

FFSC Monterey Newsletter



March 2025

Reserve Command Support

Vanessa Paredes
Education Services Facilitator
831-656-7628

FFSC Monterey is able to provide support for our reserve commands in a variety of ways. One of the most effective and flexible options is virtual support. We can provide virtual 1:1 options for individual assistance, as well as virtual facilitation for most of our workshops. Service members and commands can request this support with the service provider directly.

Additionally to further support our reserve commands our staff are also available to attend command events in person with sufficient notice and staff availability. Contact us today to let us know how we can better support you.

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.



TALK TO US

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

Wounded Warriors Spotlight

Chanel Smith
Work & Family Life Specialist
831-656-1931

This Wounded Warrior Month, we honor the courageous men and women who have faced life-changing injuries while serving our country. Navy Wounded Warrior, the Navy's primary organization for coordinating non-medical care, provides vital resources and support to seriously wounded, ill, and injured Sailors, Coast Guardsmen, and their families. Through tailored assistance, the program optimizes recovery, rehabilitation, and reintegration. Learn more at www.navywoundedwarrior.com.

National Nutrition Month

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

March is National Nutrition Month. This year's theme, "Food Connects Us," celebrates how food brings families together. Use this month to explore healthy eating habits as a family, try new recipes, and share meals that honor your traditions. Small changes, like adding more fruits and veggies or enjoying a family walk, can make a big difference in your well-being.

Visit nutrition.gov for resources and tips to support your family's journey to healthier eating!



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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Schedule



March 2025

Event	Description	Date & Time	Location
Boots to Business Course	Are you transitioning from the military and planning to start your own business? This course is for you.	Mon, Mar 3 - Tues, Mar 4 8:00 AM - 5:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Command Financial Specialist Virtual Course	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.	Mon, Mar 3 - Fri, Mar 7 8:00 AM - 5:00 PM	Pre-requisites and Enrollment Required. Links will be provided via email.
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, Mar 5 Wed, Mar 19 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 HHG BLDG 55 1280 Leahy Road, Monterey, CA 93940
Career and Credential Exploration	Skills covered in this course include: defining technical career goals, identifying required credentialing, finding technical training opportunities, and utilizing your VA educational benefits.	Thu, Mar 6 - Fri, Mar 7 8:00 AM - 5:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Transition Assistance with Employment	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. TAP is structured into three key phases: Initial Counseling and Self-Assessment with a Command Career Counselor or equivalent, the TAP Workshop, and the Capstone. This comprehensive approach ensures that participants are thoroughly prepared for the next chapter of their careers.	Mon, Mar 10 - Fri, Mar 14 8:00 AM - 5:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Tear-Free Dinner Workshop	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.	Tue, Mar 11 9:00 AM - 10:00 AM	Virtual Workshop Register at: 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, Mar 12 Wed, Mar 26 10:00 AM - 11:00 AM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940

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Event	Description	Date & Time	Location
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.	Fri, Mar 14 10:00 AM - 11:00 AM	<u>In-Person</u> 1280 Leahy Road, Monterey, CA 93940 <u>Virtual Teams Meeting</u> ID:231 697 001 295 Passcode: S2A6RU2P
Organize Your Life Workshop	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."	Tue, Mar 18 11:00 AM - 12:00 PM	Virtual Workshop Register at: MyNavyFamily.com
Stress Management Workshop	Stress is an unavoidable fact of life, and the way we handle stress can deeply impact us. Learn more about managing stress with techniques such as goal-setting, time management, and progressive relaxation.	Wed, Mar 19 2:00 PM - 3:30 PM	FFSC Main Building 1280 Leahy Road, Monterey, CA 93940
Tax Prep Workshop	Filing taxes can be confusing — but understanding basic tax filing terminology makes filing easier. Join us to learn terminology associated with federal income taxes, where the information needed to prepare IRS Form 1040 U.S. Individual Income Tax Return comes from, and where figures are entered on the form.	Thu, Mar 20 2:30 PM - 4:00 PM	FFSC Main Building 1280 Leahy Road, Monterey, CA 93940
Mind, Body, Mental Fitness Workshop: Mindfulness & Meditation	Join us for Module 2 of 6 in the Mind, Body, Mental Fitness Series. In this module you will learn about the attitudes of mindfulness and intentionality, the benefits of mindfulness and how to get in "The Zone." Join us either in person or online via teams.	Fri, Mar 21 10:00 AM - 11:00 AM	<u>In-Person</u> 1280 Leahy Road, Monterey, CA 93940 <u>Virtual Teams Meeting</u> ID:278 555 558 161 Passcode: gi2CA7BQ
Time Management Workshop	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, Mar 26 11:00 AM - 12:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Networking Workshop	Networking involves making and sustaining personal connections. Learn practical strategies to help you network your way to success.	Thu, Mar 27 10:00 AM - 11:30 AM	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, Mar 28 10:00 AM - 12:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940



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:

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