

# Newsletter

January 2026

## FERP Spotlight

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Work & Family Life Specialist  
831-656-3528

Celebrate Family Employment Readiness Program (FERP) Awareness Month! This is a great time to connect with FERP professionals and discover the career opportunities waiting for you. A FERP professional at your local Fleet and Family Support Center (FFSC) can assist with job search preparation, highlighting transferable skills like adaptability, resilience, and cultural awareness. For help or questions, contact Angelica Sagastume at [angelica.felixsagastume@nps.edu](mailto:angelica.felixsagastume@nps.edu) or 831-656-



## TALK TO US

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



## 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.

## Stalking Awareness

Dr. Aniesha Kleinhammer, DMFT, LMFT  
FFSC Director  
831-656-3488

January is National Stalking Awareness Month (NSAM), a call to action to recognize and respond to this traumatic and dangerous victimization. This month — and all year long — we encourage you to amplify the call to **KNOW IT, NAME IT, AND STOP IT**. Stalking impacts nearly 1 in 3 women and 1 in 6 men in the United States. It is a deeply traumatic victimization in its own right and often intersects with sexual violence, physical violence, and even homicide. Despite these staggering statistics, stalking is often trivialized and misrepresented in our society: the word “stalking” is used casually in conversation, our media romanticizes stalking behaviors, and stalking survivors are frequently dismissed and ignored. For more information please call FFSC FAP Victim Advocate at 831-656-7774.



## 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



January 2026

**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, Jan 1 Fri, Jan 2 & Mon, Jan 19	1280 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
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, Jan 7 Wed, Jan 21 10:00 AM - 11:00 AM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Spouse Strong Career Toolkit Pop-Up	Whether you're exploring new job opportunities, updating your resume, or looking for tips on balancing work and life, we've got the tools and support to help you succeed.	Wed, Jan 7 12:30 PM - 2:00 PM	In front of FFSC Annex 1280 Leahy Road, Monterey, CA 93940
Festive Finances Workshop	Kickoff the new year right, we can help make your finances all right! Join us to plan for the added expenses of holidays and special events and to develop strategies to avoid overspending and accumulating excessive debt.	Thu, Jan 8 10:00 AM - 11:00 AM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Couple's Communication Workshop	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, Jan 8 1:00 PM - 2:30 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Spouse Resource Fair	Welcome to Monterey! Join us for our spouse resource Fairfor 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.	Fri, Jan 9 10:00 AM - 12:00 PM	La Mesa Community Center 1200 Fechteler Drive, 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.	Fri, Jan 9 11:00 AM - 12:30 PM	FFSC Classroom 336 B Leahy Road Monterey, CA 93940

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The  
Fleet & Family Support  
Center

monterey.navylifesw.com

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Event	Description	Date & Time	Location
Career Exploration and Planning	Defining technical career goals, identifying required credentialing Finding technical training opportunities. Utilizing your VA educational benefits	Mon, Jan 12 8:00 AM - 5:00 PM	FFSC Classroom 336 B Leahy Road Monterey, CA 93940
Organize Your Life	Do you ever feel like life is getting the better of you? Then this class is for you. This 90-minute workshop covers organization topics and concepts that will help you "Organize your Life."	Mon, Jan 12 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, Jan 13 10:00 AM - 11:30 AM	FFSC Classroom 336 B Leahy Road Monterey, CA 93940
Infant Massage	Benefits of Infant Massage include supporting infant/child development, strengthen bonding and improving sleep.	Tue, Jan 13 Tue, Jan 20 Tue, Jan 27 10:00 AM - 11:30 AM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Money Matters Pop Up: Financial Wellness	Come see a Personal Financial Manager (PFM) and get fast money questions answered at the Money Matters Pop Up.	Tue, Jan 13 11:30 AM - 12:30 PM	In front of 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, Jan 14 Wed. Jan 28 10:00 AM - 11:00 AM	Playroom 1281 Leahy Road, Monterey, CA 93940
The Road to Remote Job Success (Virtual)	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, Jan 14 10:00 AM - 11:00 AM	Virtual Workshop Register at: <a href="http://MyNavyFamily.com">MyNavyFamily.com</a>

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Event	Description	Date & Time	Location
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.	Wed, Jan 14 11:00 AM - 12:00 PM	Virtual Workshop Register at: <a href="http://MyNavyFamily.com">MyNavyFamily.com</a>
Money Munchkins Pop-Up for Kids: Learn About Money!	Come join us for a fun way to learn about money! Kids and families are invited to visit the Money Munchkins Pop-Up Table to enjoy a craft and explore how to make smart money choices.	Wed, Jan 14 12:30 PM - 2:00 PM	At Bookmobile In Front of FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Sponsor Orientation	This training equips Navy personnel with the skills and knowledge to serve effectively as sponsors. Key topics include the responsibilities and duties of a sponsor, best practices for offering support, understanding military-specific needs, and strategies for ensuring a smooth transition for newcomers.	Thu, Jan 15 9:30 AM - 11:30 AM	<b>Virtual Teams Meeting</b> ID:280 346 105 399 9 Passcode: Sj6Hi9Fg
Navigating Federal Employment	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, Jan 15 10:00 AM - 11:30 AM	FFSC Classroom 336 B Leahy Road Monterey, CA 93940
Mind, Body, Mental Fitness: Stress Resilience	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 either in person or online via teams.	Thu, Jan 15 10:00 AM - 11:30 AM	<b>In-Person</b> 1280 Leahy Road, Monterey, CA 93940  <b>Virtual Teams Meeting</b> ID:264 317 384 308 4 Passcode: sh6c64Zs
Vision Boards: Turning Goals into Action	Create your own personalized vision board and discover how visualization can help you clarify goals, stay motivated, and turn dreams into action. This interactive workshop blends reflection, creativity, and practical strategies to keep you focused on what	Fri, Jan 16 10:00 AM - 11:30 AM  Fri, Jan 30 2:00 PM - 3:30 PM	FFSC Main Office Building 1280 Leahy Road, Monterey, CA 93940

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Event	Description	Date & Time	Location
Stalking Awareness Day	Recognize and respond to the serious crime of stalking.	Sun, Jan 18 All Day	Everywhere
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.	Tue, Jan 20 11:00 AM - 12:00 PM	FFSC Classroom 336 B Leahy Road Monterey, CA 93940
Command Financial Specialist Awareness Forum	Learn about new updates and join in on a financial management issues support discussion in accordance with current DoD and Navy policy requirements	Wed, Jan 21 11:30 AM - 12:30 PM	Contact your PFM Angelica at 831-656-3528 for enrollment and information.
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, Jan 21 11:00 AM - 12:00 PM	Virtual Workshop Register at: <a href="http://MyNavyFamily.com">MyNavyFamily.com</a>
Accessing Higher Education	Learn the educational benefits you have earned through your military service, find a school that works for you.	Thu, Jan 22-Fri, Jan 23 8:00 AM - 5:00 PM	FFSC Classroom 336 B Leahy Road Monterey, CA 93940
Money Munchkins: Raising Money-Savvy Kids	Help your children build strong money skills by learning practical tools and simple ways to teach kids about money while reflecting on your own habits. Set your kids up for financial success—starting today!	Thu, Jan 22 10:00 AM - 11:30 AM	FFSC Main Office Building 1280 Leahy Road, Monterey, CA 93940
Mind, Body, Mental Fitness: Mindfulness & 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 either in person or online via teams.	Thu, Jan 22 1:00 PM - 3:00 PM	<b>In-Person</b> 1280 Leahy Road, Monterey, CA 93940  <b>Virtual Teams Meeting</b> ID:280 762 407 972 7 Passcode: tc6yU9KW
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, Jan 23 9:00 AM - 10:30 AM	FFSC Main Office Building 1280 Leahy Road, Monterey, CA 93940

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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.	Mon, Jan 26 9:00 AM - 10:00 AM	Virtual Workshop Register at: <a href="http://MyNavyFamily.com">MyNavyFamily.com</a>
Stress Management	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, Jan 27 10:00 AM - 11:30 AM	FFSC Main Office Building 1280 Leahy Road, Monterey, CA 93940
Money Matters Huddle, Festive Finances: Plan Your Money for the Year Ahead	Celebrate Financial Wellness Month by taking charge of your finances! Join us for the Money Matters Huddle — a focused session designed to help you plan your money for the upcoming year. Whether you want to set budgets, save for goals, or manage expenses smarter, this event will give you practical tools and clear steps to create a confident financial plan. Get ready to start the year strong with your money in check!	Wed, Jan 28 10:00 AM - 11:00 AM	Peacock Room Monterey, CA 93940
Moving Overseas	Are your customers feeling overwhelmed about moving overseas? Do you wish there was a quick reference checklist you could use when helping your customers during each phase of relocation? Moving Overseas addresses common questions your customers will have from the time they receive their official orders up until their departure date.	Thu, Jan 29 10:00 AM - 11:00 AM	<u><a href="#">Virtual Teams Meeting</a></u> ID:222 581 865 245 9 Passcode:A63FY9zL



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# MONTEREY MILITARY SPOUSE RESOURCE FAIR



COME LEARN ABOUT RESOURCES IN OUR COMMUNITY!

JANUARY 9<sup>TH</sup> • 10 AM - 12 PM  
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