

FFSC Monterey Newsletter



January 2024



Command Leaders,

As we kick off 2024, our New Year's Resolution at your FFSC is to increase opportunities for community connection and access to resources for members of our service area. We are excited to bring you an increase of classes and offerings to meet that goal as outlined in our January schedule attached. See any classes you would like to request for your work center? Contact us to schedule today.

Aniesha Kleinhammer, LMFT
FFSC Director
831-656-3488

SAPR Corner

Alma Loza Brattain
NSAM Sexual Assault Response Coordinator
831-760-0020

The SAPR program provides high-quality advocacy to active duty service members, dependents, and reservists who experience sexual assault, regardless of when their assault took place. Our advocates are trained to provide 24/7 confidential, non-judgmental support and resources.

To speak to a Victim Advocate, call our 24/7 confidential hotline at 831-760-2329.

For anonymous support, contact the DoD Safe Helpline at 877-995-5247 or visit www.safehelpline.org

Featured Program

Personal Financial Management

The PFM program offers information and referral, education and training, consumer advocacy, as well as financial counseling to address the financial education needs of service members and their families. It emphasizes a proactive, career life-cycle approach to service members' personal financial responsibility and accountability by providing basic principles and practices of sound money management, counseling tools and referral services using a comprehensive education and training program.

January is Financial Wellness Month and a great time to start the new year right. You've gone to check your physical health, but when was the last time you've checked your financial health? Take the DoD FINRED Financial Well-Being Assessment to see whether you're on the right path or have some areas to improve upon:
<https://finred.usalearning.gov/FWBA> . Reach out to discuss your findings.

Upcoming Event:

Festive Finances (Virtual), Kick off the new year right, we can help make your finances all right!
January 17, 2024 from 10:00am-11:30pm (PST) on APAN, <https://connect.apan.org/ffscmontereywfl/>

For more information or assistance call or email:

Angelica M. Felix Sagastume
831-656-3528
angelica.felixsagastume@nps.edu



TALK TO US

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

FFSC Monterey

Schedule



January 2024

Event	Description	Date & Time	Location
Office Closures	<p>January 1: Closed for Holiday</p> <p>January 15: Closed for Holiday</p>	<p>Mon, Jan 1, 2024</p> <p>Mon, Jan 15, 2024</p>	1280 Leahy Road, Monterey, CA 93940
Monterey County Bookmobile	Monterey County Library and Pacific Grove Library's Bookmobile is available for book pickup and drop-off.	Wednesdays 12:30 PM - 3:30 PM	In front of HHG BLDG 55 1280 Leahy Road, Monterey, CA 93940
Keeping Our Children Safe	We're all about making sure our little ones stay safe and sound, no matter where they are. Let's dive into it together and discover some helpful tips for keeping our kiddos protected.	Wed., Jan. 3 2:00 PM - 3:00 PM	1280 Leahy Road, Monterey, CA 93940
Military Spouse Orientation	Join us for our Military Spouse Orientation, your Navy introduction to the Monterey Area, Child and Youth Programs, MWR and more. We can't wait to meet you.	Fri., Jan. 5 10:00 AM - 12:00 PM	BLDG 336B Leahy Road, Monterey, CA 93940
Accessing Higher Education (TAP)	This two-day workshop is designed to guide you through the variety of decisions involved in choosing a degree program, college institution, and funding considerations as well completing the admissions process.	Mon.-Tue., Jan. 8-9 8:00 AM - 5:00 PM	BLDG 336B 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."	Tue., Jan 9 9:00 AM - 11:00 AM	BLDG 336B Leahy Road, Monterey, CA 93940
Kids Book Club	Kids Book Club will read the story "My Piggy Bank" by Tom Lewis. We will be learning about money and saving. Join us for music, reading, and a craft. No RSVP required. We cannot wait to see you there!	Wed., Jan. 10 9:30 AM - 10:30 AM	1280 Leahy Road, Monterey, CA 93940 Back Lawn, Weather Permitting
Time Management	Find out what time management can do for you. Learn to set goals and objectives, get yourself organized, establish priorities and get things done.	Wed., Jan. 10 10:00 AM - 11:30 AM	BLDG 336B Leahy Road, Monterey, CA 93940
Remote Resumes	Wondering how to write your resume to land a remote job? We will guide you through actionable tips and tricks for creating a resume specifically for remote jobs. With the right remote resume, you will be working from home in no time.	Thu., Jan. 11 10:00 AM - 11:30 AM	BLDG 336B Leahy Road, Monterey, CA 93940

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Event	Description	Date & Time	Location
Mind Body Mental Fitness: Stress Resiliency	Enhances resiliency and mental toughness through the use of evidence-based mindfulness skills. Enhance the mind, body, spirit and social domains in one's life. This Module will focus on stress resiliency.	Tue., Jan. 16 9:00 AM - 11:00 AM	Teams Meeting ID: 244 009 152 207 Passcode: vkmGoF
Festive Finances	Kickoff the new year right, we can help make your finances all right! Plan for the added expenses of holidays and special events and to develop strategies to avoid overspending and accumulating excessive debt.	Wed., Jan. 17 10:00 AM - 11:30 AM	Please call 831-656-3528 or email FFSCMonterey@nps.edu for virtual enrollment details.
REACH Spouse	Designed to empower your service member to proactively take charge of their mental health and well-being. This webinar will teach military spouses how to confront barriers their service members encounter and learn about the diverse mental health resources available to them.	Thu., Jan 18 10:00 AM - 11:00 PM	Please call 831-656-2785 or email EFMPMonterey@nps.edu for virtual enrollment details.
CFS Awareness Forum	Calling all Command Financial Specialists! Attend the next quarterly virtual Command Financial Specialist Forum. Learn about new updates and join in a financial management issues support discussion in accordance with current DoD and Navy policy requirements.	Thu., Jan. 18 1:00 PM - 3:00 PM	https://connect.apan.org/ffsmontereywfl/
SAPR Admin UVA Training	Required training for currently certified SAPR UVAs who will be taking on the Command Admin Unit Victim Advocate Role	Thu., Jan. 18 1:00 PM - 3:00 PM	Microsoft Teams Meeting ID: 295 305 176 004 Passcode: h5Cdoh
Emotional Intelligence	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.	Mon., Jan. 22 1:00 PM - 2:00 PM	BLDG 336B Leahy Road, Monterey, CA 93940
Keeping Our Children Safe	We're all about making sure our little ones stay safe and sound, no matter where they are. Let's dive into it together and discover some helpful tips for keeping our kiddos protected.	Tue., Jan. 23 10:00 AM - 11:00 AM	Please call 831-656-1092 or email FFSCMonterey@nps.edu for virtual enrollment details.
General Pre-Homecoming	Received deployment orders? This class provides necessary information for service members and their families to be deployment ready. It focuses on the practical and emotional aspects of readiness, including the use of deployment checklists, family care plans, communication and coping strategies.	Tue., Jan. 23 1:00 AM - 2:00 PM	https://connect.apan.org/ffsmontereywfl/

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SAPR Refresher Training	Review changes to the latest DD2910 and practice simplifying and explaining the form during crisis response.	Tue., Jan. 23 1:00 PM - 3:00 PM	Meeting ID: 285 939 026 687 Passcode: dyDXVb
Road to Remote Success	Do you find yourself wanting to go remote? 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. 24 10:00 AM - 11:00 PM	Please call 831-656-3528 or email FFSCMonterey@nps.edu for virtual enrollment details.
Babygarten	Calling all parents with bundles of joy under 12 months! Join us for a heartwarming journey into the world of Babygarten, where giggles, growth, and endless memories await! Come celebrate milestones, foster connections, and equip you with tips for navigating parenthood's beautiful chaos.	Wed., Jan. 24 10:00 AM - 11:00 PM	1280 Leahy Road, Monterey, CA, 93940
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.	Thu., Jan. 25 9:00 AM - 10:30 AM	BLDG 336B Leahy Road, Monterey, CA 93940
Initial SAPR UVA Training	This 40 hour course will provide prospective SAPR VAs with the education, skills, and resources needed to deliver high-standard services directly to victims, as well as assist VAs in navigating and understanding military and community resources which allow responders to provide a coordinated response and best serve as advocates.	Mon.-Fri., Jan. 29- Feb. 2 8:00 AM - 5:00 PM	BLDG 336B Leahy Road, Monterey, CA 93940
Mind Body Mental Fitness: Mindfulness and Meditation	Mind-Body Mental Fitness (MBMF) enhances resiliency and mental toughness through the use of evidence-based mindfulness skills. The primary goal of MBMF is to enhance the mind, body, spirit and social domains in one's life. This Module will focus on mindfulness and meditation.	Tue., Jan. 30 9:00 AM - 11:00 AM	Teams Meeting ID: 241 111 781 024 Passcode: xxLHix
Individual Augmentee Workshop	Are you an Individual Augmentee or dependent with deployment orders? This workshop provides necessary information and resources to be deployment ready due to the unique experience for an individual augmentee as they deploy individually or as a small group.	Tue., Jan. 30 1:00 PM - 2:30 PM	https://connect.apan.org/ffscmontereywfl/