

March 2026

## Reserve Command Support

Vanessa Paredes  
Education Services Facilitator  
831-656-7628

FFSC Monterey is able to provide support for our reserve commands in a variety of ways. One of the most effective and flexible options is virtual support. We can provide virtual 1:1 options for individual assistance, as well as virtual facilitation for most of our workshops. Service members and commands can request this support with the service provider directly.

Additionally to further support our reserve commands our staff are also available to attend command events in person with sufficient notice and staff availability. Contact us today to let us know how we can better support you.

## 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.



## TALK TO US

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

## Wounded Warriors Spotlight

Chanel Smith  
Work & Family Life Specialist  
831-656-1931

This Wounded Warrior Month, we honor the courageous men and women who have faced life-changing injuries while serving our country. Navy Wounded Warrior, the Navy's primary organization for coordinating non-medical care, provides vital resources and support to seriously wounded, ill, and injured Sailors, Coast Guardsmen, and their families. Through tailored assistance, the program optimizes recovery, rehabilitation, and reintegration. Learn more at [www.navywoundedwarrior.com](http://www.navywoundedwarrior.com).

## National Nutrition Month

Taylor Alexander  
New Parent Support Home Visitor  
831-656-1092

March is National Nutrition Month. This year's theme, "Food Connects Us," celebrates how food brings families together. Use this month to explore healthy eating habits as a family, try new recipes, and share meals that honor your traditions. Small changes, like adding more fruits and veggies or enjoying a family walk, can make a big difference in your well-being.

Visit [nutrition.gov](http://nutrition.gov) for resources and tips to support your family's journey to healthier eating!



## NSAM OPSEC Education & Awareness

### Unit Mission: What Not to Discuss

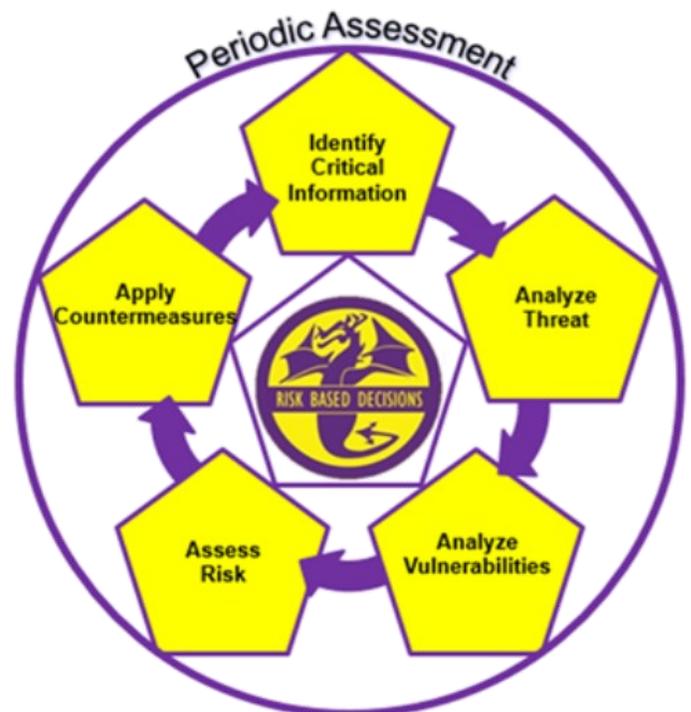
- Don't share specific information about the mission of assigned units
- Don't share specific dates and locations of deployments
- Don't list your service member's specific job on the internet
- Don't share your service member's exact location overseas
- Don't share anything about unit morale or equipment
- 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



March 2026

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SCAN ME

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**Enrollment and Walk-ins welcome unless otherwise noted.**

Event	Description	Date & Time	Location
Tear Free Dinner	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.	Mon, Mar 2 8:30 AM - 9:30 AM	Virtual Workshop Register at: <a href="https://www.mynavyfamily.com">MyNavyFamily.com</a>
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, Mar 4 Wed, Mar 18 10:00 AM - 11:30 AM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940
The Road to Remote Job Success	Although working remotely isn't the right fit for everyone, it may be perfect for you. In this webinar, we will take a thorough look at several factors that you will want to consider as you look to step into or expand your reach into the remote career field.	Wed, Mar 4 10:00 AM - 11:00 AM	Virtual Workshop Register at: <a href="https://www.mynavyfamily.com">MyNavyFamily.com</a>
Organize Your Life	Do you ever feel like life is getting the better of you? Then this class is for you. This 60-minute workshop covers organization topics and concepts that will help you "Organize your Life."	Wed, Mar 4 11:00 AM - 12:00 PM	Virtual Workshop Register at: <a href="https://www.mynavyfamily.com">MyNavyFamily.com</a>
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
Time Management	Find out what time management can do for you. Learn to set goals and objectives, get yourself organized, establish priorities, and get things done.	Thu, Mar 5 11:00 AM - 12:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Sensory Day	Exploring through the senses, come see, touch, hear, feel, smell and taste! Parents can learn about sensory play for children.	Fri, Mar 6 2:30 PM - 3:30 PM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940

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Motivating by Appreciation	Based on the book "5 Languages of Appreciation in the Workplace" by Gary Chapman and Paul White, this 60-minute workshop will walk you through the fundamentals of using appreciation as a motivator in the workplace. Made for command leaders and peers alike, appreciation can be felt from the bottom up or the top down.	Mon, Mar 9 9:00 AM - 10:00 AM	Virtual Workshop Register at: <a href="http://MyNavyFamily.com">MyNavyFamily.com</a>
Anger Management	This class illustrates the differences between anger, assertiveness, stress, and aggression. You will learn how to evaluate and understand your anger, develop different skills to manage your anger, and learn how to stay calm in stressful situations.	Tue, Mar 10 10:00 AM - 12:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
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, Mar 11 Wed, Mar 25 10:00 AM - 11:30 AM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Self Care Parent Edition	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.	Wed, Mar 11 11:00 AM - 12:00 PM	Virtual Workshop Register at: <a href="http://MyNavyFamily.com">MyNavyFamily.com</a>
Boots to Business	Boots to Business is a Self- Intensive Training offered in collaboration with the Small Business Administration, to help military veterans prepare to start their own business. If starting a business is right for you, you will create a feasible analysis, a deliverable and actionable plan that will serve as a basis for launching a new venture and for your future business planning efforts.	Thu-Fri, Mar 12- 13 8:00 AM - 5:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940

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Between Toddlers and Teens	This class is designed for parents of children 6-12 years of age. Learn more about Stages of child development, Discipline and punishment, Styles of parenting & the effects, Effective parenting, concerning behaviors, and Self-Care.	Fri, Mar 13 1:30 PM - 3:00 PM	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.	Mon, Mar 16 9:00 AM– 10:00 AM	Virtual Workshop Register at: <a href="https://www.mynavyfamily.com">MyNavyFamily.com</a>
Stress Resiliency	The purpose of this training is to provide participants with tools to manage stress in their daily lives. Stress is an unavoidable fact of life. The way we handle stress can affect our personal and professional lives. Learn more about managing stress with techniques such as goal setting, time management, and progressive relaxation.	Tue, Mar 17 10:00 AM– 12:00 PM	FFSC Conference Room 1280 Leahy Road, Monterey, CA 93940
Power Up Your Resume for Remote Jobs	This webinar will guide you through actionable tips and tricks for creating a resume specifically for remote jobs. With the right remote resume, you will be working from home in no time.	Wed, Mar 18 10:00 AM– 11:00 AM	Virtual Workshop Register at: <a href="https://www.mynavyfamily.com">MyNavyFamily.com</a>
Get Organized for Emergencies	Natural Disasters can be scary, not knowing what to do during a natural disaster can be even scarier! Let us help you get organized for Emergencies, by planning and gathering supplies now before disaster strikes.	Wed, Mar 18 11:00 AM– 12:00 PM	Virtual Workshop Register at: <a href="https://www.mynavyfamily.com">MyNavyFamily.com</a>
Spouse Resource Fair	Welcome to Monterey! Join us for our spouse resource Fair for an introduction to Monterey, an FFSC Orientation, spouse involvement opportunities, employment readiness and opportunities, community recreation, childcare and school enrollment. Learn about your new community and network with other military spouses and providers.	Wed, Mar 18 1:00 PM - 3:00 PM	La Mesa Community Center 1200 Fechteler Drive, Monterey, CA 93940

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Career and Credential Exploration and Planning	A 2-day course is designed for individuals interested in a trade or technical field. This training is facilitated by VA staff and intended to guide service members through a variety of topics from which they will choose a career path, see if they need subsequent training to attain their career goals, and apply to a technical school's program.	Thu-Fri, Mar 19-20 8:00 AM - 5:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Sailing Through Your Interview	Bring your "A" game to every interview opportunity. Learn effective strategies that you can use to best prepare for an interview and make the most of your interview experience.	Thu, Mar 19 10:00 AM– 11:00 AM	FFSC Conference Room 1280 Leahy Road, Monterey, CA 93940
Couples Communication	Master the skills of understanding non-verbal cues, constructive criticism, and active listening. Explore differences that affect communication as a couple, as well as how you can deepen your relationship.	Thu, Mar 19 1:00 PM–2:30 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Parenting Teenagers	This class is designed for parents of children 13 years of age and older. Learn more about adolescent Stages and development, Discipline and punishment, Styles of parenting & the effects, Effective parenting, concerning behaviors, and Self-Care.	Fri, Mar 20 11:00 AM - 12:30 PM	FFSC Conference Room 1280 Leahy Road, Monterey, CA 93940