



Fleet and Family Support Center Naval Station Newport (401) 841-2283

September 2015



Back to School

Workshops: Registration is required, and may be made by calling (401) 841-2283. Active duty, family members, reservists, retirees, and DoD employees are welcome.

1 Sept, Stress Management, 3-4 p.m. Learn techniques to effectively navigate stress, relax, and stay balanced.

3 Sept, New Spouse to the Military Orientation, 10-11:30 a.m. For new spouses on the military lifestyle, benefits and services available to them..

7 Sept, FFSC closed for the Labor Day holiday

9 Sept, Consumer Awareness: Identity Theft/Predatory Lending, Consumer awareness is the key to avoiding being ripped-off.

10 Sept, Acing the Interview, 2-4 p.m. Getting ready for an interview, the interview itself, different types of interviews, and more.

14,21&28 Sept, Parenting: The Love and Logic Way 12-1:30 p.m. Gain practical tools for raising respectful, responsible and happy kids” of any age.

15 Sept, Homebuyer's Workshop, 6-8 p.m. Learn about home-buying from a representative of the Navy Federal Credit Union Mortgage Dept.

16 Sept, Military Pay Issues, 9-10:30 a.m. Learn to understand the military compensation system by focusing on the components of the Leave and Earnings Statement (LES), and the use of the myPay website.

16 Sept, Anger Management, 3-4 p.m. Learn some ways to manage your anger, and change your life for the better.

17 Sept, SAPR Continuing Education, 9-11 a.m./1-3 p.m.

22 Sept, Ombudsman Assembly Meeting, 6-7:30 p.m., hosted by Naval Station Newport.

23 Sept, Ombudsman Appreciation Luncheon, 11:30 a.m.-1 p.m., at the Officer's Club, NAVSTA Newport.

22 Sept, Couples Communication, 3-4 p.m.

23-24 Sept, VA Technical Training, 8 a.m.-4 p.m. Define technical career goals, identify required credentials, find technical training opportunities and more.

29 Sept, Are You Really Ready to Buy a Car, 9-10:30 a.m. Get the best car for a fair price.

October 2015 Programs and Workshops

1 Oct, Resumes that Work, 2-4 p.m.

5,13&20 Oct, Parenting: Love and Logic Way, 3-4 p.m.

6 Oct, Thrift Savings Plan, 10-11:30 a.m.

6 Oct, Stress Management, 3-4 p.m.

8 Oct, Anger Management, 3-4 p.m.

12 Oct, FFSC closed for Columbus Day Holiday

13 Oct, Smooth Move Workshop, 9:30-11 a.m.

15 Oct, SAPR Continuing Education, 9-11 a.m./1-3 p.m.

19-23 Oct, Transition - GPS, 7 a.m.-5 p.m.

19 Oct, Couples Communication 10:30-11:30 a.m.

19 Oct, Develop Your Spending Plan, 2-3:30 p.m.

21 Oct, How to Financially Survive the Holidays, 9:30-11 a.m.

21 Oct, Homebuyers Workshop, 6-8 p.m.

26-30 Oct, SAPR Victim Advocate Training, 8 a.m.-4 p.m.

28-29 Oct, Accessing Higher Education, 7:30 a.m.-4 p.m.

Interested in an email subscription to this monthly newsletter? Send e-mail to: paul.salesi@navy.mil



Ombudsman Appreciation September 2015

What is an Ombudsman: A volunteer, appointed by the Commanding Officer, who serves as a communication link between the commanding officer and command family members.

Requirements: The Ombudsman must be the spouse of an active duty or Reserve servicemember of the command.

Ombudsman Basic Training: Provides training and certification. Class covers communications, information and referral, deployment support, working relationship with the Command, confidentiality and more. Classes are available at your local FFSC.

How do I get Involved: If you would like to become an Ombudsman, consult first with your spouse and command. Visit your Fleet and Family Support Center for additional information. The Naval Station Newport Ombudsman Coordinator is Paul J. Salesi at 401-841-2283 or paul.salesi@navy.mil

Please take a moment to thank your command Ombudsman for their support and dedication.

School Liaison Officer Your Back to School Resource

The School Liaison Officer's (SLO) primary responsibilities are to: provide information, make referrals, educate families and advocate for children's educational needs. SLOs offer School Transition Services, Deployment Support, Special Education System Navigation, Home School Linkage, Post Secondary preparation. Please contact your NAVSTA Newport SLO, Pam Martin, at (401) 841-7126 or pamela.martin@navy.mil for assistance.

On-Line Resources

Chaplain's Corner
www.chaplaincare.navy.mil

Employment & Training
www.milspouse.org

Exceptional Family Member Program
Liaison
kristen.swenson.ctr@navy.mil

Federal Employment
www.usajobs.gov

Fleet and Family Support Programs
www.cnic.navy.mil/Newport

Military Home Front
www.militaryhomefront.dod.mil

Measuring Rhode Island Schools
www.infoworks.ride.uri.edu

Military OneSource
www.militaryonesource.com
Military Pay
www.dfas.mil

Military Spouse Information
www.milspouse.org

Naval Health Clinic, Newport
www.nhcne.med.navy.mil

Navy Housing
www.cnic.navy.mil/Newport

Navy Career Development
www.npc.navy.mil

Navy-Marine Corps Relief Society
www.nmcrcs.org

Newport Naval Complex
www.cnic.navy.mil/Newport

New York/New Jersey Metro Vehicle Processing (POV shipments)
www.wherismypov.com

Relocation Assistance
www.militaryhomefront.dod.mil
www.militaryinstallations.dod.mil

School Liaison Officer
www.discovermwr.com/navalstationnewport/slo/

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