



Transition Assistance

Are you separating or retiring soon? If so, FFSC can help you become better prepared for your transition into the civilian sector by providing the following:

- Transition Assistance Program (TAP)
- Individual Career Counseling
- Internet Job Searching
- Employment and Career Workshops

Counseling

New challenges occur all the time... things like new jobs, new babies, marital problems, or stress at work. Counseling can help! It gives you a chance to develop new problem-solving skills, so you can reduce your stress-level and focus on solutions. FFSC is staffed with fully-qualified, licensed counselors who know how to help. Call FFSC to learn more about these beneficial services:

- Individual and Marital Counseling
- Therapeutic Group Counseling
- Education Programs
- Child Counseling



Military Life Skills Education

Military life can be a challenging, yet very rewarding experience. The following FFSC Life Skills Education programs provide a variety of valuable resources that can help service members and their families successfully manage the challenges of military life:

- Parenting Programs
- Stress and Anger Management
- Family Violence Prevention Education
- New Parent Support
- Information and Referral

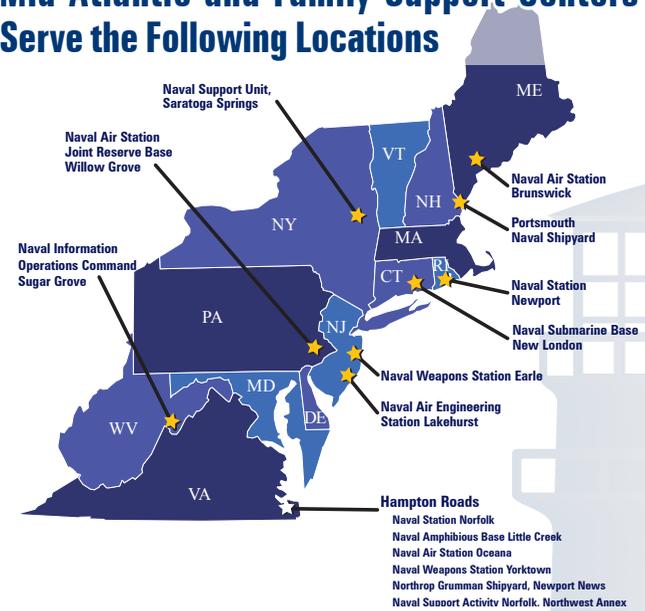
Command Support

Whether your command needs support during a crisis, training for command leadership, or an FFSC Command Representative specifically assigned to serve the needs of your command, FFSC is here to support your command by providing:

- Crisis Support
- Leadership Training
- Ombudsman Training and Support
- FFSC Command Representatives
- Career Options and Navy Skills Evaluation Program (CONSEP)
- Leadership Spouse Training
- Sexual Assault Victim Intervention (SAVI) Training and Consultation
- Exceptional Family Member Program (EFMP) POC Training
- FAP Command Leadership Training
- Trainings and Workshops at Your Command



Mid Atlantic and Family Support Centers Serve the Following Locations



Information and Referral

Save yourself time and stress. Call any FFSC location for answers to your questions, or if needed, referrals to community resources. I&R is here to help!

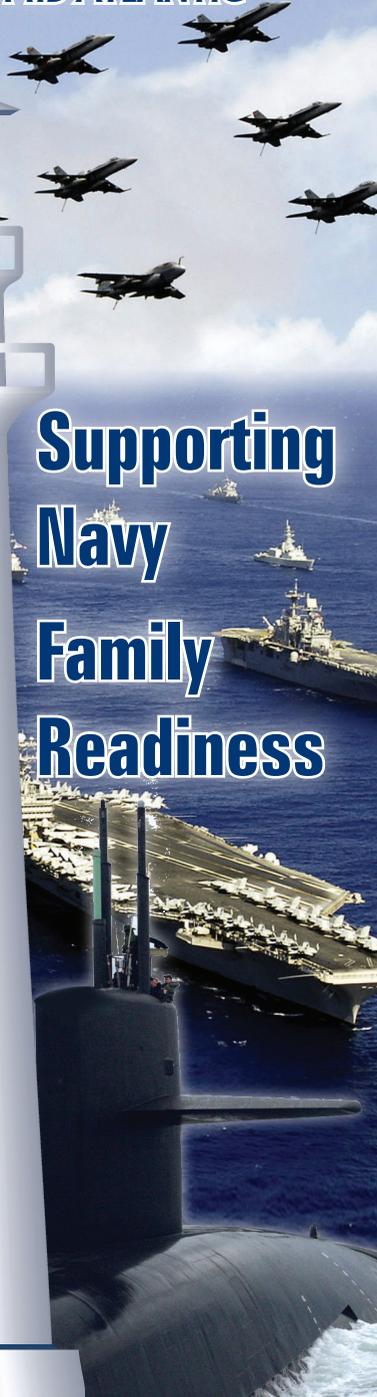
NAB Little Creek.....	(757) 462-7563
NAS Brunswick.....	(207) 921-2273
NAS Oceana/Dam Neck.....	(757) 433-2912
NAS/JRB Willow Grove.....	(215) 443-6033
NAVAIRENGSTA Lakehurst.....	(732) 323-1248
NAVSTA Newport.....	(401) 841-2283
NAVSTA Norfolk.....	(757) 444-2102
NAVWPNSTA Earle.....	(732) 866-2115
Newport News Shipyard.....	(757) 688-NAVY
NIOC Sugar Grove.....	(304) 249-6519
NSA, Norfolk Northwest Annex.....	(757) 421-8770
NSU Saratoga Springs.....	(518) 886-0200 x146
NSY Portsmouth.....	(207) 438-1835
NWS Yorktown.....	(757) 887-4606
SUBASE New London.....	(860) 694-3383

After hours, weekends, & holidays.....(757) 444-NAVY
 Toll-free.....1-800-FSC-LINE
 Visit us at www.cnmc.navy.mil/navylifema

Fleet & Family Support Centers

MID ATLANTIC

Supporting Navy Family Readiness





FLEET & FAMILY SUPPORT CENTERS MID ATLANTIC

Mid-Atlantic Family Support Centers (FFSCs)

recognize that being in the military presents unique challenges and opportunities for service members and their families.

FFSC's programs and services are designed to help you make the most of your military experience... and they are available to you at no cost.

Family Employment Readiness Program

With over 55% of today's military spouses working, FFSC's family employment assistance program is a valuable resource to help spouses and family members find employment. FFSC also offers:

- Employment and Career Workshops
- Local and National Employment Information
- Federal Employment Application Information
- Individual Career Counseling
- Resume Critiques



Family Advocacy Program

Domestic violence, spouse and child abuse and neglect, is a serious problem which may be experienced by individuals and families. The Navy's Family Advocacy Program provides the following vital services to commands and individuals:

- Prevention and Awareness Education
- Clinical Counseling Resources
- Victim Services
- Intervention and Case Management

Personal Financial Management

FFSC has a number of resources that can help you manage your money. Here's how FFSC's fully-qualified financial education specialists can help:

- Personal Financial Management Workshops
- Individual Financial Counseling
- Command Financial Specialist Training and Support



Deployment and Mobilization Support

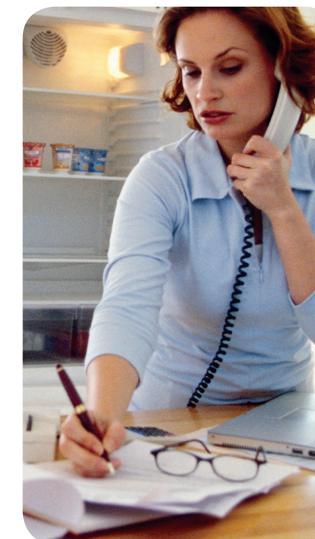
Deployments are a way of life for the sea-going services. Whether single or married, there are effective ways of dealing with this experience. FFSCs work very closely with deploying commands, their Ombudsman, and Family Readiness Groups to offer advice and assistance. In addition, FFSC also offers the following deployment and mobilization programs:

- Deployment Readiness Brief
- Singles and Couples Predeployment
- Parent-Child Predeployment
- Return and Reunion
- Reserve Mobilization/Demobilization Assistance
- Individual Augmentee/ GSA Support

Relocation Assistance Program

Whether you're arriving to or departing from your duty station, the following FFSC relocation services can help make the move easier on you and your family with:

- Relocation Workshops
- Welcome Aboard Information
- Lending Locker and Local Resources
- Individual Relocation Assistance



Ombudsman Support

An Ombudsman is a command-appointed volunteer who serves as an information link between command leadership and Navy families. Ombudsmen also provide resource referrals to command families when assistance is needed.

FFSC supports the Ombudsman program with:

- Ombudsman Basic Training
- Ombudsman Advanced Training
- Support for Ombudsmen

