



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 celebrate the strength, resilience, and bright spirit of the 1.6 million military children around the world. These young heroes take on big challenges with incredible courage, navigating frequent moves, new schools, and ever-changing support networks while embracing the unique journey of military life.

Military kids amaze us with their positivity and their ability to shine no matter where they go. This April, let's join together to uplift and honor these remarkable children and the important role they play in our military community. Military kids are truly something special!

SAPR Corner

Lonnie Brock

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 for commands, families, and our entire community to come together to ensure the safety and well-being of children in military households. Prevention begins with awareness, support, and shared responsibility. Programs like the New Parent Support Program (NPS) provide education and peer connection, helping parents build confidence and strengthen positive parenting practices.

Every adult in the community has a role in protecting children by supporting parents, staying engaged, being a trusted ally for kids and teens, and reporting concerns when necessary. Together, we can create a safe, nurturing environment where every child has the opportunity to grow, succeed, and thrive.



TALK TO US

Front Desk: (831) 656-3060

GMT: (831) 656-7628

ffscmonterey@nps.edu

NSAM OPSEC Education & Awareness

Unit Mission: What Not to Discuss

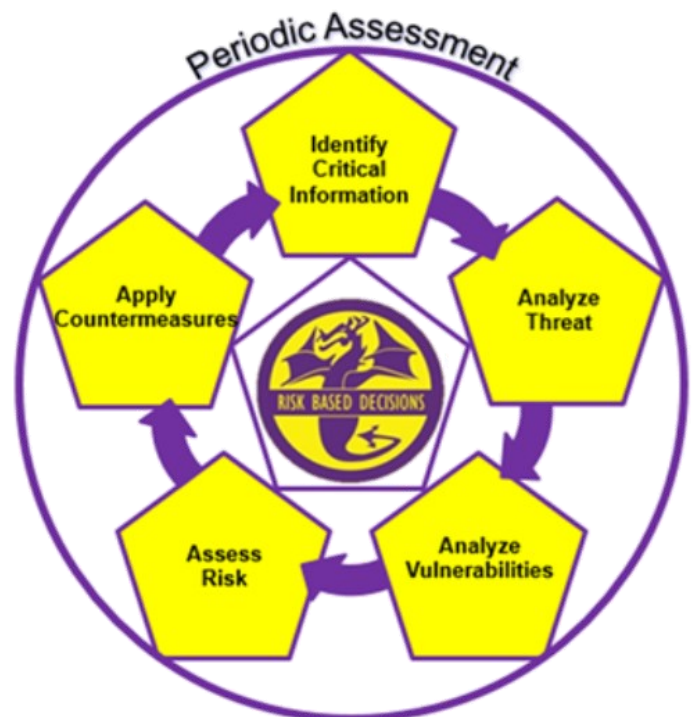
- Don't share specific information about the mission of assigned units
- Don't share specific dates and locations of deployments
- Don't list your service member's specific job on the internet
- Don't share your service member's exact location overseas
- Don't share anything about unit morale or equipment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



TALK TO US

Front Desk: (831) 656-3060

GMT: (831) 656-7628

ffscmonterey@nps.edu

FFSC Monterey

Schedule



monterey.navylifefsw.com

April 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 DoW Civilians.



SCAN ME

Scan to view our digital Calendar, Facebook Events, schedule 1:1s or sign up for our newsletter!

Enrollment and Walk-ins welcome unless otherwise noted.

| 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 | Displayed at FFSC |
| 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 1 Wed, Apr 15 10:00 AM - 11:30 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 |
| Mission Mindful | Join us weekly for calming and restorative Mindful Meditation Sessions. Each 45-minute session combines gentle, guided meditation with a soothing sound bath to help you unwind, reset, and reconnect. No experience needed—just bring yourself and a willingness to slow down. | Thu, Apr 2 Thu, Apr 9 Thu, Apr 23 Thu, Apr 30 7:00 AM - 7:45 AM | NSA Monterey Main Gym 1655 Lake Del Monte Drive, Monterey, CA |
| Accessing Higher Education | DoD Managing Your (MY) Education Track: A 2-day course to help Service members identify if subsequent education is required to attain their career goals. The course goes through the process of selecting a degree program, comparing colleges, examining a range of funding to include the GI Bill as well as the Free Application for Federal Student Aid (FAFSA), and completing a full college application package. Spouses are highly encouraged to attend. | Mon– Tue, Apr 6– 7 8:00 AM - 4:00 PM | FFSC Classroom 336 B Leahy Road Monterey, CA 93940 |
| Get Organized for Emergencies | 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. | Mon, Apr 6 9:00 AM - 10:00 AM | Virtual Workshop Register at: MyNavyFamily.com |

Continued on next page -->

FFSC Monterey

Schedule



monterey.navylifefsw.com

April 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 DoW Civilians.



SCAN ME

Scan to view our digital Calendar, Facebook Events, schedule 1:1s or sign up for our newsletter!

Enrollment and Walk-ins welcome unless otherwise noted.

| Event | Description | Date & Time | Location |
|--|--|--|--|
| Baby Garten | 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. Come join the fun! | Wed, Apr 8 Wed, Apr 22 10:00 AM - 11:30 AM | FFSC Annex 1281 Leahy Road, Monterey, CA 93940 |
| The Road to Remote Job Success | 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, Apr 8 10:00 AM - 11:00 AM | Virtual Workshop Register at: MyNavyFamily.com |
| Exploring Through the Senses | Sensory play stimulates a child's senses and promotes exploration, learning and development. Join us for the 60-minute class to learn how to support and implement sensory play into your child's play routine. | Wed, Apr 8 11:00 AM - 12:00 PM | Virtual Workshop Register at: MyNavyFamily.com |
| Smooth Move | Service members and their families will be able to prepare for an upcoming overseas permanent change of station (PCS) as we discuss your entitlements and benefits, GTCC guidelines, the moving process, tips and techniques for managing the move, moving with children and pets, and the many resources available. | Thu, Apr 9 8:30 AM - 10:30 AM | Virtual Teams Meeting ID:289 927 429 708 3 Passcode: zz6Ub7P6 |
| 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 either in person or online via teams. | Thu, Apr 9 1:00 PM - 3:00 PM | In-Person 1280 Leahy Road, Monterey, CA 93940 Virtual Teams Meeting ID: 282 054 037 144 83 Passcode: jN9QA9Vr |
| Infant Massage | Benefits of Infant Massage include supporting infant/child development, strengthen bonding and improving sleep. | Thu, Apr 9 Thu, Apr 16 Thu, Apr 23 Thu, Apr 30 1:00 PM - 2:00 PM | FFSC Annex 1281 Leahy Road, Monterey, CA 93940 |

Continued on next page -->

FFSC Monterey Schedule



monterey.navylifefsw.com

April 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 DoW Civilians.



SCAN ME

Scan to view our digital Calendar, Facebook Events, schedule 1:1s or sign up for our newsletter!

Enrollment and Walk-ins welcome unless otherwise noted.

| Event | Description | Date & Time | Location |
|-----------------------------------|---|-----------------------------------|--|
| Bubbles and Babes | Join us for bubbles and fun with your little one. Geared for children 0-5 years old. | Fri, Apr 10 12:30 PM - 2:00 PM | FFSC Backyard Annex 1281 Leahy Road, Monterey, CA 93940 |
| Color Run | Join us at La Mesa Community Center for a 3K Color Run. Same day registration begins at 4:00 PM, kick-off starts at 4:00 PM. | Fri, Apr 10 4:30 PM - 5:30 PM | La Mesa Community Center 1200 Fechteler Drive, Monterey, CA 93940 |
| Command Financial 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, Apr 15 10:00 AM– 11:00 AM | For Command Financial Specialist and Command Leaders. Contact Angelica at 831-656-3528 for registration information. |
| Resume Writing | Attending this will help you gain a better understanding of the several types of resumes, when to use them, what information to include and how to market them effectively | Thu, Apr 16 10:00 AM– 11:00 AM | FFSC Classroom 336 B Leahy Road Monterey, CA 93940 |
| Tear Free Dinner | 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. | Mon, Apr 20 9:00 AM - 10:00 AM | Virtual Workshop Register at: MyNavyFamily.com |

Continued on next page -->

FFSC Monterey

Schedule



monterey.navylifefsw.com

April 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 DoW Civilians.



SCAN ME

Scan to view our digital Calendar, Facebook Events, schedule 1:1s or sign up for our newsletter!

Enrollment and Walk-ins welcome unless otherwise noted.

| Event | Description | Date & Time | Location |
|---|---|------------------------------------|---|
| Stress Resiliency | 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, Apr 21 10:00 AM - 12:00 PM | FFSC Conference Room 1280 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 60-minute workshop covers organization topics and concepts that will help you "Organize your Life." | Wed, Apr 22 11:00 AM - 12:00 PM | Virtual Workshop Register at: MyNavyFamily.com |
| Moving Overseas | Moving Overseas addresses common questions service members, and their families will have from the time they receive their official orders up until their departure date. | Thu, Apr 23 8:30 AM– 10:30 AM | Virtual Teams Meeting ID: 282 054 037 144 83 Passcode: jN9QA9Vr |
| 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. | Thu, Apr 23 1:00 PM– 3:00 PM | In-Person 1280 Leahy Road, Monterey, CA 93940 Virtual Teams Meeting ID: 211 526 264 952 4 Passcode: 9Nw3zL6A |
| 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, Apr 24 1:00 PM– 2:20 PM | FFSC Conference Room 1280 Leahy Road, Monterey, CA 93940 |

Continued on next page -->

FFSC Monterey

Schedule



monterey.navylifefsw.com

April 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 DoW Civilians.



SCAN ME

Scan to view our digital Calendar, Facebook Events, schedule 1:1s or sign up for our newsletter!

Enrollment and Walk-ins welcome unless otherwise noted.

| Event | Description | Date & Time | Location |
|--|---|------------------------------------|---|
| Exploring Through the Senses | Sensory play stimulates a child's senses and promotes exploration, learning and development. Join us for the 60-minute class to learn how to support and implement sensory play into your child's play routine. | Mon, Apr 27 9:00 AM - 10:00 AM | Virtual Workshop Register at: MyNavyFamily.com |
| Denim Day | Denim Day is an annual campaign that raises awareness about sexual assault and shows solidarity with survivors by encouraging people to wear denim in support. Join us by wearing jeans on Denim Day and help spark conversations that promote prevention, education, and change. | Wed, Apr 29 All Day | Wear Denim to show your support! |
| 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. | Wed, Apr 29 11:00 AM - 12:00 PM | Virtual Workshop Register at: MyNavyFamily.com |
| Youth Money Games | Get ready for fun, learning, and a chance to win at the Annual Youth Money Game Challenge! | Wed, Apr 29 12:00 PM - 2:00 PM | FFSC Conference Room 1280 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. | Thu, Apr 30 1:00 PM - 3:00 PM | In-Person 1280 Leahy Road, Monterey, CA 93940 Virtual Teams Meeting ID: 269 235 461 839 8 Passcode: zG2HA7br |