



Family CONNECTION

Your Link to the Navy Community since 2007

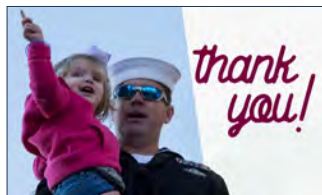
November 2024
Volume 17 | Issue 11



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Questions?



November is Military Family Appreciation Month

Military Family Appreciation Month was established in 1993 by the Armed Services YMCA, and the U.S. government has recognized the occasion every year since. Each year, the president signs a proclamation...



Navy Housing Joins NCSC for Child Safety Month

Navy Housing has joined the National Child Safety Council and the nation in recognizing November as Child Safety Month. Children play a vital role in military families, making it essential to improve home...



Take Advantage of DCFSA

Dependent Care Flexible Spending Accounts (DCFSA) can save you money by allowing you to pay for dependent care costs with tax-free dollars. If you have children, an aging parent or other dependents...



What's Happening? Good News from Local Fleet and Family Support Centers

Local Fleet and Family Support Centers have been busy supporting our military communities. Learn about what the events and support available around the world...



CNIC Gathers to Honor Co-Worker & Mark DVAM

Personnel from Commander Navy Installations Command's (CNIC) came together at the Washington Navy Yard, October 10, to recognize Domestic Violence Awareness Month and honor Naomi Giles Hall, a...



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



Wellness Watch

The holiday season is a time to gather with friends and family to celebrate. The abundance of activities can be fun, but they may also feel overwhelming. Here are some tips to navigate stress...

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.



NOVEMBER IS MILITARY FAMILY APPRECIATION MONTH

Military Family Appreciation Month was established in 1993 by the Armed Services YMCA, and the U.S. government

has recognized the occasion every year since. Each year, the president signs a proclamation declaring November as Military Family Month. This annual proclamation marks the beginning of a month-long celebration of the military family in which the Department of Defense and the nation will honor the commitment and sacrifices made by military families.

November is a time of historic family traditions as we head into the holiday season. It is also a perfect time of the year to honor and recognize the military families who provide immense support to their service members and family units. Holidays can be especially challenging during deployments, high operational tempos or time spent apart from loved ones. Military families are regularly confronted with the competing demands of military life and balancing other obligations.

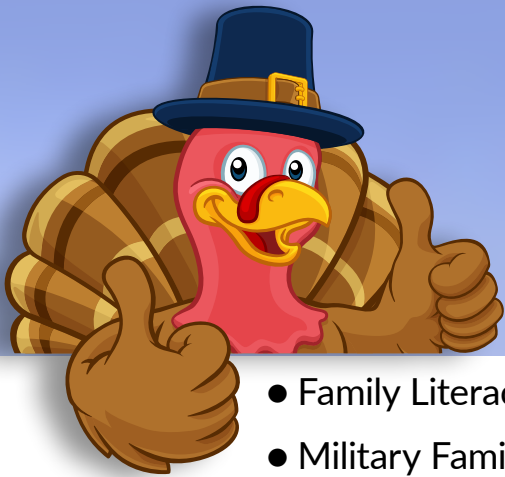
Not all military families are aware of the wealth of resources that exist to help them navigate military life. They may be new to the military lifestyle or recently moved and are trying to get comfortable with their new area and schedule. The command ombudsman is a helpful resource for families. An ombudsman can help families begin to make connections and explore specific area resources available to meet their families' needs.

Take time this season to be intentionally grateful for military families. Their collective contributions to their family unit ensure the home fronts are managed so service members can focus on their duty.

Additionally, Visit the [National Veterans and Military Families Month webpage](#) on [Military OneSource](#) for resources and information to support your military family.

NOVEMBER HOLIDAYS AND OBSERVANCES

November 3 Daylight Saving Time ends
November 5 Election Day
November 10 U.S. Marine Corps Birthday
November 11 Veterans Day
November 28 Thanksgiving



NOVEMBER IS

- Family Literacy Month
- Military Family Month
- National American Indian Heritage Month
- National Family Caregivers Month
- National Veterans and Military Family Month
- Wounded Warrior Month





DEPENDENT CARE FLEXIBLE SPENDING ACCOUNT

TAKE ADVANTAGE OF DCFSA

Dependent Care Flexible Spending Accounts (DCFSA) can save you money by allowing you to pay for dependent care costs with tax-free dollars. If you have children, an aging parent or other dependents, you know dependent care can be expensive. The DCFSA is a new benefit for service members that allows them to set aside pretax earnings to pay for eligible dependent care expenses. DCFSA lowers your taxable income by the amount you contribute each year, ensuring your loved ones receive the care they need while you maximize your savings and are now available to service members. Enrollment is available during Federal Benefits Open Season at FSAFEDS.gov. You can also enroll if you are experiencing a qualifying life event like the birth or adoption of a new child, permanent change of station, or deployment.

As the open enrollment period for the DCFSA approaches, it is a great time for military families and Sailors to consider whether this benefit aligns with their financial goals. From mid-November through mid-December, you can explore how the DCFSA can optimize your budget and ease the burden of dependent care costs. However, this benefit isn't for everyone – it is essential to get the facts and determine if it is the right fit for your unique situation. Whether you are stationed at home or overseas, understanding how the DCFSA works could make a meaningful difference to your family's financial well-being.

What is a DCFSA and How Can It Help You?

A DCFSA is a specialized financial tool designed to help military families manage the costs associated with dependent care. By setting aside pretax dollars, you can cover essential expenses such as daycare, preschool, summer camps or care for a spouse or elderly parent. This means that not only are you preparing for your family's care needs, but you are also reducing your taxable income, which can lead to increased take-home pay. The DCFSA provides a structured way to allocate funds, ensuring that your dependent care costs are managed efficiently throughout the year.

[continued below]

Benefits of Choosing a DCFSA

Opting into a DCFSA offers several advantages including:



Tax savings. Contributions are made with pretax dollars, which lowers your taxable income and can result in significant tax savings over the year.



Comprehensive coverage. The DCFSA covers a wide range of dependent care expenses, including childcare and adult care, ensuring that all your family's care needs are addressed.



Budget management. By planning your contributions, you can better manage your household budget, ensuring that funds are available when and where you need them most.

Maximize Your Savings Potential

Understanding the contribution limits is key to making the most of your DCFSA.



You can contribute up to \$5,000 annually per household or up to the lower-earning spouse's income if that is less.



If your tax status is "married filing separately," each spouse can contribute up to \$2,500.

These limits are designed to help you maximize your savings while addressing your family's dependent care needs. By thoughtfully planning your contributions, you ensure that every dollar works effectively for your household, providing financial relief and support where it's needed most.



Mark Your Calendars: Key Dates to Remember

Staying aware of important deadlines ensures you can take full advantage of the DCFSA benefits.

- The open enrollment period is mid-November to mid-December.
- The plan year runs from January 1 to December 31.
- The DCFSA includes a grace period, allowing you to use your funds until March 15 of the following year.
- All claims must be submitted by April 30 to avoid forfeiting unused funds.

Keeping these dates in mind will help you plan and manage your contributions and claims effectively, ensuring that you make the most of the DCFSA benefits available to you.

How to Enroll and Get Started

Enrolling in a DCFSA is a straightforward process. Visit [FSAFEDS.gov](https://www.FSAFEDS.gov) during the open enrollment period to set up your account. If you are a military spouse managing finances, you can manage the account on behalf of your service member with a valid power of attorney. This ensures seamless financial management regardless of deployments or relocations, allowing your family to maintain stability and continuity while managing dependent care expenses.

Need Help? Support is Available

Navigating financial benefits can sometimes be complex, but you are not alone. Reach out to a personal financial manager (PFM) at your nearest [Fleet and Family Support Center \(FFSC\)](#) for guidance. These professionals can help you understand your options and make informed decisions to optimize your DCFSA usage.

Why wait? Get the facts by visiting your [nearest PFM](#) or [FSAFEDS.gov](https://www.FSAFEDS.gov) for more information and helpful resources. To learn more, visit the [Office of Financial Readiness](#) or your local [Fleet and Family Support Center](#) today.





WEBINARS

**MILITARY RETIREES, TRANSITIONING MILITARY, FAMILY MEMBERS
& SURVIVING SPOUSES ARE INVITED TO ATTEND THE**

2024 *Virtual* RETIREE SUMMIT

NOVEMBER 4-7, 2024

NavyLifeMA.com/support-services/retiree-resources

RETIREE/VETERANS TOPICS

- Social Security Administration
- Navy Household Goods
- Department of Veterans Affairs
- TRICARE for Retirees
- Federal Employees Dental and Vision Insurance Program (FEDVIP)

- Defense Finance Accounting Service (DFAS)
- Survivor Benefit Plan (SBP)
- Employment Opportunities
- Thrift Savings Plan (TSP)

**LIVE
WEBINARS**

NO REGISTRATION REQUIRED

For more details about the webinars, call **757-322-9101** or visit
NavyLifeMA.com/support-services/retiree-resources

*Website available
year-round!*



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SEE BELOW FOR WEBINAR DETAILS

■ The Federal Employees Dental and Vision Insurance Program (FEDVIP) and BENEFEDS

Monday, November 4, 2024; 10-11:30 am (EST)

Link: <https://zeiders.adobeconnect.com/nrmasummitday1/>

Webinar Toll Free Number: 1-888-947-3989

Participant Access Code: 948613

■ Navy Household Goods (HHG) Retiree/Separatee Final Move Brief

Monday, November 4, 2024; 1-2:30 pm (EST)

Link: <https://zeiders.adobeconnect.com/nrmasummitday1/>

Webinar Toll Free Number: 1-888-947-3989

Participant Access Code: 948613

■ Thrift Savings Plan (TSP) Post Service Distribution Options

Monday, November 4, 2024; 3-4:30 pm (EST)

Link: <https://zeiders.adobeconnect.com/nrmasummitday1/>

Webinar Toll Free Number: 1-888-947-3989

Participant Access Code: 948613

■ Survivor Benefit Plan (SBP) for Retirees

Tuesday, November 5, 2024; 10-11:30 am (EST)

Link: <https://zeiders.adobeconnect.com/nrmasummitday2/>

Webinar Toll Free Number: 1-888-947-3989

Participant Access Code: 948613

■ Defense Finance Accounting Service (DFAS) - Retiree and Surviving Spouse Pay Support Brief

Tuesday, November 5, 2024; 1-2 pm (EST)

Link: <https://zeiders.adobeconnect.com/nrmasummitday2/>

Webinar Toll Free Number: 1-888-947-3989

Participant Access Code: 948613

■ TRICARE (Transition from Active Duty to Retirement)

Wednesday, November 6, 2024; 10-11:30 am (EST)

Link: <https://zeiders.adobeconnect.com/nrmasummitday3/>

Webinar Toll Free Number: 1-888-947-3989

Participant Access Code: 948613

■ Veteran Affairs (VA) Benefits 101 Webinar

Wednesday, November 6, 2024; 1-2:30 pm (EST)

Teams Link: <https://navylifema.com/support-services/retiree-resources/webinar>

Meeting ID: 232 821 617 408

Meeting Passcode: FnWS4S

■ Using TRICARE and Medicare

Wednesday, November 6, 2024; 3-4:30 pm (EST)

Link: <https://zeiders.adobeconnect.com/nrmasummitday3/>

Webinar Toll Free Number: 1-888-947-3989

Participant Access Code: 948613

■ RecruitMilitary - Salary Negotiation Best Practices and Optimizing Your RecruitMilitary Professional Profile

Thursday, November 7, 2024; 9-10:30 am (EST)

Link: <https://zeiders.adobeconnect.com/nrmasummitday4/>

Webinar Toll Free Number: 1-888-947-3989

Participant Access Code: 948613

■ Connecting Our Military Community to the 757's Fastest Growing Industries

Thursday, November 7, 2024; 11-12:30 am (EST)

Link: <https://zeiders.adobeconnect.com/nrmasummitday4/>

Webinar Toll Free Number: 1-888-947-3989

Participant Access Code: 948613

■ Social Security Administration - Social Security: With You Through Life's Journey (Social Security Retirement 101)

Thursday, November 7, 2024; 2-3:30 pm (EST)

Link: <https://zeiders.adobeconnect.com/nrmasummitday4/>

Webinar Toll Free Number: 1-888-947-3989

Participant Access Code: 948613

TRICARE webinars are for
TRICARE East beneficiaries.

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CNIC GATHERS TO HONOR COWORKER & MARK DVAM

Personnel from Commander Navy Installations Command's (CNIC) came together at the Washington Navy Yard, October 10, to recognize Domestic Violence Awareness Month and honor Naomi Giles Hall, a team member tragically lost to domestic violence on January 10, 2016.

Numerous members of headquarters and Navy regions came to honor Hall and the fond memories she left the command including her humor, beauty, talent, work ethic and many more traits. Naomi was mostly known for singing the national anthem at almost every CNIC headquarters event.

The headquarters team also gathered to recognize October as Domestic Violence Awareness Month and plan to keep Naomi's memory alive with an annual memorial. For more information and to learn the warning signs of Domestic Violence Prevention, visit [Fleet and Family Support Program's website](#) or contact the Family Advocacy Program staff at your local [Fleet and Family Support Center](#).



NAOMI HALL

Naomi Giles Howell

Sunrise: May 29, 1976

Sunset: January 10, 2016

How Can I Keep From Singing?



Wellness Watch

The holiday season is a time to gather with friends and family to celebrate. The abundance of activities can be fun, but they may also feel overwhelming. Here are some tips to navigate stress during the holiday season.

🌿 Be aware of your work-life balance. During the holiday season, it is easy to be pulled in multiple directions as you manage the demands of work, holiday preparations, travel and family. Make sure you set and keep boundaries and prioritize the tasks and events on your list.

🌿 Don't overschedule yourself. There will be many activities competing for your attention and it is tempting to accept every invitation and plan to attend every holiday event; it is easy to overcommit. Prevent burnout by prioritizing important events and scheduling time to rest and recover.

Stick to your holiday spending budget. Financial stress from the holidays can last well into the new year.

🌿 Take a realistic look at your budget and do not spend more than you have allotted. Set a clear budget and track expenses, and you can enjoy the holiday season without increasing your debt.



🌿 Enjoy family time on your terms. Seeing family can be enjoyable and restoring. It can also be stressful. When necessary, take a break from a gathering or go for a walk if you need some space.

🌿 Plan events with friends and family that encourage wellness. Go for a hike, take a yoga class together, watch a favorite movie or do some crafts. Plan activities that are fun and relaxing for everyone.

🌿 Simplify travel. Travel can be a major source of holiday stress and airports and roads will with travelers. When possible, give yourself some buffer time and plan ahead for how you will handle delays. Whenever possible, make your travel plans as simple as possible by minimizing stops and flight connections.

🌿 Remember that it is OK to say "no." Holiday activities can be fun, but if you are feeling overscheduled or overwhelmed, do not be afraid to decline offers and invitations.

🌿 Be responsible about food and alcohol consumption. Moderation is the key to a successful holiday season. Avoid pressure to overeat or drink to excess; you will feel better as the new year begins.

🌿 Don't forget about routine maintenance. Get plenty of sleep, maintain your exercise routines, drink plenty of water so you stay hydrated and eat healthy, when possible.

🌿 Reach out if you need help. Resources are available to help you. If you are feeling more stressed





NAVY HOUSING JOINS NCSC FOR CHILD SAFETY MONTH

Navy Housing has joined the National Child Safety Council and the nation in recognizing November as Child Safety Month. Children play a vital role in military families, making it essential to improve home safety to reduce the risk of injury. According to the National Safety Council, more than 33% of child injuries and fatalities occur within the home.

Safety measures that can reduce risk to a child include identifying high-risk zones such as kitchens, bathrooms or staircases where a child may be exposed to heat, water, toxic substances or the risk of falling. Using safety devices, such as smoke and carbon monoxide detectors, outlet covers, furniture anchors, and cabinet and window locks, latches or guards, and regularly checking these devices can help prevent potential injuries.

The National Safety Council warns that windows rank as one of the top five hidden hazards in the home. There are a number of safety measures your family can carry out to prevent injuries related to window falls. For instance, consider installing window safety devices. Avoid placing furniture near windows that could give children access, and ensure windows are locked and that there is additional supervision when children are nearby.

To learn more about safety tips for the home and to download free interactive learning tools for children, please visit the [National Safety Council website](#).

SAFETY TIPS!





- 1 Install **smoke alarms on every level** of your home, inside bedrooms and near sleeping areas.
- 2 **Test alarms** every month. Create a **home fire escape plan** with two ways out of every room.
- 3 Install **carbon monoxide (CO) alarms** and test alarms every month. In a CO emergency, leave your home immediately.
- 4 Watch children around balconies and windows. **Install window guards** and **safety gates** on stairs to prevent falls.
- 5 **Save the Poison Help number** in your phone and post it visibly at home: **1-800-222-1222**. Specialists at poison control centers provide free, confidential, expert medical advice 24 hours a day.

TOP 5 TIPS TO KEEP KIDS SAFE



Home Safety High 5

a safety checklist



- ☐ Use brackets, braces, mounts or wall straps to secure unstable or top-heavy furniture or TVs to prevent tip-overs.
- ☐ Check to make sure toys don't have any small parts or other choking hazards within reach of small children.
- ☐ Use approved safety gates at the tops and bottoms of stairs and attach them to the wall if possible.
- ☐ Place liquid laundry packets up and out of children's reach and sight.
- ☐ Cut food for toddlers into tiny pieces. Children under 5 should not eat small, round or hard foods.



Online Resources
Check out our online childproofing tool
bit.ly/ChildproofingTips

**SAFE
KIDS**
WORLDWIDE™

GOOD NEWS!

WHAT'S HAPPENING? GOOD NEWS FROM LOCAL FLEET AND FAMILY SUPPORT

CNRMA FFSP Attends NAS Oceana Air Show

The Navy Mid-Atlantic Exceptional Family Member Program (EFMP) regional case liaison and local area EFMP case liaisons attended the Naval Air Station Oceana Air Show on Friday, September 20 in support of program activities. EFMP, gold star and wounded warrior families enjoyed the event in the comfort of a chalet sponsored by the Hampton Roads Noblemen. EFMP case liaisons had the opportunity to meet, talk and enjoy the air show with EFMP families in a relaxed environment that supported a healthy dialogue and an opportunity to strengthen communication and rapport within the local special needs community.



CNRMA Host Annual Symposium

CNRMA EFMP hosted its annual EFMP symposium at the Naval Station Norfolk Fleet and Family Support Center (FFSC) centered around mental health. The event featured a resource fair showcasing representatives from Virginia Veterans Services, various local mental health treatment facilities, parent education and training programs, and the Navy School Liaison Program. TEDx speaker and author Allison Garner delivered a talk on resilience. Attendees also participated in information sessions, including one by Virginia Veterans Services outlining available support for veterans and their families. A panel discussion provided insights into the youth and adult mental health continuum of care, emphasizing the importance of supporting caregivers. There was also a session on special education accommodations for emotional disabilities, offering essential information for families navigating these challenges.

The symposium brought together a wealth of resources, demonstrating the community's commitment to supporting families facing mental health challenges. Mid-Atlantic's Fleet and Family Support Program encourages families to expand their networks and seek help when needed, fostering a stronger support system for all.

[continued below]

NAS Pensacola's FFSC Enhances SkillBridge opportunities

Naval Air Station (NAS) Pensacola's Fleet and Family Support Center (FFSC) is enhancing SkillBridge opportunities by facilitating quarterly SkillBridge Expos. These expos bring SkillBridge employers from the digital world to the frontline, offering transitioning service members the chance to engage in apprenticeship or internship programs.

Partners from various civilian industries participate in these expos, conducting panel discussions and career and networking opportunities for attendees, allowing them to expand their professional networks.

By attending SkillBridge Expos, transitioning service members gain firsthand exposure to potential employers and learn about the diverse career paths available in civilian industries. These events provide valuable insights into different work environments and their expectations, helping attendees make informed decisions about their future careers.

The networking opportunities offered at these expos can lead to meaningful connections, mentorships, lasting professional relationships and potential job offers, easing military transition into the civilian workforce. Transitioning service members can prepare for these expos by researching the participating companies and understanding the types of roles they offer. Service members should also update their resumes to reflect relevant skills and experiences and practice their elevator pitch to make a solid first impression during networking opportunities. Additionally, dressing professionally and preparing thoughtful questions for potential employers can help service members make the most of the event.



SkillBridge Expos are crucial platforms that connect military personnel with potential employers, resources and career development opportunities. These expos provide direct access to various career options and industry insights, helping them make informed decisions about service members' future paths.

Spouses are also encouraged to attend these expos to learn about the valuable resources available to them. The NAS Pensacola FFSC offers SkillBridge Expos in two forms, virtual and in-person.

Impact on Service Members:

- **Access to opportunities.** SkillBridge Expos provide service members and their spouses with direct access to employers who value the unique skills and experiences that military life fosters. Many companies actively seek to hire service members, recognizing their adaptability, leadership and resilience.
- **Networking.** These events create invaluable networking opportunities. Attendees can meet representatives from various industries and make connections that can lead to internships, mentorships, and job offers.
- **Community building.** SkillBridge Expos foster community among service members. By sharing experiences and challenges, participants can support one another in their career journeys.
- **Encouragement and motivation.** Attending a SkillBridge Expo can reinvigorate the internship and job search process. Hearing success stories from other veterans can inspire attendees to pursue their career goals with renewed determination.

NAS Pensacola FFSC provides a platform for connecting, learning and growing to service members, empowering them to succeed in their careers. More than 25 companies have participated in past expos, representing diverse industries eager to connect with talented individuals. All are encouraged to participate, explore and use available resources. Together, we can build a stronger future for our military families.

For more information on SkillBridge Expos, contact the [NAS Pensacola FFSC](mailto:FFSC@navalstationpensacola.com) at 850-452-5990.

NAVSTA Rota EFMP Respite Care at CDC, SAC Facilities

Naval Station (NAVSTA) Rota's EFMP case liaison collaborated with the Child & Youth Program (CYP) director, Child Development Center (CDC) director and CDC assistant director to establish an EFMP respite care program at the CDC and the School Aged Care (SAC) facilities. Through this collaboration, NAVSTA Rota is the first in the region to implement respite care at the CYP facilities on base to ensure qualified families can use the benefits they are entitled to through EFMP enrollment. Families in Rota can now access respite care at the CDC and SAC at no cost, providing a much-needed resource to give parents the relief they need to recharge.



[continued below]



Kings Bay Hosts EFMP Resource Fair

The Naval Submarine Base Kings Bay, Georgia FFSC, in partnership with the CYP, hosted its 2nd Annual Exceptional Family Resource Fair. The event featured more than 35 community service providers who offer essential resources, support and educational information, while also addressing questions and creating opportunities for networking among organizations aimed at empowering families. Initiatives such as the Exceptional Family Resource Fair allow the installation family service programs to effectively work together toward the common goal of improving the quality of life of service members and their families.

Kings Bay Hosts Ombudsmen Appreciation Dinner

The FFSC at Naval Submarine Base Kings Bay, Georgia, held its annual Ombudsmen Appreciation Dinner celebrating 54 years of the Ombudsman Program. Commander, Submarine Group Ten, Rear Adm. Robert Wirth spoke about the importance of the Navy Family Ombudsmen's role to commands and the families they serve.



Bells Across America Ceremony Not Stopped

Hurricane Helene could not stop the Bells Across America ceremony, which was delayed one week. Naval Submarine Base Kings Bay, Georgia held the recognition ceremony at the base chapel on October 3 in remembrance of service members who lost their lives while on active duty.

SPECIAL THANKS TO THIS MONTH'S CONTRIBUTORS:

- Brandy Littler, CNIC CAP analyst
- Fran Jackson, MBA, AFC®, CNIC PFM analyst
- Sonia McGonigle, NRSE Region special education liaison
- Naval Submarine Base Kings Bay FFSC
- CNRMA FFSP
- NAVSTA Rota FFSC
- Tim McGough, CNIC FFSP Communications



Your FFSC LMS Webinar Schedule

November 2024

How to register:

Step #1: Make a free account at MyNavyFamily.com or use the QR code to the right (NMCI users should register at least one day before the webinar.)



Follow the on-screen instructions to create a new account. Be sure to enter your time zone! category

Step #2: Choose a on the home screen or click the Live Webinars link at the top of the page to view the descriptions and time/date converted to your time zone.

Step #3: Click on “Register Here” to sign up for the training.

In addition, the FFSC LMS has comprehensive resources for Navy spouses and family members such as New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.



EMPLOYMENT

Fri	1 Nov	9:00 AM ET	Using Artificial Intelligence (AI) to Build Resumes
Mon	4 Nov	9:00 AM ET	Understanding USAJobs
Tues	5 Nov	9:00 AM ET	Understanding USAJobs
Wed	6 Nov	9:00 PM ET	Power Up Your Resume for Remote Jobs
		1:00 PM ET	Roadmap to Your Suitcase Career
		9:00 AM ET	Becoming Federal Resume Savvy
Thurs	7 Nov	9:00 AM ET	Becoming Federal Resume Savvy
Fri	8 Nov	9:00 PM ET	USAJOBS 2024
Fri	15 Nov	9:00 AM ET	Stoicism and Stress Management
Wed	20 Nov	9:00 AM ET	Becoming Federal Resume Savvy
		12:00 PM ET	Understanding USAJobs
Thurs	21 Nov	7:00 PM ET	Understanding USAJobs
		10:00 AM ET	Becoming Federal Resume Savvy



Mon	4 Nov	10:00 AM ET	The Federal Employees Dental and Vision Insurance Program (FEDVIP) and BENEFEDS
		1:00 PM ET	Navy Household Goods (HHG) Retiree/Separatee Final Move Brief
		3:00 PM ET	Thrift Savings Plan (TSP) Distributions
Tues	5 Nov	10:00 AM ET	Survivor Benefit Plan (SBP) for Retirees
		1:00 PM ET	Defense Finance Accounting Service (DFAS) - Retiree and Surviving Spouse Pay Support Brief
Wed	6 Nov	10:00 AM ET	TRICARE (Transition from Active Duty to Retirement)
		3:00 PM ET	Using TRICARE and Medicare
Thurs	7 Nov	9:00 AM ET	Recruit Military Employment Brief
		2:00 AM ET	Connecting Our Military Community to the 757's Fastest Growing Industries
		11:00 PM ET	Social Security Administration (Social Security: With You Through Life's Journey...Social Security Retirement 101)

PARENTING

Tues	5 Nov	7:00 PM ET	Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)
Wed	6 Nov	6:00 PM ET	Proactive Parenting Strategies for Healthy Sexual Development
Tues	12 Nov	7:00 PM ET	Parenting to Prevent PSB: Ages 5-9 (SHAPE Module 3)
Wed	13 Nov	11:30 AM ET	The Basics of Special Education and IEPs
Fri	15 Nov	12:00 PM ET	Tear Free Dinner
Mon	18 Nov	3:00 PM ET	Parenting and Sexual Development (SHAPE Module 1)
Tues	19 Nov	7:00 PM ET	Parenting to Prevent PSB: Preteens (SHAPE Module 4)
Thurs	21 Nov	1:00 PM ET	What About the Kids
		2:00 PM ET	Self Care: Parent Edition
Tues	26 Nov	7:00 PM ET	Parenting to Prevent PSB: Teens (SHAPE Module 5)

MENTAL WELL BEING

Wed	6 Nov	2:00 PM ET	Intimate Partner Violence (IPV) Identification and Reporting
Thurs	14 Nov	9:00 AM ET 10:00 AM ET	Autopsy of a Deceased Relationship Preventing and Responding to Intimate Partner Violence
Fri	15 Nov	11:00 PM ET	Adapt & Overcome: Building a Resilient Lifestyle
Tues	19 Nov	10:00 AM ET	Teen Dating Violence Prevention

PERSONAL FINANCIAL MANAGEMENT

Mon	4 Nov	12:00 PM ET	The Scholarship Survivor: Going to College on the Cheap
Tues	5 Nov	12:00 PM ET 1:00 PM ET	Command Financial Specialist Continuing Education Caring for Aging Parents
Wed	6 Nov	12:30 PM ET	Financial Survival Guide: Mastering Holiday Expenses
Thurs	7 Nov	10:00 AM ET 1:00 PM ET	Turkey Tips to Financial Freedom Credit...What's the Big Deal?
Tues	19 Nov	3:00 PM ET	Quarterly CFS Forum
Wed	20 Nov	10:00 AM ET 12:00 PM ET	Virtual CFS Refresher Coins to Credit: Raising Money-Savvy Kids

PERSONAL GROWTH

Wed	6 Nov	10:00 AM ET	Understanding Anger
Wed	13 Nov	2:00 PM ET	Anger Management
Thurs	14 Nov	12:00 PM ET	Motivating by Appreciation
Fri	15 Nov	2:00 PM ET	Building Bridges: Nurturing Healthy Relationships

RESILIENCE

Tues	19 Nov	10:00 AM ET	Stress Management
Wed	20 Nov	2:00 PM ET	Stress Management

RELOCATION

Mon	4 Nov	9:00 PM ET	Stepping Up Support: Sponsorship Training
Tues	5 Nov	9:00 AM ET	Stepping Up Support: Sponsorship Training
Wed	6 Nov	9:00 PM ET	Planning the Perfect PCS
Thurs	7 Nov	9:00 AM ET	Planning the Perfect PCS
Wed	13 Nov	12:00 PM ET	Sponsorship
Mon	18 Nov	10:00 AM ET 9:00 PM ET	Calming Cultural Shock The PCS Process
Tues	19 Nov	10:00 AM ET 9:00 PM ET	The PCS Process Calming Cultural Shock
Thurs	21 Nov	1:00 PM ET	Smooth Move

FAMILY EMERGENCY PREPAREDNESS AND RESPONSE

Thurs	7 Nov	10:00 AM ET	EFAC – Emergency Family Assistance Center
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DEPLOYMENT

Tues	26 Nov	1:00 PM ET	Reach Out and Touch-The Holiday Version
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Mind-Body

Mental Fitness

What's it all about?



The primary goal of Mind-Body Mental Fitness is to enhance the mind, body, spirit and social domains in one's life. MBMF teaches proactive pathways to achieve mental fitness, find balance within these domains, and gain practical skills that can be utilized daily. Some of the practical skills are problem solving, goal setting, mindfulness, meditation, and quick recalibrations to adjust your physiological state. When we increase our resilience, stressors can be seen as a challenge to overcome, rather than a threat.

Over the course of six sessions, MBMF can help you and your command by teaching service members and families that neuroplasticity and mental toughness can be strengthened with consistent practice to create a culture of resilience. The six sessions can be taken together as a series, or any one session can stand alone.

The MBMF modules are:

1. Stress Resiliency
2. Mindfulness and Meditation
3. Living Core Values
4. Flexibility
5. Problem Solving
6. Connection

Module 1: Stress Resilience

Fri 6 Dec 12:00 PM ET

Module 2: Mindfulness and Meditation

Tues 5 Nov 11:00 AM ET

Fri 13 Dec 12:00 PM ET

Module 3: Living Core Values

Tues 12 Nov 11:00 AM ET

Module 4: Flexibility

Tues 19 Nov 11:00 AM ET

Module 5: Problem Solving

Thurs 7 Nov 8:00 PM ET

Tues 26 Nov 11:00 AM ET

Module 6: Connection

Thurs 14 Nov 8:00 PM ET

Tues 3 Dec 11:30 AM ET