

FFSC Monterey Newsletter



monterey.navylifesw.com

December 2025

Holiday Blues

Vanessa Paredes
Education Services Facilitator
831-656-7628

“Holiday Blues” is a term used to describe seasonal stress, particularly stress experienced by people around the holidays. Three of the major contributors to Holiday Blues are psychological, financial and physical. So, what can we do about it? Set boundaries and honor traditions or begin a new one. Set a budget and stick to it, plan to get and stay ahead of holiday finances.

Focus on mind, body, mental fitness by getting enough sleep, exercising, focusing on balanced nutrition and making time to check in with yourself. If you need help with Holiday Blues, call FFSC to set up a Mind, Body Mental Fitness or Holiday Blues class or speak with a clinical counselor at 831-656-3060. If you need immediate assistance call the suicide and crisis lifeline 988 or call 911.

SAPR Corner

Lonnie Brock
NSAM Sexual Assault Response Coordinator
831-760-0020

The SAPR program provides high-quality services and support to victims and survivors of sexual assault that strengthen their resilience and instill confidence and trust in the reporting process, whether they file a restricted or unrestricted report.

To speak to a Victim Advocate, call our 24/7 confidential hotline at 831-760-2329.

To become a SAPR Unit Victim Advocate, contact your command Admin UVA or NSAM SARC.

Family Resilience

Letticia Leal, LPC
Clinical Counselor
831-656-3499

Military families embody resilience through strength, adaptability, and unwavering commitment. Amid deployments, relocations, and daily sacrifices, they rise to every challenge with courage and grace. Their ability to thrive in uncertainty, build strong bonds, and support one another is a testament to their enduring spirit. Military families are the heart of readiness and the foundation of our nation's strength.

The Fleet & Family Support Center is privileged and honored to work with our military families toward continued family resilience. For more information on building or maintaining family resilience reach out to Fleet and Family Support Center at 831-656-3060. We have programs available for family members of all ages from newborn to adulthood and everything in between. We can't wait to work with you.



TALK TO US

Front Desk: (831) 656-3060
GMT: (831) 656-7628
ffscmonterey@nps.edu

NSAM OPSEC Education & Awareness

Unit Mission: What Not to Discuss

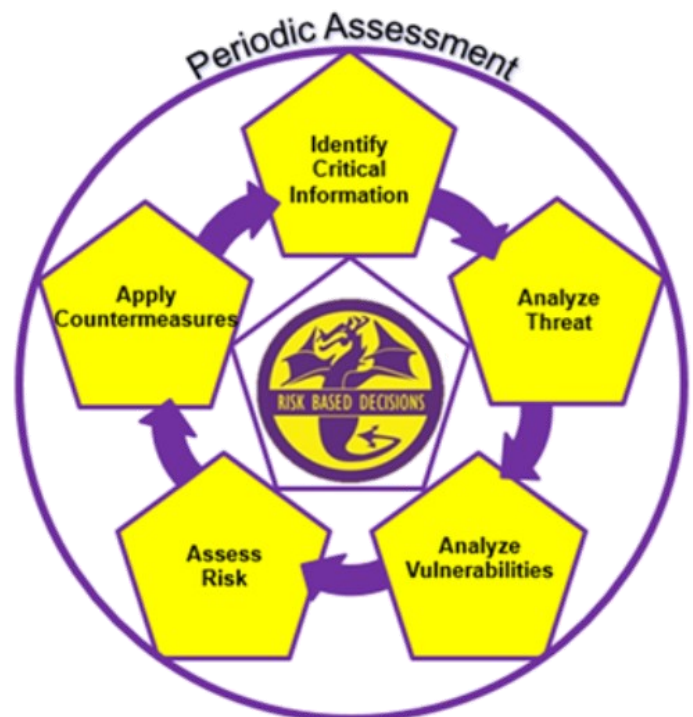
- Don't share specific information about the mission of assigned units
- Don't share specific dates and locations of deployments
- Don't list your service member's specific job on the internet
- Don't share your service member's exact location overseas
- Don't share anything about unit morale or equipment
- Don't share anything about deployment schedules or itineraries
- Don't share exact dates your service member is scheduled to return from deployment.

Why Operations Security (OPSEC) for the Family

Adversaries see military family members as soft targets and an easy source of useful information. Family members, whether they know it or not, know a significant amount of sensitive military information. Family members who recognize and understand "what to protect," "how to protect it," and "why it requires protection" become engaged and proactive in safeguarding military critical information and indicators.

OPSEC and Kids

Military families must take extra steps to ensure their child understands OPSEC. Kids have feelings of anger, sadness, and worry when their loved ones deploy. Kids want to express their heartache over another deployment or excitement of a parent's homecoming. While it might seem harmless, there could be consequences for sharing information. Sit down with your children and emphasize the importance of not sharing deployment details via social media or in public where potential criminals can overhear and use the data to target your family.



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FFSC Monterey Schedule



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Eligible patrons for our classes include active-duty members from all U.S. Military Branches of service and members of the Coast Guard, as well as their dependents. Eligible patrons on a space available basis for classes include international military and their dependents, U.S. Military Retirees and their dependents, and DoD Civilians.

Event	Description	Date & Time	Location
Office Closures	The FFSC Office will be closed.	Thu, Dec 25 Fri, Dec 26	1280 Leahy Road, Monterey, CA 93940
Stress Management Workshop	Stress is an unavoidable fact of life, and the way we handle stress can deeply impact us. Learn more about managing stress with techniques such as goal-setting, time management, and progressive relaxation.	Tue, Dec 2 10:00 AM - 11:00 AM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Tear-Free Dinner Workshop	Don't let tears get you down at dinnertime. This interactive workshop has got you covered, from mealtime roles and responsibilities to tips and tricks for getting your little ones, not only interested in dinner but the cooking process too. Let's bring back the joy of family dinners.	Wed, Dec 3 9:00 AM - 10:00 AM	Virtual Workshop Register at: MyNavyFamily.com
Tiny Tot Troop	Calling all explorers! Bring your little adventurers for a joyful playtime experience with other military families. Let's build early childhood friendships and discover together! For children 0-4 years old.	Wed, Dec 3 Wed, Dec 17 10:00 AM - 11:00 AM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Monterey County Bookmobile	Monterey County Library and Pacific Grove Library's Bookmobile is available for book pickup and dropoff.	Wednesdays 12:30 PM - 3:30 PM	In front of FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Mindfulness and Me	Join us for this interactive class where parents and children (18 months-4 years) learn age-appropriate mindfulness techniques.	Thu, Dec 4 Thu, Dec 18 9:30 AM - 10:15 AM	La Mesa Community Center 1200 Fechteler Drive, Monterey, CA 93940
Festive Finances Workshop	Don't be a holiday Grinch, we've got festive finances in a pinch! Join us to plan for the added expenses of holidays and special events and develop strategies to avoid overspending and accumulating excessive debt.	Thu, Dec 4 10:00 AM - 11:00 AM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Moving Overseas	This 2-hour workshop encompasses benefits, entitlements, financial planning, moving tips and other information relevant to an overseas move.	Fri, Dec 5 9:00 AM - 11:00 AM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Executive Transition Assistance Program w/Employment	TAP is a Congressionally mandated program designed to equip service members and their spouses with the necessary information, tools, and training for a successful transition to civilian life. Please contact the FFSC for eligibility requirements	Mon, Dec 8 - Fri, Dec 12 8:00 AM - 5:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940

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5 Love Languages 101	Everyone expresses and receives love in 5 different ways, these ways are called love languages. Gain an understanding of the basic principles of each of the 5 Love Languages. Based on the concepts of the book "5 Love Languages" by Gary Chapman and Paul White.	Tue, Dec 9 10:30 AM - 11:30 AM	Virtual Workshop Register at: MyNavyFamily.com
Babygarten	For our tiniest tots aged 0-18 months. Enjoy a structured playtime with engaging activities designed to nurture early development and create lasting memories. Save the dates and connect with fellow families in your community. Don't miss out on the fun!	Wed, Dec 10 10:00 AM - 11:00 AM	Playroom 1281 Leahy Road, Monterey, CA 93940
Power Up Your Virtual Resume	Before you apply for your next remote role, it is important to tailor your resume to suit the needs of a remote position. This webinar, we will guide you through actionable tips and tricks for creating a resume specifically for remote jobs.	Wed, Dec 10 10:00 AM - 11:00 AM	Virtual Workshop Register at: MyNavyFamily.com
Holiday Blues Workshop	This workshop looks at how stress presents itself during the Holiday Season and how coping strategies may look different than usual during all the celebratory time with family and friends. Learners will know where to get help, some useful coping strategies, and a game plan as they enter the holiday season.	Wed, Dec 10 1:00 PM - 2:00 PM	FFSC Conference Room 1280 Leahy Road, Monterey, CA 93940
Music and Movement	Join us for Music & Movement, an interactive class where parents and toddlers (ages 18 months – 4 years) explore the joy of music, rhythm, and movement together.	Thu, Dec 11 9:30 AM - 10:15 AM	La Mesa Community Center 1200 Fechteler Drive, Monterey, CA 93940
Job Searching Strategies Workshop	Are you a military spouse looking for work? Join us for our Job Search Strategies class to learn essential elements you will need to conduct a thorough, productive, and competitive job search.	Thu, Dec 11 10:00 AM - 11:00 AM	FFSC Conference Room 1280 Leahy Road, Monterey, CA 93940
Exploring Through the Senses	Sensory play stimulates a child's senses and promotes exploration, learning and development. Join us for the 60-minute class to learn how to support and implement sensory play into your child's play routine.	Fri, Dec 12 9:00 AM - 10:00 AM	Virtual Workshop Register at: MyNavyFamily.com

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Boots to Business	Are you transitioning from the military and planning to start your own business? This course is for you.	Mon, Dec 15 - Tue, Dec 16 8:00 AM - 5:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Self-Care: Parent Edition Workshop	Managing parenting can be hard and self-care as a parent can be even harder to manage. Let us help you take some of the guesswork out of taking care of yourself so you can take care of (quite literally) everything else. Find a self-care tactic that can work for you with our 5-10- and 20-minute strategies.	Tue, Dec 16 11:00 AM - 12:00 PM	Virtual Workshop Register at: MyNavyFamily.com
Military Marriage 101: Building Financial Security	Building Financial Security This course helps couples navigate military financial life's challenges and secure financial futures. With insights and practical advice to build a lasting financial foundation and security.	Wed, Dec 17 10:00 AM - 11:00 AM	Virtual Workshop Register at: MyNavyFamily.com
Career Exploration & Planning Course	Skills covered in this course include: defining technical career goals, identifying required credentialing, finding technical training opportunities, utilizing your VA educational benefits.	Thu, Dec 18 - Fri, Dec 19 8:00 AM - 5:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Holiday Blues	This workshop looks at how stress presents itself during the Holiday Season and how coping strategies may look different than usual during all the celebratory time with family and friends. Learners will know where to get help, some useful coping strategies, and a game plan as they enter the holiday season.	Thu, Dec 18 2:00 PM - 3:00 PM	Virtual Workshop Register at: MyNavyFamily.com

HAPPY HOLIDAYS



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FFSC NEEDS YOU TO COMPLETE OUR NEEDS ASSESSMENT

