

FFSC Monterey Newsletter



August 2025

Back to School

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

A new school year is just around the corner! Make sure your child is ready by meeting California's school entry immunization requirements. For Transitional Kindergarten (TK) and Kindergarten, children need DTaP, DTP, Tdap, or Td vaccines, along with Polio (IPV or OPV), Hepatitis B (three doses), and MMR and Varicella (two doses each after their first birthday). Students transferring into any grade (TK-12) must provide records of all required immunizations. Seventh graders must have at least one Tdap dose and two Varicella doses. For more details on required and recommended vaccines, check with your healthcare provider.

Questions about school immunization requirements? Contact John McKenzie, School Liaison Officer, at (831) 656-1008.

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.

Parenting Classes Spotlight

Vanessa Paredes
Education Services Facilitator
831-656-7628

At Fleet and Family Support Center we offer a variety of classes for parents to include Between Toddlers and Teens, Parenting Teenagers, and Self Care: Parent Edition. We also offer a seasonal programming like Sensory Days and summertime fun like Bubbles and Babes.

This year we are excited to incorporate more parent and family centered classes. Be on the lookout for Morning Madness and Bedtime Battles, Mindful Me (parent and child mindfulness), and more. No matter the ages and stages of your child(ren) we have something to offer every family. We can't wait to see you soon!

If you have an idea for a class or a topic you'd like us to explore call 831-656-7628 to schedule a meeting with our Education Services Facilitator today!

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TALK TO US

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



FLEET & FAMILY SUPPORT CENTER

ANCHORED IN STRENGTH: FAMILY RESILIENCY OPEN HOUSE

Rooted in resilience, bonded by service

August 1st , 2025 @ 2:00pm-4:00pm

Brings military families together for a powerful day of support, resources, and fun — all designed to help you navigate life's challenges with confidence and community.

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FFSC Monterey Schedule



August 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
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, Aug 6 Wed, Aug 20 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
Bubbles and Babes	Join us for bubbles and fun with your little one. Geared for children 0-5 years old.	Fri, Aug 8 12:30 PM - 1:30 PM	FFSC Backyard Annex 1281 Leahy Road, Monterey, CA 93940
Power Up Your Resume for Remote Jobs	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 will guide you through actionable tips and tricks for creating a resume spe-	Thu, Aug 13 10:00 AM - 11:00 AM	Join us virtually at: https://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, Aug 13 Wed, Aug 27 10:00 AM - 11:00 AM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Managing My Education Course	The Educational 2-day Track helps service members and military families explore higher education and professional development options, including GI Bill benefits and connections with colleges and universities. This program supports academic growth.	Thu– Fri, Aug 14 -15 8:00 AM - 5:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Festive Finances	Talking about money shouldn't be spooky! Plan for the added expenses of holidays and special events and to develop strategies to avoid overspending and accumulating excessive debt.	Thu, Aug 14 10:00 AM - 11:30 PM	FFSC Conference Room 1280 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. , This course will give you the necessary skills and resources to relocate with minimal stress and maximum success.	Wed, Aug 20 9:00 AM - 11:00 AM	FFSC Conference Room 1280 Leahy Road, Monterey, CA 93940
Interview Skills Workshop	Are you a military spouse looking for work? Bring your "A" game to every interview opportunity by learning effective strategies that you can use to best prepare for an interview .	Thu, Aug 21 10:00 AM - 11:00 AM	FFSC Conference Room 1280 Leahy Road, Monterey, CA 93940

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NSAM OPSEC Education & Awareness

Unit Mission: What Not to Discuss

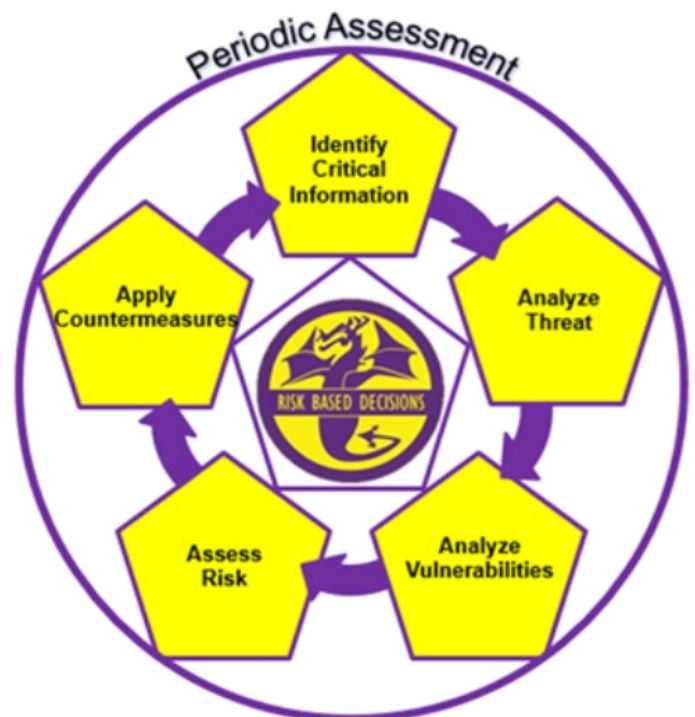
- Don't share specific information about the mission of assigned units
- Don't share specific dates and locations of deployments
- Don't list your service member's specific job on the internet
- Don't share your service member's exact location overseas
- Don't share anything about unit morale or equipment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

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

**TO REGISTER FOR THE WEBINARS,
GO TO 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