need information, support or help finding the right resource, someone is available to help you take the next step.

You can reach the DoD Safe Helpline by calling 877-995-5247 or through the [DoD Safe Helpline website](#), including 24/7 chat support.

Your installation's [Fleet and Family Support Center](#) can also help connect you with local resources and support.



Wellness Watch

Navy's Noom Program Helps Sailors Stay Fit to Fight



As summer winds down and September sets in, it is a great time to reset and focus on your health. Whether you want to improve your physical readiness, manage your weight, eat healthier or reduce stress, the Navy's Noom Digital Health Program offers free tools and support to eligible Sailors.

The Navy partnered with Noom through the Total Sailor: Fit to Fight initiative to provide eligible active-duty and reserve Sailors with access to science-based wellness tools, including Noom Weight, Noom Mood, and the Noom Diabetes Prevention Program.

"We are seeing many Sailors benefit from this program," said CDR Tessa DeMulder, Navy Culture & Force Resilience Office, who oversees the implementation of commercial wellness applications across the Navy. "To date, participants have lost a cumulative total of 10,193 pounds."

What the Program Includes

Noom goes beyond calorie tracking. The program uses tools designed to help you build healthy habits and make lasting changes.

Free Navy enrollment includes:



Noom Move: A 10-day walking challenge and over 1,000 fitness videos you can use at home, on base, or during port calls.



Easy meal tracking: Snap a photo of your food to see its nutrition and macronutrient breakdown.



Habit tracking tools: Learn how your food choices and habits may affect your health.



Success Kit: Use resources to manage stress, reframe unhelpful thoughts, and practice guided meditation.



24/7 Support: Get real-time guidance from a dedicated Noom coach and Welli, Noom's AI coaching tool.

Enrollment is 100% voluntary, but participating satisfies the nutritional education requirement for the Fitness Enhancement Program (FEP).



Note: Your personal data stays private. Noom will never share your personally identifiable information (PII).

Eligibility

This free program is currently available to active and reserve Sailors who meet the Navy's eligibility requirements, including those who:



Did not meet Body Composition Assessment or Physical Readiness Test standards during the CY25/CY26-1 Physical Fitness Assessment (PFA) cycles.



Are in a pregnancy nonparticipation status (pregnant or postpartum) during CY25/CY26-1 PFA cycles.



How to Enroll

1. Visit go.noom.com/usnavy (lowercase only) or scan the QR code.
2. Register using your full name, date of birth and DoD ID.
3. Start using the platform. Eligible Sailors receive access through Jan. 31, 2027.



Take advantage of the Navy's free Noom program this fall and keep your health on track.

Ready to get started? Visit go.noom.com/usnavy or contact noompilot@us.navy.mil with questions.



Connecting Families Through Storytime at Naval Base Ventura County

Staying connected during military separations can be challenging, but a simple story can help families feel closer. On July 10, the Fleet and Family Support Center (FFSC) at Naval Base Ventura County (NBVC) Point Mugu, California, hosted its inaugural United Through Reading Resource Fair to help service members learn how to stay connected with their families through storytime.

Participants learned about program eligibility, how to record storytime videos and ways to use the program during deployments, temporary duty assignments and other military separations. The hands-on event also gave attendees an opportunity to ask questions and learn how [United Through Reading](https://unitedthroughreading.org) can help families maintain meaningful connections from a distance.

The event introduced more families to a valuable and underused resource and provided a foundation for future outreach. By helping service members stay connected with their loved ones, FFSC continues to support Navy families throughout the challenges of military life.

All Military Families Celebrate Together at Freedom Festival



teams worked together to create a calm, supportive oasis where families could take a break and recharge. This allowed neurodivergent visitors to comfortably participate in the historic celebration.

[continued below]

United Through Reading
unitedthroughreading.org
Friday, July 10th
1 - 2:30 PM
Point Mugu FFSC Bldg. 225

Everyone deserves the opportunity to celebrate with their community. On July 4, the Fleet and Family Support Center (FFSC) at Naval Air Station (NAS) Lemoore, California, partnered with Morale, Welfare and Recreation (MWR) to create a sensory-friendly space at the annual Freedom Festival, celebrating America's 250th anniversary.

Large community events can be overwhelming for people who are sensitive to loud noises, bright lights and crowds. To make the celebration more accessible, the NAS Lemoore Exceptional Family Member Program (EFMP), relocation assistance, Family Advocacy Program (FAP) victim advocates, and clinical services

More than 1,750 military families attended the festival, and many used the sensory-friendly area throughout the event. FFSC staff welcomed families, shared educational materials and connected attendees with programs and resources available through the installation.

By creating a space where families with different needs could participate comfortably, NAS Lemoore demonstrated how small changes can make community events more welcoming and inclusive for everyone and reinforced the Navy's commitment to the well-being of all service members and their families.

Kings Bay's EFMP Team Participates in Numerous Community Events

The Kings Bay, Georgia, Fleet and Family Support Center (FFSC) Exceptional Family Member Program (EFMP) team packed up their gear, put on their best Hawaiian shirts and took their outreach on the road in July, connecting with families and community partners at two local resource fairs.

On July 11, EFMP Case Liaisons Amy Bell and Deanna Lang participated in The Arc Nassau Community Resource Fair. The event was designed for individuals and families with unique medical, developmental and educational resources. The team provided personalized support, resource information and military-specific referrals to eligible families in the Nassau County area.

A few days later, the team joined more than 51 partner agencies at the 5th Annual Luau in the Park Health & Wellness Resource Fair, hosted by Family Connections Camden. More than 500 guests attended the event, including active-duty service members, retirees and military families.

By participating in community events like these, the Kings Bay EFMP team builds relationships with local organizations and helps families connect with resources both on and off the installation. These partnerships can also make future referrals easier and strengthen the support network available to EFMP families.

SAPR Program Supporting Survivors 'One Paw' at a Time



This summer, Sexual Assault Prevention and Response (SAPR) program at Naval Station Great Lakes, Illinois, teamed up with the American Red Cross to bring trained support dogs to the installation. The dogs provided Sailors with comfort and a calming presence during times of stress and helped create a welcoming environment for those seeking support through SAPR or navigating other difficult situations.

Whether offering a quiet moment of comfort or a friendly interaction, the support dogs reminded Sailors that support can come in many meaningful ways and that sometimes, the best support comes with a wagging tail and a little extra fur.

Within the military environment, Sailors may experience situations that require additional support and resources. The partnership helped support a trauma-

informed, survivor-centered environment during SAPR outreach and support activities. By working together, SAPR and the American Red Cross demonstrated their shared commitment to supporting the well-being and recovery of Navy Sailors.

The SAPR program provides confidential support, advocacy, information, and referrals to survivors of sexual assault. Support is available 24/7.

For more information about the Navy SAPR program and other support services, visit the [Navy Fleet and Family Support Program](#).

Great Lakes FFSC Hosts Weekly Family Welcome Reception

Every week, Fleet and Family Support Center (FFSC) staff at Naval Station Great Lakes, Illinois, welcome families attending the Official Graduate Family Welcome Reception at Veterans Memorial Golf Course.

Hosted by the base command, the reception gives families visiting for their Sailor's graduation an opportunity to relax, enjoy dinner, celebrate their Sailor's hard work, mingle and connect with other families. Guests also receive information about the pass in review ceremony, maps and on-base amenities.

FFSC staff are there to help families get connected. They share information about services available to Sailors and their families, including nonmedical counseling, financial counseling, relocation assistance, family support and career resources.

By introducing families to these resources early, the FFSC establishes a safety net that helps new Sailors and their loved ones begin this next chapter informed, connected and ready for what comes next.



Special Thanks to this Month's Contributors:

- Dr. Cornealius Stamps, CNIC Fleet and Family Support Program
- Fran Jackson, CNIC Fleet and Family Support Program
- Heather Martin, CNIC Fleet and Family Support Program
- Hedy Rogers-Jones, NAS Lemoore Fleet and Family Support Center
- Holly Schefcik, CNIC Fleet and Family Support Program
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- Kathy Vi, CNIC Fleet and Family Support Program
- Kerri George, NavSta Great Lakes Fleet and Family Support Center
- Kim Brown, NAVBASE Kings Bay, Fleet and Family Support Center
- Stephanie Hunter, CNIC Navy Gold Star Program
- Sweethelda Castro, NRSW Fleet and Family Support Program
- Tim McGough, CNIC Fleet and Family Support Program
- Vicki Allen, Navy Culture and Force Resilience Office



Training in Your Time

Zone

Wherever you are in the world, access valuable programs and services to support your personal and professional growth. We're bringing the resources to your screen — anytime, anywhere. FFSP is just a click away.

EASTERN AND CENTRAL TIMES

September 2026

DEPLOYMENT



Eastern Central

Deployment-Ready Finances: Securing Your Future	9/22	10:00 AM	9:00 AM
Deploy Solo and Deploy Strong	9/15	9:00 AM	8:00 AM
Equipping Your Kids During Deployment	9/10	11:00 AM	10:00 AM
Homefront Ready: Family Care Planning	9/29	8:00 AM	7:00 AM
IA Deployment 101	9/9	4:00 PM	3:00 PM
Keeping it Together During Deployment	9/1	1:00 PM	12:00 PM
	9/18	8:00 AM	7:00 AM
Plan, Prepare, Deploy.	9/8	9:00 PM	8:00 PM
	9/23	2:00 PM	1:00 PM
Single.Serving.Parent: Deployed	9/16	4:00 PM	3:00 PM

EMPLOYMENT



Eastern Central

AI Prompt Engineering: From Idea to Output	9/9	10:30 AM	9:30 AM
AI Resume Building: A Paradigm Shift	9/2	10:30 AM	9:30 AM
Bounce Back From Job Rejection	9/2	8:30 AM	7:30 AM
Building the Modern Resume	9/1	9:00 PM	8:00 PM
	9/28	2:00 PM	1:00 PM
Conquering Civilian Interviews	9/3	7:00 PM	6:00 PM
	9/18	2:00 PM	1:00 PM
Demystifying Unemployment Compensation	9/14	9:00 AM	8:00 AM
Job Search Hacks	9/8	1:00 PM	12:00 PM
Leveraging AI for your 2026 Job Search	9/4	10:30 AM	9:30 AM
Mastering the Civilian Resume	9/24	11:00 AM	10:00 AM
Mastering Virtual Interviews	9/1	3:00 PM	2:00 PM
Remote Ready: A Spouse's Roadmap to a Virtual Career!	9/10	2:00 PM	1:00 PM
Transferable Skills: Your Key to Career Mobility	9/25	4:00 PM	3:00 PM

NAVY LIFE



Eastern Central

Ombudsman Hot Topics - Supporting Navy Families Through Education: The School Liaison Program	9/30	6:00 PM	5:00 PM
Who Is an Ombudsman?	9/9	11:00 AM	10:00 AM

EMERGENCY PREPAREDNESS



Eastern Central

Be Ready, Be Confident: Emergency Preparedness	9/23	11:00 AM	10:00 AM
Financial Preparation for Disasters	9/3	1:00 PM	12:00 PM

RELOCATION



Eastern Central

Operation: Family Move	9/10	11:00 AM	10:00 AM
PCS Smooth Track	9/22	12:00 PM	11:00 AM
Smooth Move	9/15	1:00 PM	12:00 PM
Stepping up Support: Sponsorship Training	9/2	5:00 PM	4:00 PM
	9/15	9:00 PM	8:00 PM
The PCS Process	9/21	5:00 PM	4:00 PM

Go to
MyNavyFamily.com
Log in or make a
new account to register
for any of these sessions.



EXCEPTIONAL FAMILY MEMBER



Eastern Central

CLIFF Notes to Hearing Impairments/Deafness Under IDEA	9/15	2:00 PM	1:00 PM
Single.Serving.Parent: Special Needs	9/29	9:00 PM	8:00 PM
The Road Ahead - Special Needs Future Planning	9/3	11:00 AM	10:00 AM

PARENTING



Eastern Central

Equipping Your Kids During Deployment	9/10	11:00 AM	10:00 AM
Helping Kids Thrive Through Change	9/28	8:00 PM	7:00 PM
	9/30	9:00 AM	8:00 AM
Healing Through Parenting: Strategies for Co-parenting with DV	9/3	2:00 PM	1:00 PM
How to Protect the Next Generation in the Digital Age	9/23	1:00 PM	12:00 PM
Nine Steps To Positive Parenting	9/28	11:00 AM	10:00 AM
Parenting and Sexual Development (SHAPE Module 1)	9/17	7:30 PM	6:30 PM
Problematic Sexual Behavior in Children and Youth	9/15	1:00 PM	12:00 PM
Single.Serving.Parent: Deployed	9/16	4:00 PM	3:00 PM
Single.Serving.Parent: Special Needs	9/29	9:00 PM	8:00 PM
Spotting the Signs of Youth Suicide	9/2	9:00 AM	8:00 AM
	9/3	1:00 PM	12:00 PM
What About the Kids?	9/17	1:00 PM	12:00 PM
Operation: Family Move	9/10	11:00 AM	10:00 AM

Scan to schedule a one on one appointment to discuss
personal financial management,
employment,
deployment,
relocation,
parenting,
and more.



Book a Free 1:1
Consultation with a
team member today



PERSONAL
FINANCE

Eastern Central

Achieving Financial Empowerment while Experiencing IPV	9/28	12:00 PM	11:00 AM
Banking and Financial Services	9/4	9:00 AM	8:00 AM
	9/22	1:00 PM	12:00 PM
Birth & Adoption of a Child Financial Workshop	9/24	1:00 PM	12:00 PM
Car Buying Strategies	9/2	8:00 AM	7:00 AM
	9/18	2:00 PM	1:00 PM
Command Your Credit	9/2	9:00 PM	8:00 PM
Consumer Awareness	9/9	8:00 AM	7:00 AM
	9/17	11:00 AM	10:00 AM
	9/28	8:00 AM	7:00 AM
Deployment-Ready Finances: Securing Your Future	9/22	10:00 AM	9:00 AM
Financial Preparation for Disasters	9/3	1:00 PM	12:00 PM
Home Buying	9/4	5:00 PM	4:00 PM
	9/21	1:00 PM	12:00 PM
Making the Most of Your Overseas Pay	9/25	9:00 AM	8:00 AM
Maximize Your GI Bill	9/11	11:00 AM	10:00 AM
Military Retirement Planning: Know the Facts	9/24	9:00 AM	8:00 AM
Million Dollar Sailor Day 1	9/16	8:00 AM	7:00 AM
Million Dollar Sailor Day 2	9/17	8:00 AM	7:00 AM
(Must attend both sessions)			
Money Prep: Baby on Board	9/8	2:00 PM	1:00 PM
	9/30	8:00 AM	7:00 AM
Planning your Financial Future	9/23	7:00 PM	6:00 PM
The Financially Fit Holiday Blueprint	9/17	2:00 PM	1:00 PM
Thrift Savings Plan: Choosing the Right Path	9/14	11:00 AM	10:00 AM
TSP Basics for Navy Life	9/3	3:00 PM	2:00 PM
Virtual Million Dollar Sailor Day 1	9/1	8:00 AM	7:00 AM
Virtual Million Dollar Sailor Day 2	9/2	8:00 AM	7:00 AM
(Must attend both sessions)			
Your Money and Your Mindset	9/29	1:00 PM	12:00 PM

Need to talk? For virtual clinical counseling services
Call 1-855-205-6749
to book an appointment.

TRANSITION



Eastern Central

Civilian Healthcare Foundations	9/14	4:00 PM	3:00 PM
	9/30	9:00 PM	8:00 PM
Conquering Civilian Interviews	9/3	7:00 PM	6:00 PM
	9/18	2:00 PM	1:00 PM
Demystifying Unemployment Compensation	9/14	9:00 AM	8:00 AM
Leveraging the VMET in Your Job Search	9/15	12:00 PM	11:00 AM
Life After Tricare	9/4	2:00 PM	1:00 PM
Mastering the Civilian Resume	9/24	11:00 AM	10:00 AM
Skillbridge Simplified	9/9	5:00 PM	4:00 PM
Transferable Skills: Your Key to Career Mobility	9/25	4:00 PM	3:00 PM
VTAP DOL Employment Fundamentals for Career Transition	9/16	2:00 PM	1:00 PM
	9/23	8:00 AM	7:00 AM
	9/30	9:00 AM	8:00 AM
VTAP DOL Vocational Track Day 1	9/24	8:00 AM	7:00 AM
VTAP DOL Vocational Track Day 2	9/25	8:00 AM	7:00 AM
VTAP Financial Planning for Transition	9/15	2:00 PM	1:00 PM
	9/22	1:00 PM	12:00 PM
	9/29	2:00 PM	1:00 PM
VTAP Managing Your Transition	9/14	4:15 PM	3:15 PM
	9/22	10:15 AM	9:15 AM
	9/29	11:15 AM	10:15 AM
VTAP MOC Crosswalk	9/14	5:00 PM	4:00 PM
	9/22	11:00 AM	10:00 AM
	9/29	12:00 PM	11:00 AM
VTAP Pre-Separation Brief	9/14	2:00 PM	1:00 PM
	9/22	8:00 AM	7:00 AM
	9/29	9:00 AM	8:00 AM

Find a Fleet and Family Support Center near you at

<https://ffr.cnmc.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory>

WARRIOR AND
FAMILY RESILIENCE

Eastern Central

Anger Management	9/10	3:00 PM	2:00 PM
Better Reactions, Better Outcomes	9/7	8:00 PM	7:00 PM
	9/9	9:00 AM	8:00 AM
	9/10	1:00 PM	12:00 PM
Bounce Back Better	9/13	7:00 PM	6:00 PM
	9/25	2:00 PM	1:00 PM
	9/30	3:00 PM	2:00 PM
Can I Communicate Without Conflict?	9/23	11:00 AM	10:00 AM
Healing Through Parenting: Strategies for Co-parenting with DV	9/3	2:00 PM	1:00 PM
Healthy Behaviors: Expanded Operational Stress Control for Caregivers (EOSC_C)	9/9	2:00 PM	1:00 PM
How to Protect the Next Generation in the Digital Age	9/23	1:00 PM	12:00 PM
Mind Body Mental Fitness (MBMF)			
Mod 1: Stress Resilience	9/15	9:00 AM	8:00 AM
Mod 2: Mindfulness & Meditation	9/16	9:00 AM	8:00 AM
Mod 3: Living Core Values	9/17	9:00 AM	8:00 AM
Mod 4: Flexibility	9/22	9:00 AM	8:00 AM
Mod 5: Problem Solving	9/23	9:00 AM	8:00 AM
Mod 6: Connection	9/24	9:00 AM	8:00 AM
Mindful Practices During Stressful Times	9/21	8:00 PM	7:00 PM
	9/23	9:00 AM	8:00 AM
	9/24	1:00 PM	12:00 PM
Navy Spouse Life 101	9/21	10:00 AM	9:00 AM
Run for Resilience	9/16	9:00 PM	8:00 PM
Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	9/15	12:30 PM	11:30 AM
Stoicism Principles and Stress Management	9/18	10:30 AM	9:30 AM
Strangulation Training	9/10	12:00 PM	11:00 AM
Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	9/10	9:00 AM	8:00 AM
Stress Management	9/29	10:00 AM	9:00 AM
Spotting the Signs of Youth Suicide	9/2	9:00 AM	8:00 AM
	9/3	1:00 PM	12:00 PM
Suicide Prevention	9/17	11:00 AM	10:00 AM
	9/23	2:00 PM	1:00 PM
The Power of Connection: Building Support Systems	9/14	8:00 PM	7:00 PM
	9/16	9:00 AM	8:00 AM
	9/17	1:00 PM	12:00 PM
Understanding Anger	9/15	10:00 AM	9:00 AM
Why Do I Get so Angry and Emotional?	9/9	11:00 AM	10:00 AM

Resilience & Readiness



SEPTEMBER IS SUICIDE PREVENTION MONTH

Join us for virtual workshops that build resilience, connection, and coping skills.

WHAT YOU'LL LEARN

Learn to identify suicide warning signs
and connect others with support

Explore mindfulness and healthy coping
strategies for managing stress

Build stronger connections that foster
resilience and hope

MONDAYS | 8PM EDT

JAPAN TUESDAY 9AM

- Better Reactions, Better Outcomes (9/7)
- The Power of Connection: Building Support Systems (9/14)
- Mindful Practices During Stressful Times (9/21)
- Helping Kids Thrive Through Change (9/28)

TUESDAYS | 5AM EDT

ITALY 11 AM | JAPAN 6PM

- Better Reactions, Better Outcomes (9/8)
- The Power of Connection: Building Support Systems (9/15)
- Mindful Practices During Stressful Times (9/22)
- Helping Kids Thrive Through Change (9/29)

WEDNESDAYS | 9AM EDT

ITALY 3:00 PM

- Spotting the Signs of Youth Suicide (9/2)
- Better Reactions, Better Outcome (9/9)
- The Power of Connection: Building Support Systems (9/16)
- Mindfulness Practices During Stressful Times (9/23)
- Helping Kids Thrive Through Change (9/30)

THURSDAYS | 1PM EDT

ITALY 7:00 PM

- Better Reactions, Better Outcomes (9/7)
- The Power of Connection: Building Support Systems (9/14)
- Mindful Practices During Stressful Times (9/21)
- Helping Kids Thrive Through Change (9/28)

To register scan the QR Code
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