



Family CONNECTION

Your Link to the Navy Community since 2007

August 2025
Volume 18 | Issue 8



Subscribe Now!

Click here to submit a question!

Questions?



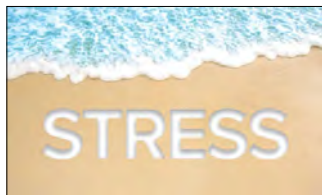
Back To School: Reset Your Routine

Summer vacation is winding down, and for some parents, the first day of school cannot come soon enough. Whether you are sad to see summer barbecues and pool days end, or eagerly counting down to...



Personal Financial Management: Supporting Warfighters And Their Families Year-Round

As August arrives and families prepare to go back to school, your Fleet and Family Support Center's (FFSC) Personal Financial Management (PFM) Program...



Quick Tips To Manage Stress In The Moment

Feeling your blood pressure rise in the school pick up line? Is a work deadline wearing you down? Choose one of these techniques for a quick mental reset to calm your body and refocus...



Who are Deployed Resiliency Counselors (DRCs)?

Commander, Navy Installations Command (CNIC) offers a variety of programs to Sailors and their family members at Fleet and Family Support Centers (FFSCs) located around the...



Navy Installations Now Require Visitors To Present Real ID To Gain Unescorted Access

Visitors to U.S. Navy installations who do not have a Department of Defense (DoD)-issued common access card (CAC) or a military dependent ID must...



A Duty To Remember

Each year, the Navy honors the legacy of fallen service members through events that affirm a lasting truth that gold star families remain part of the Navy family...



What Is Gold Star Children's Day?

Gold Star Children's Day is dedicated to honoring the children of service members who have lost their lives while serving on active duty. These children, known as gold star children, carry the legacy and...



Dive Into Navy Life With These Essential Trainings for Spouses and Families

Joining the Navy family as a spouse or loved one can be both exciting and overwhelming. From learning military acronyms to navigating the unique...



Your Virtual FFSC Webinars

See the full list of webinars available on www.MyNavyFamily.com this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition...

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.

Back to School: Reset Your Routine

Summer vacation is winding down, and for some parents, the first day of school cannot come soon enough. Whether you are sad to see summer barbecues and pool days end, or eagerly counting down to the return of school buses and a break from child care planning, the Fleet and Family Support Program is here to help you navigate the back-to-school transition.

To help your child transition back to a regular school schedule, here are some basic guidelines to follow:

- 1. Ease your family back into the school routine.** As much as our teenagers prefer to be night owls up until the last day of summer vacation, sudden changes to circadian rhythms can have lasting impacts. According to the National Institutes of Health, disrupted sleep-wake cycles can lead to poor coordination and difficulty focusing in the short term, and to increased risk of obesity, diabetes, mood disorders, heart and blood pressure problems and even cancer in the long term. Set your kids and yourself up for a solid start this school year with a gradual shift (one hour at a time) to their academic morning and nighttime schedules. To learn more about sleep health and to learn new techniques for improving the quality of sleep you get, consider attending one of the webinars offered through [My Navy Family](#).
- 2. Accept the new normal.** What worked for your family during the last academic year may not work for this one. New grade levels with new teachers and new learning expectations may mean your child needs a completely new after-school routine. As much as consistency is key and we hope this year will be just like the one before it, if their extracurricular activities are cutting into study time and impacting their grades, it may be time to reevaluate.
- 3. Get organized and plan ahead.** The first morning back to school is often chaotic. No one seems to know where they put their backpack, you just discovered your child's lunchbox has been growing a science experiment over the summer and your teenager decided that today is the day to start wearing makeup to school, as if you wouldn't notice. While much of this is unavoidable, there are steps you can take to control the chaos. Meal prepping breakfasts and lunches the day before school starts will provide your kids with easy grab-and-go options. Having a designated area near the door for school gear, like backpacks, lunchboxes, after school sports gear and more, can reduce last-minute scrambling and frantic searching. The better you plan and organize ahead of time, the easier that first morning will be.
- 4. Involve your kids.** Practice the "get ready for school" routine with younger children, including taking them to their school and letting them explore and play on the playground. This will help them understand, and even get excited for, the year to come. Ask your children if they are excited for the upcoming year and why they are or are not. Ask them what goals they have and see how you can help make those goals a reality. Teach children about personal finance and include them in back-to-school shopping. The more involved they are in this transition back to school, the more prepared they will be on the big day.

Additional resources to support your family get back to school include:

- ✓ Military Child Education Coalition: [Back to School](#)
- ✓ Military One Source: [Ways to Support Your Children in School](#)
- ✓ Military One Source: [Military Family Life Counselor \(MFLC\) Locator](#)

Some families have established rituals that signifies the end of summer and the beginning of school. It can be a family party, a special dinner or a special outing. Anything you can do to help your child feel happy, excited and curious about school will help them begin the new school year on good footing.

Looking for more parenting strategies for this school year? Consider attending a parenting class offered by your local [Fleet and Family Support Center](#) or on [My Navy Family](#).



Some signs that a child is having difficulty and may need additional support include changes in behavior or mood, withdrawal, sleep changes, unexplained physical symptoms or a decreased desire to attend school. If you or your children are having trouble with the transition to school, help is available. Your installation's [Fleet and Family Support Center](#) is available to provide support.



AUGUST HOLIDAYS AND OBSERVANCES



- August 4 – Coast Guard Birthday
- August 7 – Purple Heart Day
- August 29 – Marine Corps Reserve Birthday



Companies that support the DoD plan to highlight their global job opportunities.

Register to join hiring officials
in job booths
September 10 & 11, 2025.

Full schedule and registration
will open August 15 on
www.mynavyfamily.com!












Personal Financial Management: Supporting Warfighters and their Families Year-Round

As August arrives and families prepare to go back to school, your Fleet and Family Support Center's (FFSC) Personal Financial Management (PFM) Program is here to help warfighters maintain financial readiness and peace of mind.

Back-to-school season often brings extra costs for clothing, supplies, activity fees, after-school care and sports. A personal financial manager can help you plan for the upcoming school year with free, confidential financial counseling, working with you to build a realistic budget, set spending priorities and connect you with resources to stay on track. The PFM Program also offers workshops, one-on-one counseling and planning tools for milestones, such as a permanent change of station, deployment or retirement, providing support throughout every stage of military life.

The heart of the PFM Program is about helping you build the knowledge and skills you need to feel confident making smart financial choices. The PFM Program covers a wide range of topics, such as:

-  Budgeting and spending plans
-  Dependent Care Flexible Spending Accounts
-  Debt elimination strategies using the [Debt Destroyer Tool](#)
-  Credit management
-  Saving and investing
-  Car buying
-  Homeownership
-  Retirement planning
-  Consumer awareness

In addition to these services, many commands have trained Command Financial Specialists (CFSs) available. These warfighters are specially trained to support their peers by offering financial education, budget planning and referrals to resources at the local level.

Personal financial managers are located at FFSCs and are credentialed professionals who understand military life and are ready to help you with free, confidential financial counseling whenever you need it.



Connect Today

[Reach out to your FFSC](#) to connect with a PFM to get started. Remember, financial readiness is mission readiness, and you do not have to do it alone.

Quick Tips to Manage Stress in the Moment

Feeling your blood pressure rise in the school pick up line? Is a work deadline wearing you down? Choose one of these techniques for a quick mental reset to calm your body and refocus your mind anywhere, any time.

5-4-3-2-1 Technique

Use your senses to anchor to the present moment.

Take a deep breath and bring your attention to:

Five things you can see.

Four things you can touch.

Three things you can hear.

Two things you can smell.

One thing you can taste.

Take another deep cleansing breath and bring your awareness back to the present moment.

Box breathing

Box breathing quickly slows your heart rate and calms your nervous system.

Breathe in for four seconds.

Hold for four seconds.

Breathe out for four seconds.

Hold for four seconds.

Repeat for three or four cycles.

Find a physical anchor

Finding a physical anchor to the present moment helps ground you in the here and now, providing a contrast to mental chaos.

Touch a wall, piece of furniture, tree, your shoe or other physical object.

Focus on its texture, temperature, weight or other physical feature.

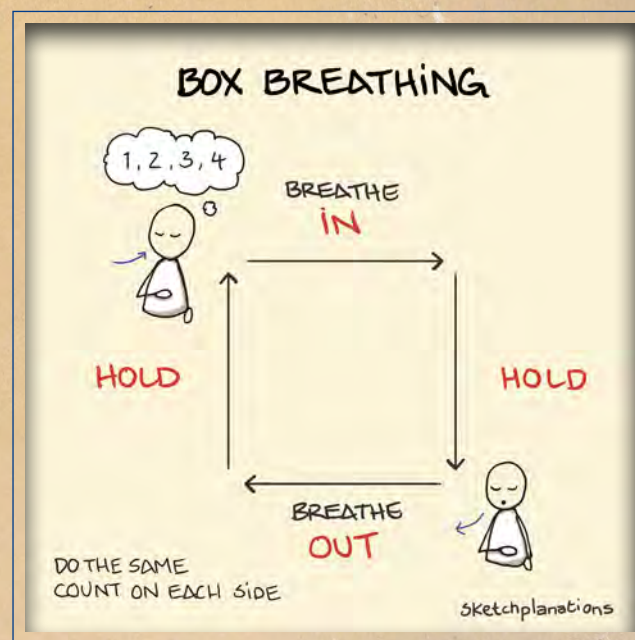
Repeat a personal mantra

Repeating a calming phrase or mantra helps interrupt spiraling thoughts. Find a phrase that resonates with you, such as:

"I can do hard things."

"One moment at a time."

"I am strong."



Who are Deployed Resiliency Counselors (DRCs)?

Commander, Navy Installations Command (CNIC) offers a variety of programs to Sailors and their family members at Fleet and Family Support Centers (FFSCs) located around the world. These centers are filled with support staff and subject matter experts in the fields of clinical counseling, life skills development, personal financial management, sexual assault response and other helpful services.

Beginning in 2013, deployed resiliency counselors (DRCs) joined the versatile FFSC workforce as multitasking and multi-capable support personnel aboard large-deck Navy vessels. When the ships deploy, so do these licensed, credentialed service providers, ensuring that Sailors and their shipmates have continuous access to services at sea. Not only do they specialize in nonmedical counseling for deployed service members, but they can also serve as certified sexual assault prevention and response (SAPR) victim advocates (VA) through the DoD Sexual Assault Advocate Certification Program (D-SAACP). Much like their SAPR counterparts at shore installations, DRCs can provide immediate victim response, needs assessments and referrals to service members.

The DRC provides professional support to service members and liaises with the homeport sexual assault response coordinator to ensure deployed service members receive timely care and support. In addition, chaplains, medical and D-SAACP credentialed victim advocates are on board forward-deploying units, standing by to support.

There are multiple pathways for service members wishing to make a [Restricted or Unrestricted Report](#) of sexual assault, whether at home or at sea.

[The DoD Safe Helpline](#) can connect you to your local SAPR Program and provides live, individualized support. Services are available to the DoD community 24/7 via telephone (1-877-995-5247), text (55-247 or 001-202-470-5546), or online.





Help celebrate our **Navy's 250th Birthday!**

Get Involved.

- ★ Volunteer and participate
- ★ Attend events nationwide

Learn more about the Navy

- ★ Visit a Navy Museum
- ★ Learn about Navy history

Show your Navy pride!

- ★ Wear your Navy gear
- ★ Decorate your home

*Post on
social media*

#AmericasNavy250

CNIC

★ FLEET ★ FIGHTER ★ FAMILY



Navy Installations Now Require Visitors to Present Real ID to Gain Unescorted Access

Visitors to U.S. Navy installations who do not have a Department of Defense (DoD)-issued common access card (CAC) or a military dependent ID must present a REAL ID-compliant driver's license, state-issued identification card or U.S. passport to gain unescorted access.

This policy change aligns with May 2025 federal regulations, when all federal agencies, including the DoD, stopped accepting identification for entry that is not REAL ID-compliant.

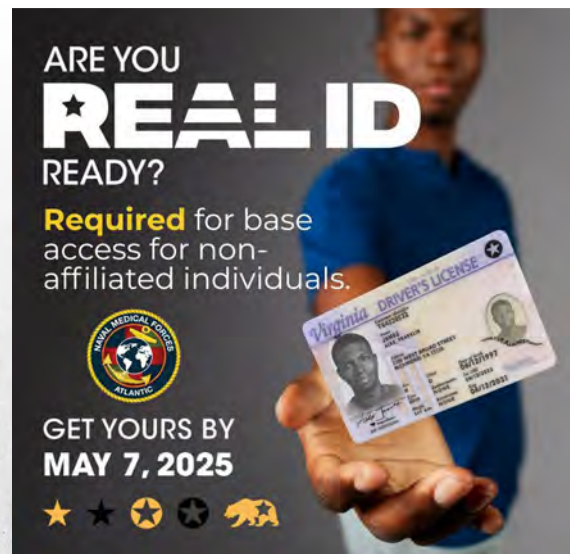
In addition to presenting a valid form of REAL ID, new visitors must complete the Department of the Navy Local Population ID Card/Base Access Pass Registration form (SECNAV 5512/1) and check in at the installation's Visitor Control Center.

Individuals without compliant identification may be denied access, be required to present additional documentation or require an escort by authorized personnel while on the Navy installation.

[Visit the Transportation Security Administration](#) for more information about REAL ID requirements and accepted documents.

Commander, Navy Installations Command (CNIC) is responsible for worldwide U.S. Navy shore installation management, designing and developing integrated solutions for sustainment and development of Navy shore infrastructure, as well as quality of life programs. CNIC oversees 10 Navy regions, 70 installations and more than 43,000 employees who sustain the fleet, enable the fighter and support the family.

Learn more by visiting [CNIC's website](#) or following CNIC on [Facebook](#), [X](#), and [Instagram](#).



A Duty To Remember

CNIC Hosts Bells Across America Events at Installations



Each year, the Navy honors the legacy of fallen service members through events that affirm a lasting truth that gold star families remain part of the Navy family.

One of the most powerful of these is Bells Across America for Fallen Service Members. Bells Across America for Fallen Service Members is a solemn ceremony held each September at military installations across the enterprise. The names of fallen Sailors are spoken aloud as bells toll in tribute.





For families who have lost a loved one in service, hearing their Sailor's name acknowledged publicly is a reminder that their sacrifice is honored and they remain an integral part of the Navy community.

As one gold star spouse shared, "hearing my husband's name read aloud and seeing the care that went into the ceremony reminded me that we're not alone. The Navy still remembers him, and us. That connection means everything."

These ceremonies do more than recognize the past. They create spaces for connection, reflection and continued care. As we prepare for this year's event, we encourage commands to step forward and expand their involvement. Whether through outreach, coordination or simply showing up, command engagement sends a powerful message to survivors: We remember, you belong.

Ways you can engage.

Host a ceremony. Encourage your installation to plan and host a Bells Across America for Fallen Service Members event. Work with your installation or local Navy Gold Star coordinators to ensure survivors in your area are included and supported.

-  **Promote participation.** Publicize the ceremony within your community to boost attendance. Consider inviting local schools, veteran organizations and civic groups to join the event.
-  **Volunteer support.** Assign personnel to help with event logistics, such as setting up venues, welcoming families or providing technical support for virtual ceremonies.
-  **Provide resources.** Offer additional outreach to gold star families, ensuring they know the ceremony is happening and feel invited to participate.
-  **Facilitate virtual access.** For installations where in-person events are challenging, prioritize virtual ceremonies to increase availability and ensure no family is left out.

For more information on how your command can support gold star engagement and upcoming remembrance events, contact your Navy Gold Star coordinator.

You make the mission possible. By taking an active role, you can honor the sacrifices of our fallen service members and reinforce the enduring connection with their families. Together, we keep their legacy alive. Contact the Navy Gold Star Program at (888) 509-8759 or visit [the Navy Gold Star Program website](https://www.navygoldstar.com).



What Is Gold Star Children's Day?

Gold Star Children's Day is dedicated to honoring the children of service members who have lost their lives while serving on active duty. These children, known as gold star children, carry the legacy and sacrifice of their fallen parents every day.

The term "gold star" originated during World War I, when families of service members who died in combat were recognized with a gold star symbol on service flags.

Gold Star Children's Day serves to raise awareness of the unique challenges these children face, including coping with loss, enduring emotional hardships and living with the absence of a parent who served their country. It is a day to honor their resilience, courage and the memory of their parents.

Communities, organizations and individuals observe Gold Star Children's Day through memorial events, support programs and acts of remembrance. It is an important reminder to recognize and support the families who have given so much for our nation's freedom.

For more information on Gold Star Children's Day and other Navy Gold Star programs, visit [the Navy Gold Star Program website](#).

Gold Star Children's Day

August 1, 2025
Perseverance, Memories, Legacy

COMING TOGETHER IN HONOR OF GOLD STAR CHILDREN



Dive Into Navy Life With These Essential Trainings for Spouses and Families

NEW WEBINARS LAUNCHING!

Joining the Navy family as a spouse or loved one can be both exciting and overwhelming. From learning military acronyms to navigating the unique lifestyle that comes with serving, it's natural to have questions—and maybe even feel a little lost at sea. That's where Fleet & Family Support Programs (FFSP) come in.

To help you build confidence, resilience, and a solid understanding of the Navy way of life, FFSP is offering new webinars series for new and experienced Navy Sailors and their families. Whether you're still learning what DEERS stands for or looking for ways to support your Sailor through deployment, these trainings offer practical tools and guidance to help you thrive.



Navy Spouse Life 101

Thurs. Aug. 14: 1:30 pm EDT/10:30 am PT

Mon. Aug. 26: 1:30 pm EDT/10:30 am PT

Is DEERS another term for Bambi's parents? Are there multiple pages to a Page 2? Is a seabag beach gear? If military lingo has you scratching your head, this webinar is for you. Designed for new Navy spouses, you'll learn about ranks, traditions, benefits, deployments, and building community. Walk away confident at military events, ready to support your Sailor, and equipped to thrive in Navy life. (60 minutes)



Family Operations Security Made Easy

Thurs. Aug. 13: 10:00 am EDT/7:00 am PT

Tues. Aug. 19: 3:00 pm EDT/12:00 pm PT

Could loose lips sink a ship? Not directly—but when bits of info add up, they can pose real risks. This webinar breaks down Operations Security (OPSEC) and teaches you the six steps to help protect your Sailor, your family, and mission safety in everyday life. (60 minutes)



Swipe Smart: Gambling Apps & Wellness

Mon. Aug. 11: 1:30 pm EDT/10:30 am PT

Thurs. Aug. 28: 12:00 pm EDT/9:00 am PT

Gambling apps are everywhere and are designed to hook you. Join our webinar to cut through the hype and understand the real risks. We'll break down how gambling apps drive spending and share tips to protect your finances and well-being. (60 minutes)



Your Navy Fam: Support When Life Gets Messy

Tues. Aug. 13: 9:30 am EDT/6:30 am PT

Wed. Aug. 27: 11:30 am EDT/8:30 am PT

Life can throw curveballs, and when the U.S. Navy faces uncertainties or hostilities, it's natural for Navy families to feel concerned and anxious. While we can't remove every challenge, you're not alone. Learn how Fleet & Family Support Programs (FFSP) can help you navigate tough times and find support when you need it most. Gain peace of mind by knowing where to turn for help with challenges, concerns and even anxiety (45 minutes).



Mission Ready: Mentally Strong

Thurs. Aug. 21: 12:00 pm EDT/8:00 am PT

Tues. Aug. 26: 11:00 am EDT/8:00 am PT

Are you always on the go? Let's talk about stress. Navy life can be intense – for Sailors and their families. When the pace never slows down, it's easy to feel overwhelmed. That's why we're here to help you figure it out. Join us to learn how to spot common stressors (on and off duty), discover real-time stress hacks, and build everyday habits that boost your resilience for the long run. (60 minutes)

WE HAVE YOUR BACK
WHERE EVER YOU ARE
WHEN EVER YOU NEED US



NAVY FLEET AND FAMILY SUPPORT PROGRAMS

DEPLOYMENT. CAREER TRANSITION. EMPLOYMENT. FINANCIAL MANAGEMENT.
EMERGENCY PREPAREDNESS & RESPONSE. MENTAL WELL BEING. NAVY LIFE. PARENTING.
PERSONAL GROWTH. RELATIONSHIPS. RELOCATION.

CNIC
• FLEET • FIGHTER • FAMILY

[HTTPS://WWW.CNIC.NAVY.MIL/](https://www.cnic.navy.mil/) OR MYNAVYFAMILY.COM

Special Thanks to this Month's Contributors:

- Antonella DeLuca, CNIC Navy Housing Program
- April Tischler, CNIC Navy Gold Star Program
- Destiny Sibert, CNIC Public Affairs Office
- Fran Jackson, MBA, AFC, CNIC Fleet and Family Support Program
- Marisa Keeler, AFC®, GCDF®, CNIC Fleet and Family Support Program
- Stephanie Hunter, CNIC Navy Gold Star Program
- Sarah McCallister, LMSW, CNIC Fleet and Family Support Program
- Tim McGough, CNIC Fleet and Family Support Program



YOUR *Virtual* FFSC WEBINAR SCHEDULE

AUGUST 2025

We have webinars scheduled to suit time zones around the world!

Visit MyNavyFamily.com, select a topic, and view available sessions with times automatically converted to your local time.

DEPLOYMENT SUPPORT

Looking for deployment training? Click Deployment on the LMS for the following trainings.

- Deployment Sleep Strategies
- Equipping Your Kids During Deployment
- Ready, Set, Deploy: Pre-Deployment Planning
- Single Sailor Deployment Tools
- The Service Member's Guide to Family Care Plans



EMPLOYMENT

Power Up Your Resume for Remote Jobs	8/13/25	1:00 PM EDT	10:00 AM PDT
First Impressions Matter, Make Yours Count: Civilian Resume Writing	8/13/25	3:00 PM EDT	12:00 PM PDT

Want more? Click on Employment for dates and times for:

- Becoming Federal Resume Savvy
- Job Search Hacks
- Mastering the Modern Resume
- Mastering Virtual Interviews
- Remote Ready: A Spouse's Roadmap to a Virtual Career!
- Understanding USAJobs

PERSONAL GROWTH



Understanding Anger	8/5/25	10:00 AM EDT	7:00 AM PDT
Healthy Relationships	8/12/25	2:00 PM EDT	11:00 AM PDT
Leadership Development	8/19/25	11:00 AM EDT	8:00 AM PDT
Stress Management	8/19/25	10:00 AM EDT	7:00 AM PDT
Conflict Management	8/27/25	2:00 PM EDT	11:00 AM PDT
Building Bridges - Nurturing Healthy Relationships	8/27/25	11:00 AM EDT	8:00 AM PDT

MENTAL WELL-BEING

Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	8/14/25	2:30 PM EDT	11:30 AM PDT
Healing Through Parenting	8/21/25	1:00 PM EDT	10:00 AM PDT

PARENTING



Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)	8/7/25	9:00 AM EDT	6:00 AM PDT
Parenting to Prevent PSB: Ages 5-9 (SHAPE Module 3)	8/14/25	9:00 AM EDT	6:00 AM EDT
Parenting to Prevent PSB: Preteens (SHAPE Module 4)	8/21/25	9:00 AM EDT	6:00 AM PDT
What About the Kids?	8/21/25	1:00 PM EDT	10:00 AM PDT
Parenting to Prevent PSB: Teens (SHAPE Module 5)	8/28/25	9:00 AM EDT	6:00 AM PDT

Join us for these webinars offered throughout June:

- Helping Kids Thrive Through Change
- Nine Steps to Positive Parenting
- Spotting the Signs of Youth Suicide



- 1 Go to MyNavyFamily.com to log in or create a free account.
- 2 Select the category on the home page, then select your webinar.
- 3 Confirm the start time and click "Enroll Me."

[⬆️ Back To Top](#)

The FFSC LMS also has comprehensive resources like New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.

PERSONAL FINANCIAL MANAGEMENT

Maximizing Your Credit Card Rewards	8/1/25	10:00 AM EDT	7:00 AM PDT
Baby Breaks the Bank	8/8/25	2:00 PM EDT	11:00 AM PDT
Navy Retirement...Is it Enough?	8/21/25	1:00 PM EDT	10:00 AM PDT
Military Marriage 101: Building Stronger Bonds & Financial Security	8/27/25	1:00 PM EDT	10:00 AM PDT

Click Personal Financial Management for webinars on:

- Booties & Budgets: Welcoming Your First Child and Baby-Proofing Your Finances
- Command Your Credit
- Emergency Financial Preparedness
- Financial Readiness Before Deployment: Securing Your Future
- Making the Most of your Overseas Pay
- Making your Money work for you
- Military Retirement Planning
- PCS and your Pocketbook
- Planning your Financial Future
- Servicemembers Civil Relief Act Q&A
- Stretching Budgets and Maximizing Nutrition
- TSP Essentials for Navy Life: Grow Your Savings, Secure Your Future



RELOCATION

Smooth Move - Overseas	8/5/25	1:00 PM EDT	10:00 AM PDT
Smooth Move	8/7/25	3:00 PM EDT	12:00 PM PDT
Sponsorship - From the Sailor to the Family	8/12/25	12:30 PM EDT	9:30 AM PDT
Sponsor Training	8/14/25	3:00 PM EDT	12:00 PM PDT

Click Relocation for webinars on:

- Calming Cultural Shock
- Planning the Perfect PCS
- Stepping up Support: Sponsorship Training and the PCS Process - all offered several times throughout August for your convenience!

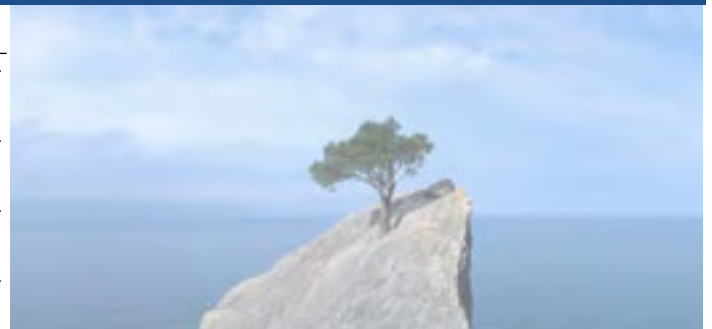
TRANSITION

Transition Assistance Program (TAP) for Leaders	8/28/25	3:00 PM EDT	12:00 PM PDT
---	---------	-------------	--------------

RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 1: Stress Resilience	8/5/25	1:00 PM EDT	10:00 AM PDT
Module 2: Mindfulness and Meditation	8/12/25	1:00 PM EDT	10:00 AM PDT
Module 3: Living Core Values	8/19/25	1:00 PM EDT	10:00 AM PDT
Module 4: Flexibility	8/26/25	1:00 PM EDT	10:00 AM PDT



Want to learn more about resilience? Join us for Bounce Back Better. See the LMS for times in your time zone.

