

# FFSC Monterey Newsletter



monterey.navylifesw.com

June 2025

## Director's Message

Dr. Aniesha S. Kleinhammer, DMFT, LMFT  
FFSC Director  
831-656-3499

Summer is here and although the weather doesn't change much on the Monterey Peninsula, it does bring with it longer days, school breaks for most, and increased opportunities for recreation. It can be a time for a welcome break in routine, or a time where lack of routine brings some chaos. Of course as we all know, Summer is also a time of a lot of transitions for our community.

Your local FFSC team prides themselves on being your hub of help. Remember that help is here whether you're preparing to move overseas, trying to figure out Monterey as a new resident, preparing for a new baby, looking for new resources to build resiliency, hoping to use your spare time to improve communication, etc. We've got classes, services and a list of resources ready for you. Call us or find us online at: [monterey.navylifesw.com](http://monterey.navylifesw.com)

## SAPR Corner

Alma Loza Brattain  
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.

## Summer Safety

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

Stay sun-smart and water-wise for a safe summer in Monterey! Warm weather means more time outdoors, but it's important to take precautions to protect against sun exposure, dehydration, and water-related accidents. The CDC and American Academy of Pediatrics recommend applying sunscreen with at least SPF 15 to all exposed skin, reapplying every two hours. UV rays are strongest between 10:00 AM and 4:00 PM, so try to seek shade, wear lightweight protective clothing, and use wide-brimmed hats and sunglasses to minimize exposure. Water supervision is key to preventing accidents. Drowning can happen in seconds and is often silent. When boating or swimming, ensure children wear properly fitted U.S. Coast Guard-approved life jackets. Let's make this summer a safe and memorable one for our military families!



## TALK TO US

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

## NSAM OPSEC Education & Awareness

### Unit Mission: What Not to Discuss

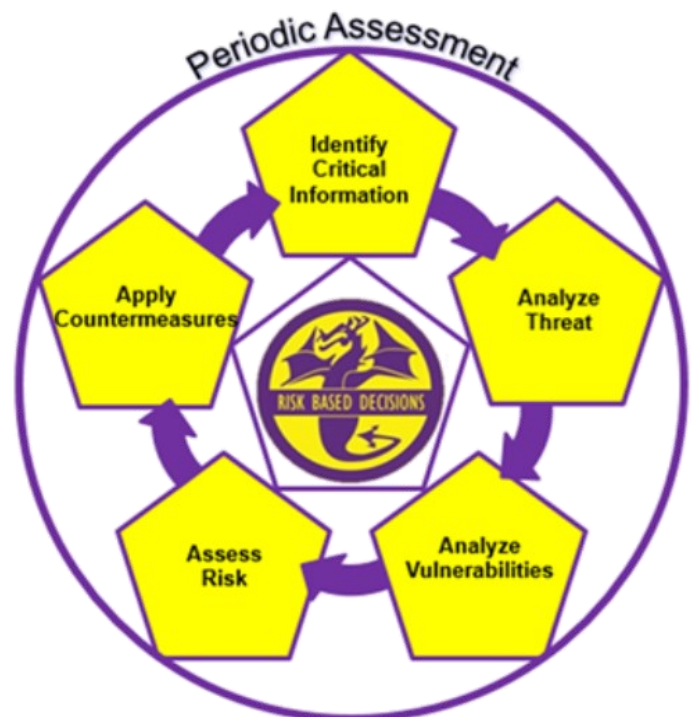
- Don't share specific information about the mission of assigned units
- Don't share specific dates and locations of deployments
- Don't list your service member's specific job on the internet
- Don't share your service member's exact location overseas
- Don't share anything about unit morale or equipment
- 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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June 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
Office Closures	The FFSC Office will be closed.	Thu, Jun 19	1280 Leahy Road, Monterey, CA 93940
Executive TAP	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.	Mon- Fri, Jun 2-6 8:00 AM - 5:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Infant Massage	Enhance your little one's well-being with gentle infant massage. Infant Massage helps ease discomfort, release tension, improves breathing function and is a wonderful nurturing routine for your baby and you. You will be provided step-by-step instructions on how to massage your baby.	Tuesdays, Jun 3 - Jul 1 4:00 PM - 5:00 PM	Teams Meeting ID: 214 645 208 09 Passcode: DF2B6U57
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, Jun 4 Wed, Jun 18 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
Mind Body Mental Fitness Workshop: Stress Resiliency	Join us for Module 1 of 6 in the Mind, Body, Mental Fitness series. Learn about stress resilience, the energy management curve, and domains of resilience in this 90-minute workshop. Join us online via teams.	Fri, Jun 6 10:00 AM - 11:30 AM	Teams Meeting ID: 214 824 323 287 Passcode: xa7JH6sa
Boots to Business: Featuring Small Business Administration	This is a 2 day Tack for transitioning Service Members in pursuit of self-employment. Discuss benefits and challenges faced by entrepreneurs.	Mon-Wed, Jun 9-10 8:00 AM - 5:00 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 semories. Save the dates and connect with fellow families in your community. Don't miss out on the fun!	Wed, Jun 11 Wed, Jun 25 10:00 AM - 11:00 AM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940

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Career and Credential Exploration: Featuring Department of Labor	The C2E workshop for transitioning Service Members explores interests, values, and aptitudes to make informed career decisions. Ideal for those seeking credentials and qualifications needed for various occupations of interest. Includes information on the opportunity for and benefits of apprenticeships.	Thu-Fri, Jun 12-13 8:00 AM - 5:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Debt Destroyer Workshop	Is debt a burden? This class will empower you and your family to get out — and stay out — of debt.	Thu, Jun 12 10:00 AM - 11:00 AM	FFSC Conference Room 1280 Leahy Road Monterey, CA 93940
Mind Body Mental Fitness Workshop: Mindfulness and Meditation	Join us for Module 2 of 6 in the Mind, Body, Mental Fitness Series. In this module you will learn about the attitudes of mindfulness and intentionality, the benefits of mindfulness and how to get in “The Zone.” Join us online via teams.	Fri, Jun 13 10:00 AM - 11:30 AM	Teams Meeting ID: 261 675 790 541 Passcode: Me3jC2VM
Bubbles and Babes	Join us for bubbles and fun with your little one. Geared for children 0-5 years old.	Fri, Jun 13 12:30 PM - 1:30 PM	FFSC Backyard Annex 1281 Leahy Road, Monterey, CA 93940
CFS Refresher	Command Financial Specialist (CFS) are members of the military who have been appointed by the commanding officer to provide financial education and training, counseling, and information referral at the command level. OPNAVINST 1740.5D (Enclosure 6, Sub-paragraph 1f) requires that a CFS must successfully complete the CFS Refresher Training every three years. Registration is required for this class.	Wed, Jun 18 8:00 AM - 5:00 PM	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 online via teams.	Fri, Jun 20 10:00 AM - 11:30 AM	Teams Meeting ID: 261 459 367 939 Passcode: ST2Fg7xs
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, Jun 26 10:00 AM - 11:00 AM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940