



October 2024

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.

SIDS and Safe Sleep

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

Sudden Infant Death Syndrome (SIDS) is a heartbreaking reality for many families, but awareness and education can make a significant difference. Some may not know that baby safe sleep practices are crucial in reducing the risk of SIDS, especially during the first six months of life when babies are most vulnerable.

The American Academy of Pediatrics (AAP) recommends the following safe sleep guidelines:

- **Always place babies on their backs to sleep.**
- **Use a firm, flat sleep surface covered by a fitted sheet.**
- **Keep soft bedding and toys out of the crib.**
- **Share a room, but not a bed, with your baby for at least the first six months.**
- **Avoid overheating and head covering during sleep.**

By following these guidelines, parents and caregivers can create a safer sleep environment for their infants, significantly reducing the risk of SIDS. For more information and resources, visit AAP's website.

Domestic Violence Awareness

Karlette Anderson
Family Victim Advocate/ DAVA
831-656-7774

Domestic Violence Awareness Month (DVAM) is a national campaign dedicated to raising awareness about domestic violence. Every October, organizations and individuals unite across the country for a national effort to uplift the needs, voices, and experiences of survivors. Congress declared the month of October to be Domestic Violence Awareness Month in 1989. **If you or someone you know is experiencing Domestic Violence please contact The National Domestic Violence Hotline at 800-799-7233 or Fleet & Family Support Center at 831-656-3060.**



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.



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FFSC Monterey

Schedule



October 2024

Event	Description	Date & Time	Location
Office Closures	The FFSC Office will be closed.	Mon, Oct 14	1280 Leahy Road, Monterey, CA 93940
Mind, Body, Mental Fitness: Connection Workshop	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.	Tue, Oct 1 9:00 AM - 11:00 AM	Teams Meeting ID: 228 725 558 640 Passcode: zqWuM4
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, Oct 2 Wed, Oct 16 10:00 AM - 11:00 AM	336B 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 HHG BLDG 55 1280 Leahy Road, Monterey, CA 93940
Festive Finances Workshop	Talking about money shouldn't be spooky! Join us to plan for the added expenses of special events and develop strategies to avoid overspending and debt.	Thu, Oct 3 10:00 AM - 11:30 AM	336B Leahy Road, Monterey, CA 93940
Proclamation Signing	Proclamation signing of Domestic Violence Awareness and Prevention, coming together to reaffirm our commitment to end domestic violence and supporting survivors.	Thu, Oct 3 3:00 PM - 3:30 PM	Command Cottage 271 Stone Road Monterey, CA. 93940
5 Love Languages Workshop	Everyone expresses and receives love in 5 different ways called Love Languages: quality time, words of affirmation, gifts, acts of service, and physical touch. Take your relationship and understanding of your partner to new heights with our 5 Love Languages Workshop.	Fri, Oct 4 1:00 PM - 3:00 PM	336B 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.	Mon, Oct 7 10:30 AM - 12:30 PM	336B 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, Oct 9 Wed, Oct 23 10:00 AM - 11:00 AM	336B Leahy Road, Monterey, CA 93940

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FFSC Monterey

Schedule



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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.	Thu, Oct 10 10:00 AM - 11:30 AM	336B Leahy Road, Monterey, CA 93940
Floating Pumpkin Patch and Decorating Party	Select a pumpkin from the Roman Plunge Pool to decorate.	Sun, Oct 13 2:00 PM - 4:00 PM	300 Tisdale Rd Monterey, CA. 93940
Mind, Body, Mental Fitness: Stress Resiliency Workshop	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.	Tue, Oct 15 9:00 AM - 11:00 AM	Teams Meeting ID: 296 423 160 424 Passcode: kN6d9m
Power Up Your Resume for Remote Jobs Workshop	Wondering how to write your resume to land a remote job? This webinar 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.	Wed, Oct 16 10:00 AM - 11:00 AM	Virtual Workshop Register at: MyNavyFamily.com
Motivating by Appreciation Workshop	Based on the book "5 Languages of Appreciation in the Workplace" by Gary Chapman and Paul White, this 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.	Thu, Oct 17 9:00 AM - 10:00 AM	Virtual Workshop Register at: MyNavyFamily.com
Domestic Violence Awareness Family Glow Run and Party	A family Glow Run to promote Domestic Violence Awareness.	Fri, Oct 18 6:30 PM - 8:30 PM	1280 Leahy road, Monterey, CA 93940
Accessing Higher Education Workshop	This course is for service members who wish to pursue college education after military service. It explores using higher education to meet career goals by identifying degree plans, comparing different educational institutions understanding funding options and learning about grants and scholarships.	Mon, Oct 21 & Tue, Oct 22	336B Leahy Road, Monterey, CA 93940
Emotional Intelligence Workshop	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, Oct 21 10:00 AM - 12:00 PM	1280 Leahy Road, Monterey, CA 93940

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FFSC Monterey

Schedule



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Event	Description	Date & Time	Location
CFS Awareness Forum	Command Financial Specialist ONLY! Learn about new updates and join in a financial management issues support discussion in accordance with current DoD and Navy policy requirements.	Thu, Oct 24 10:00 AM - 11:00 AM	Virtual Workshop https://connect.apan.org/ffscomontereywfl
Mind, Body, Mental Fitness: Mindfulness and Meditation Workshop	Mind-Body Mental Fitness (MBMF) enhances resiliency and mental toughness through the use of evidence-based mindfulness skills.	Tue, Oct 29 9:00 AM - 11:00 AM	Teams Meeting ID: 269 346 891 871 Passcode: LJAqAH

Policy Spotlight: No Wrong Door

Alma Loza Brattain, SARC

831-656-3175

The department of the Navy is committed to supporting victims and survivors, including those who suffered sexual assault, sexual harassment, or domestic abuse. When these situations happen, the responsibility of finding the appropriate support services should not be placed on victims and survivors. For this reason, we embrace and enforce the No Wrong Door policy, which ensures that a victim who contacts a helping professional from any DON victim care and support office will either receive services from that office, or, with the victim's permission, get a "warm hand-off" to the appropriate service provider. At FFSC, we are committed to ensuring that anyone who walks through our doors, or calls our offices or hotline, will get connected with the appropriate service provider to best meet their needs. For our community members who have suffered sexual assault, sexual harassment, or domestic abuse, we do more than just provide a name or phone number. The No Wrong Door policy means FFSC will stay by a victim's side while we make a direct connection, introduce clients to the providers they are seeking in-person, and follow through/follow up to ensure the needs of our community members have been met while upholding confidentiality. The NSA Monterey Fleet & Family Support Center prides itself on being a hub of help to our military members and their families. FFSC is never the wrong door, and always a safe choice.

For more information on the DON No Wrong Door Policy, please visit mynavyhr.navy.mil/Support-Services-Culture-Resilience/Sexual-Assault or stop by our office to pick up a brochure.

To reach our front desk during normal business hours, please call: 831-656-3060

To reach 24/7 SAPR support, please call: 831-760-2329