

# FFSC Monterey Newsletter



September 2025

## NPS/HV

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

Hi, I'm Taylor, the New Parent Support Home Visitor at the center. I provide parenting support to active-duty military families expecting or families with children under 4. My goal is to help parents navigate the challenges of military life while building strong, healthy family bonds.

One of the many services I offer is infant massage, a gentle, nurturing practice that supports both baby and caregiver. Research shows that infant massage can reduce stress, improve sleep cycles, support digestion, and enhance bonding by releasing oxytocin (the "love hormone"). It's especially beneficial for premature babies and can help mothers experiencing postpartum depression. Beyond infant massage, I also provide parenting education, home visits, and resources to help families thrive. Interested in learning more? Reach out, and let's create a positive parenting journey!



## TALK TO US

Front Desk: (831) 656-3060

## 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.

## Suicide Prevention

Fleet and Family Support Center  
831-656-3060

Suicide is an issue that impacts our military service members, veterans, and their families. This month we want to remind our community that "you are never alone" and help is available 24/7. If you or someone you know is struggling with thoughts of suicide, reach out immediately.

The Military & Veteran Crisis Line is available at 988, then press 1, or text 838255 to connect with a trained responder. Locally, at Fleet and Family Support Center (FFSC) we offer confidential counseling, crisis intervention, and resources to strengthen coping skills and resilience. FFSC staff are here to listen, provide guidance, and connect you with the right support.

Taking the step to talk about what you're going through can save lives—yours or someone else's. Reaching out is a sign of incredible strength.

September 2025

## NSAM OPSEC Education & Awareness

### Unit Mission: What Not to Discuss

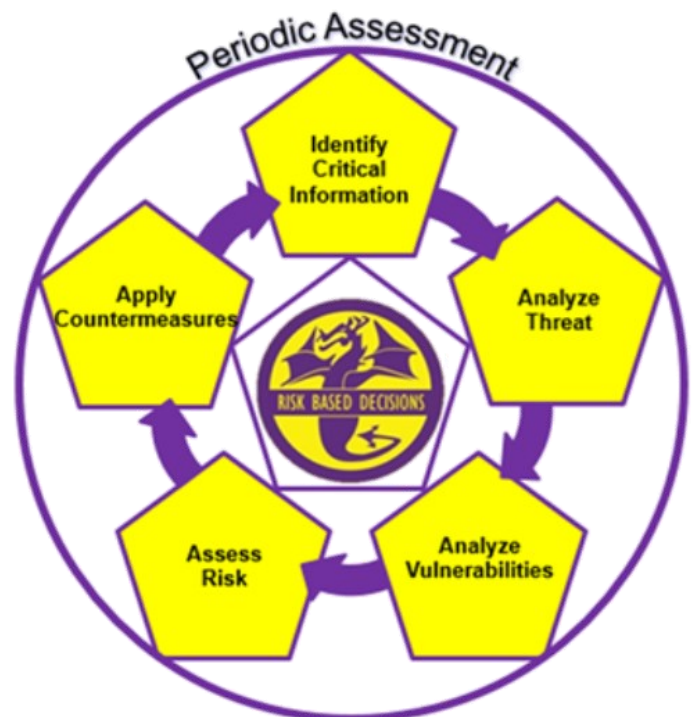
- Don't share specific information about the mission of assigned units
- Don't share specific dates and locations of deployments
- Don't list your service member's specific job on the internet
- Don't share your service member's exact location overseas
- Don't share anything about unit morale or equipment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



### TALK TO US

Front Desk: (831) 656-3060

GMT: (831) 656-7628

[ffscmonterey@nps.edu](mailto:ffscmonterey@nps.edu)

# FFSC Monterey Schedule



September 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.	Mon, Sep 1	1280 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, Sep 3 Wed, Sep 17 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
Festive Finances	plan for the added expenses of holidays and special events and to develop strategies to avoid overspending and accumulating excessive debt	Thu, Sep 4 10:00 AM - 11:30 AM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Infant Massage	Enhance your little one's well-being with gentle infant massage. Soothing touches to foster growth and bonding	Sat, Sep 6 11:00 AM - 12:15 PM	FFSC Annex 1281 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, Sep 10 Wed, Sep 24 10:00 AM - 11:00 AM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Infant Massage	Enhance your little one's well-being with gentle infant massage. Soothing touches to foster growth and bonding	Sat, Sep 13 11:00 AM - 12:15 PM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Transition Assistance Program	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, Sep 15 - Fri, Sep 19 8:00 AM - 5:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940

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Event	Description	Date & Time	Location
Job Search 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.	Wed, Sep 17 10:00 AM - 11:30 AM	FFSC Conference Room 1280 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, Sep 19 12:30 PM - 2:00 PM	FFSC Annex; Backyard 1281 Leahy Road, Monterey, CA 93940
Boots to Business Course	Are you transitioning from the military and planning to start your own business? This workshop is for you.	Mon–Tue, Sep 22 - 23 8:00 AM - 5:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Bells Across America Ceremony	Join us as we pay tribute to the brave men and women who died in service to our nation and recognize the sacrifices of those who have been left behind. To RSVP contact Vanessa 831-656-7628.	Thu, Sep 25 1:00 PM - 2:00 PM	NSAM Chapel 300 Tisdale Road, Monterey, CA, 93943
Career and Credential Exploration Course	Skills covered in this course include: defining technical career goals, identifying required credentialing, finding technical training opportunities, utilizing your VA educational benefits.	Thu– Fri, Sep 25 -26 8:00 AM - 5:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Get Organized for Emergencies Workshop	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.	Tue, Sep 30 11:00 AM - 12:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Spouse Orientation	Welcome to Monterey! Join us for our spouse orientation 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.	Fri, Oct 3 10:00 AM - 11:00 AM	La Mesa Community Center 1200 Fechteler Drive Monterey, CA 93940

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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)





# BELLS ACROSS AMERICA FOR FALLEN SERVICE MEMBERS

## **Tolling in Remembrance of Our Nation's Fallen**

Join us as we pay tribute to the brave men and women who died in service to our nation  
and recognize the sacrifices of those who have been left behind.

**September 25<sup>th</sup>, 2025 • 1300 • Chapel**  
**Naval Support Activity Monterey**

300 Tisdale Road Monterey, CA 93943

POC: Taylor Alexander

(831) 656-1092

Taylor.alexander@nps.edu



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