



April 2025

## Month of the Military Child

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

April is the Month of the Military Child, a time to honor the strength, resilience, and sacrifices of the 1.6 million military children around the world. These young heroes face unique challenges, including frequent moves, changing schools, and building new support networks, all while adapting to the realities of their parents' service.

Military kids inspire us with their courage and ability to thrive in ever-changing environments. This April, let's come together to recognize and support these remarkable children and their invaluable contributions to our military community. Military kids are truly one-of-a-kind!



## SAPR Corner

Alma Loza Brattain  
NSAM Sexual Assault Response Coordinator  
831-760-0020

Sexual Assault Awareness & Prevention Month (SAAPM) is observed each April to raise awareness about sexual violence and to support survivors. It's important to recognize this month to foster education, prevention, and attitudes of respect and consent. By acknowledging SAAPM, we encourage open dialogue, reduce stigma, and promote a safer society for our service members and their families.

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.

## Child Abuse Awareness

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

April is Child Abuse Prevention Month, a time to come together as a community to ensure the safety and well-being of children in military families. Prevention starts with awareness, support, and shared responsibility. Programs like the New Parent Support Program (NPS) connect families to education and peer support, fostering positive parenting practices.

Every adult in the community can play a role in protecting children by supporting parents, being a trusted ally for kids and teens, and reporting concerns. Together, we can create a safe, nurturing environment where every child can thrive.



## TALK TO US

Front Desk: (831) 656-3060  
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## NSAM OPSEC Education & Awareness

### Unit Mission: What Not to Discuss

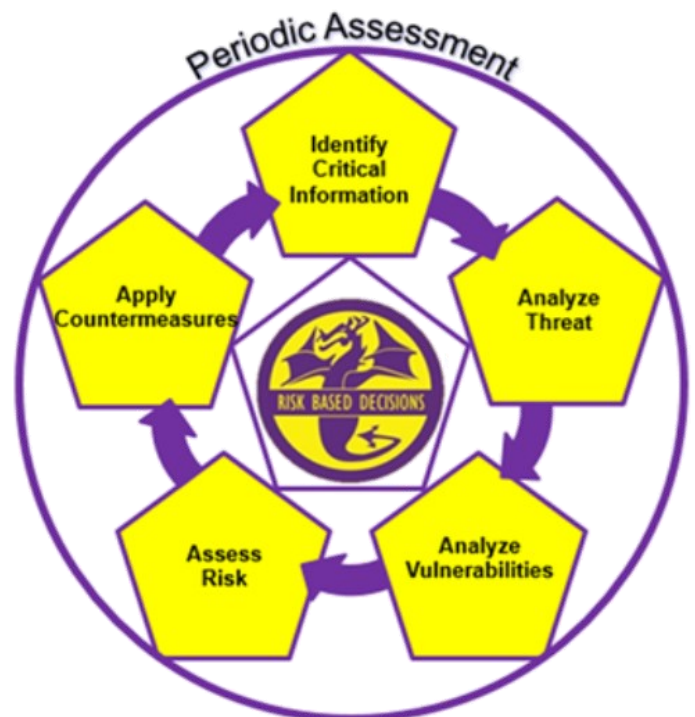
- Don't share specific information about the mission of assigned units
- Don't share specific dates and locations of deployments
- Don't list your service member's specific job on the internet
- Don't share your service member's exact location overseas
- Don't share anything about unit morale or equipment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



April 2025

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
Pinwheel Garden	The pinwheel garden symbolizes hope and serves as a visual reminder of our commitment to protecting children's innocence and potential. Uniting in our effort to create safer environments for children.	All Month	Displays at Fitness, FFSC and NSAM Quad
Communication Workshop	Communication is powerful and directly affects our quality of life and relationships. Our ability to express what we think and feel without clouding our ability to listen and respect how others think and feel is the greatest factor of success in our work and home life. Yet, communication is an everyday activity that is easily taken for granted. This workshop helps people use the power of communication to strengthen relationships at work and at home by practicing skills that build effective two-way communication.	Tue, Apr 1 1:00 PM - 2:00 PM	FFSC Classroom 336 B Leahy Road Monterey, CA 93940
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, Apr 2 Wed, Apr 16 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 HHG BLDG 55 1281 Leahy Road, Monterey, CA 93940
Pinwheel Craft at Bookmobile	Join us at the bookmobile for a fun and creative pinwheel craft session! Kids of all ages can make their own colorful pinwheels to take home. This activity not only sparks creativity but also raises awareness for Child Abuse Prevention Month.	Wed Apr 2 10:00 AM - 11:00 AM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Debt Destroyer	This class will empower you and your family to get out — and stay out — of debt. F	Thu, Apr 3 10:00 AM - 11:00 AM	FFSC Classroom 336 B Leahy Road Monterey, CA 93940
Mind, Body, Mental Fitness Workshop: Living Core Values	Join us for Module 3 of 6 in the Mind, Body, Mental Fitness workshop series. In this module we'll discuss the differences between goals and values, how to identify personal and organizational values, and assess how values change over time. Take this 90-minute course either in-person or online via teams.	Fri, Apr 4 10:00 AM - 11:30 AM	<b>In-Person</b> 336 B Leahy Road, Monterey, CA 93940  <b>Virtual Teams Meeting</b> ID:256 348 926 708 Passcode: is6vf6Ri

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Event	Description	Date & Time	Location
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.	Mon, Apr 7 9:00 AM - 10:00 AM	Virtual Workshop Register at: <a href="https://www.mynavyfamily.com">MyNavyFamily.com</a>
Motivating by Appreciation Workshop	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.	Tue, Apr 8 11:00 AM - 12:00 PM	Virtual Workshop Register at: <a href="https://www.mynavyfamily.com">MyNavyFamily.com</a>
Money Matters Pop UP	Come see a Personal Financial Manager (PFM) and get fast money questions answered at the Money Matters Pop Up. Find the PFM in front of the Cafe Del Monte.	Tue, Apr 8 11:30 AM - 12:30 PM	Naval Support Activity Monterey, Café Del Monte
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, Apr 9 Wed, Apr 23 10:00 AM - 11:00 AM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Child Abuse Awareness and Prevention Chalk Talk	The Chalk Talk event focused on making art about how we uplift children! This interactive session will provide valuable insights on how we can all play a role in preventing child abuse and supporting families. Participants will have the opportunity to express their thoughts and messages of hope using colorful chalk on the sidewalk. Let's come together to create a vibrant display of our commitment to protecting children and building a safer community.	Wed Apr 9 12:30 PM - 2:00 PM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Time Management Workshop	Find out what time management can do for you. Learn to set goals and objectives, get yourself organized, establish priorities and get things done.	Wed, Apr 9 1:00 PM - 2:00 PM	FFSC Classroom 336 B Leahy Road Monterey, CA 93940

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Event	Description	Date & Time	Location
Navigating Federal Employment Workshop	Looking for a federal job? Join us to gain a better understanding of the federal resume and application process as it is very different from those associated with civilian companies and jobs. Also, learn the many rules and procedures that need to be followed to ensure that your credentials are considered.	Thu, Apr 10 10:00 AM - 11:00 AM	FFSC Classroom 336 B Leahy Road Monterey, CA 93940
Mind, Body, Mental Fitness Workshop: Flexibility	Join us for Module 4 of 6 in the Mind, Body, Mental Fitness series. This module will focus on Flexibility and explore topics such as interactions, differences and connections between emotions, thoughts, and behaviors. Attend in-person or virtually via teams.	Fri, Apr 11 10:00 AM - 11:00 AM	<b>In-Person</b> 336 B Leahy Road, Monterey, CA 93940  <b>Virtual Teams Meeting</b> ID:298 717 343 736 Passcode: QJ6Qe2vg
Organize Your Life Workshop	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."	Tue, Apr 15 9:00 AM - 10:00 AM	Virtual Workshop Register at: <a href="https://www.mynavyfamily.com">MyNavyFamily.com</a>
Money Matters Pop-Up	Come see a Personal Financial Manager (PFM) and get fast money questions answered at the Money Matters Pop Up. Find the PFM in front of the Presidio of Monterey ,DFAC .	Tue, Apr 15 11:30 AM - 12:30 PM	Presidio of Monterey DFAC
Sensory Day	Exploring through the senses, come see, touch, hear, feel, smell and taste! Parents can learn about sensory play for children.	Wed, Apr 16 12:30 PM - 2:30 PM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Financially Fit Kids Workshop	Want help to teach your children sound financial management skills? In this workshop, parents will examine their own financial skills and behaviors so that they can determine how to best implement age-appropriate financial practices for their children.	Thu, Apr 17 10:00 AM - 11:00 AM	FFSC Classroom 336 B Leahy Road Monterey, CA 93940
Between Toddlers and Teens Workshop	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.	Thu, Apr 17 2:00 PM - 3:00 PM	FFSC Classroom 336 B Leahy Road Monterey, CA 93940

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Event	Description	Date & Time	Location
Mind, Body, Mental Fitness Workshop: Problem Solving	Join us for Module 5 of 6 in the Mind, Body, Mental Fitness series. Learn about problem solving steps, problem ownership and coping skills in this 90-minute workshop. Join us either in person or online via teams.	Fri, Apr 18 10:00 AM - 11:00 AM	<b><u>In-Person</u></b> 336 B Leahy Road, Monterey, CA 93940  <b><u>Virtual Teams Meeting</u></b> ID: 249 037 388 511 Passcode: yz7Mb2RC
Denim Day	Denim Day is observed annually in April to raise awareness about sexual assault and show solidarity with survivors following a 1990s Italian court case where a survivor's clothing was used to justify assault. On this day, we encourage people to wear denim as a statement against victim-blaming and signal to survivors that we support them. Recognizing Denim Day helps challenge harmful stereotypes and promote the importance of respect, consent, and support for survivors.	Wed, Apr 23	Call 831-760-2329 to get connected with a trained, confidential victim advocate 24/7, or call the DoD Safe Helpline at 877-995-5247, or visit <a href="https://www.safehelpline.org">safehelpline.org</a> .
Youth Money Games	Be at Fleet and Family Support Center for a fun time and a chance to win at the financial games!	Wed, Apr 23 12:00 PM - 2:00 PM	FFSC Conference Room 1280 Leahy Road, Monterey, CA 93940
Virtual CFS Forum	Command Financial Specialist ONLY! Learn about new updates and join in a financial management issues support discussion in accordance with current DoD and Navy policy requirements.	Thu, Apr 24 10:00 AM - 11:00 AM	Available to CFSs Contact 831-656-3528 for access information
Mind, Body, Mental Fitness Workshop: Connection	Join us for the final module of the Mind, Body, Mental Fitness 6-part series. Learn to differentiate between connection and communication, communication styles and sources or social support in this 90-minute workshop. Join us either in person or online via teams.	Fri, Apr 25 10:00 AM - 11:00 AM	<b><u>In-Person</u></b> 336 B Leahy Road, Monterey, CA 93940  <b><u>Virtual Teams Meeting</u></b> ID: 280 523 949 743 Passcode: TX752iC9

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# Deployment Support Classes

**Join a Deployment Support Virtual FFSC  
Webinar during the month.**

**TO REGISTER FOR THE WEBINARS,  
GO TO [MYNAVYFAMILY.COM](http://MYNAVYFAMILY.COM)**

## Additional Classes:

Available upon request via  
in-person, telephone or virtual.

## Point of Contact:

Angelica Sagastume  
831-656-3528  
[angelica.felixsagastume@nps.edu](mailto:angelica.felixsagastume@nps.edu)