



MEMORIAL DAY

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Family Connection is a publication of the Fleet and Family Support Program.

The Navy's Fleet and Family Support Program promotes the self-reliance and resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle.

The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

If you have questions or comments, contact the Communications Program Specialist John Levinson, john.levinson.ctr@navy.mil

Visit us online at:



Military Spouse Appreciation Day

Submitted by Dorothy "Dede" O'Rourke, CNIC N91 RAP/ERP Program Analyst

Military Spouse Appreciation Day is celebrated on the Friday before Mother's Day in May. This year it will be celebrated on May 8th.

On Military Spouse Appreciation Day, we celebrate military spouses' contributions to keeping our country safe. America's military spouses are the backbone of the families who support our service members during all phases of the military lifecycle. They are the silent heroes who are essential to the strength of the nation. They serve our country, just like their loved ones.

In celebration of Military Spouse Appreciation Day, bases worldwide will hold a variety of special events and programs to inform, honor and recognize military spouses. Events range from spouse appreciation luncheons to educational workshops and employment fairs.

Military Spouse Appreciation Day History

In 1984, President Ronald Reagan recognized the profound importance of spousal commitment to the readiness and well-being of military members with Proclamation 5184, dated April 17, 1984. Congress officially made Military Spouse Appreciation Day part of National Military Appreciation Month in 1999. Subsequently the Department of Defense standardized the date by declaring the Friday before Mother's Day every year as Military Spouse Appreciation Day to show appreciation for the sacrifices of military spouses.



"Families are the compass that guide us. They are the inspiration to reach great heights, and our comfort when we occasionally falter."

— Brad Henry,
 American Politician

A successful Sexual Assault Awareness and Prevention Month

Submitted by Julia Strange, CNIC SAPR Program Analyst

Thank you to everyone involved in organizing activities, supporting events and helping spread the word about Sexual Assault Awareness and Prevention Month (SAAPM) in April. This year's SAAPM was a resounding success, with nearly 900 events and awareness campaigns taking place across the Navy enterprise. This success would not be possible without the hard work and positive energy of our Sexual Assault Response Coordinators (SARCs) and Sexual Assault

Prevention and Response (SAPR) Victim Advocates (VAs).

Even though April is behind us, it is important to remember that the 2015 Department of Defense (DOD) SAAPM theme, "Eliminate Sexual Assault: Know Your Part. Do Your Part," is relevant year round.

For more information about the Sexual Assault Prevention and Response (SAPR) program, go to <http://www.cnic.navy.mil/SAPR>.

**ELIMINATE SEXUAL ASSAULT.
KNOW YOUR PART.
DO YOUR PART.**

Intervene
Distract
Support
Enlist Others to Help
Take Action

NAVY
SEXUAL ASSAULT PREVENTION & RESPONSE

Your local SAPR contact information:
www.safehelpline.org

CNIC
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Military Spouse Employment Program

Take 15 Minutes to Learn About the MyCAA Scholarship

The Department of Defense (DOD) Spouse Education and Career Opportunities (SECO) Program invites you to take 15 minutes to learn about funding your education and career goals. If you are military spouse eligible for a My Career Advancement Account (MyCAA), please attend one of the informational webinars during the month of May. Eligible spouses are married to a service member on Title 10 orders in pay grades E1-E5, O1-O2, or W1-W2. Find more details at <http://1.usa.gov/1ALNUci>.



JSS Dial-in Access 24/7?

1-877-JSS-NOW1
(577-6691)



Relocation Tip

Personally Procured Move (PPM) occurs when a service member chooses to pack up their own belongings instead of utilizing the moving services provided by the military.



New Spouse Orientation

New Spouse Orientation is offered as an on-demand course designed to support new Navy spouses. It provides information on benefits, support services, military culture and resources to help spouses adapt to the military lifestyle.

Employment and Transition Corner

Updated Transition GPS website for service members and families

Wondering what happens if you don't meet Career Readiness Standards (CRS)? Or what the CRS are and why they are important? Chances are the questions you have about transitioning are shared by many other service members. To provide answers, Commander, Navy Installations Command Headquarters (CNIC HQ) redesigned their website to help you and your family.

With more than 20 questions and answers tailored to service members' experience, the new [Transition GPS for Service Members](#) page makes it easy for you "to obtain a very detailed explanation of Transition GPS," according to Mike Cheshier, Military Support Section lead at CNIC. And to find documents necessary for attending the workshops, new transition-related videos, and external websites to help you find post-military opportunities, check out the [Resources for Service Members](#) page.

The site also features a [schedules page](#) where you can find the time and dates for Transition GPS workshops, Career Tracks and Capstone in your area, as well as upcoming job fairs.

"It truly is," Cheshier said, "a valuable resource for all who are involved in Transition."



Career advancement, education and scholarship opportunities for transitioning, relocating and other interested spouses

Submitted by Dorothy "Dede" O'Rourke, CNIC N91 RAP/FERP Program Analyst

On Wednesday, May 20, 2015, at noon Eastern Daylight Time (EDT), Commander, Navy Installations Command (CNIC) will offer a webinar for transitioning, relocating and other interested spouses. The webinar is entitled "Career and Education Resources for Transition Spouses." During the webinar, you will also learn about Spouse Education and Career Opportunities (SECO) scholarship programs offered for spouses, including the My Career Advancement Account Scholarship (MyCAA).

Military spouses are encouraged to attend this highly informative webinar.

Access to this webinar may be obtained by visiting the following link at the appointed date and time <http://zeiders.adobeconnect.com/r7thtydc9w/>.

For question or assistance regarding access to the virtual classroom, please contact the LMS Helpdesk at learning@zeiders.com.

Spouses of transitioning service members are also encouraged to attend Transition Goals, Plans, Success (GPS) workshops to learn about resources available for service members, veterans and spouses.



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Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule and IA Family Events — www.ia.navy.mil. Click "Resources" then "IA Services."

IA Discussion Group Schedule

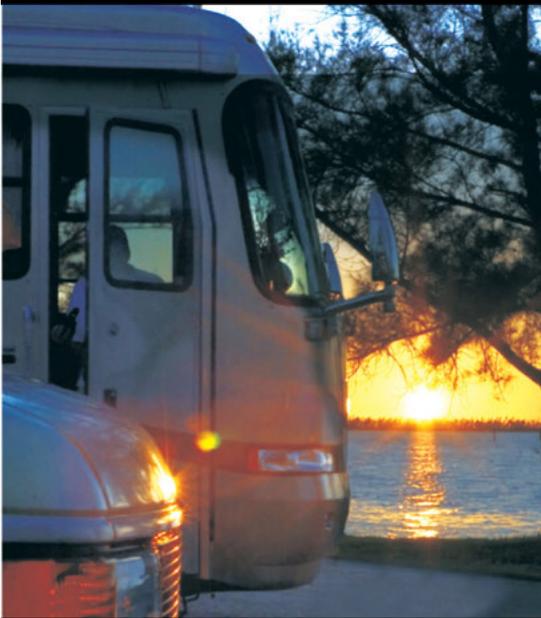
[View the Fleet-wide list of classes, support groups and events.](#)

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New Spouse Orientation

NSO

NSO is a free, on-demand training available to all Navy spouses. It is beneficial to those who are new to or are soon to be introduced to, the military lifestyle.

This self-paced course will help new Navy spouses familiarize themselves with the administrative details, customs, language, and resources that are a part of the military culture.

For additional information, visit your local Fleet and Family Support Center.

www.newspouseorientation.com

