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Fleet & Family Support Center  
NIOC MD,  
Ft Meade



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Monthly updates on  
FFSC classes,  
workshops & events

Information about  
Programs & Services

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resources & other  
helpful information

### Spouse Meet & Greet

*All families are invited to attend the FFSC's Meet & Greet! Join us for wonderful fellowship, yummy food, prizes, and to learn about Maryland and Fort Meade. Children are welcome!*

*Thurs, Oct 18, 1000-1100*

**Location: Potomac Place Neighborhood Center (4998 2<sup>nd</sup> Corps Blvd, Ft Meade)**

*Contact the FFSC for more information & to attend @ (301)677-9014.*

### Hispanic Heritage Month

September 15 - October 15

*The Fort Meade military community is invited to commemorate the*

**2012 Hispanic Heritage Month Observance**

*Oct. 4 11:30 a.m. to 1 p.m.  
McGill Training Center,  
8542 Zimborski Ave.*

*Oct. 11 11:00 a.m. to 1p.m.  
Base Theater,  
Llewellyn Ave.*

Admission is free and open to the public.

### Hearts Apart Awaiting Families

Bringing together Family members awaiting the return of their loved one

**"A Day at the Maryland Sunrise Farm"**  
Can you conquer the corn maze? Join us!

**Sunday  
21 October 2012  
1:00 - 3:00 pm**



The Farm is located at  
100 Dairy Lane, Gambrills, MD 21054  
(Intersection of Rt. 175 and Gambrills Rd.)

Free Admission with RSVP:  
Limited Space; First Come First Served!

**Kids Hay Maze • Hay Jump•  
Games • Stocks for n'er-do-wells**

Open to all military branches & DoD civilians  
For questions, or to register (required),  
please call (301)677 - 9017/4138/4110

### Harvest Festival 2012



Oct. 27 from 3 to 6 p.m. at  
McGill Training Center.

The event will include  
refreshments, crafts and a  
costume contest.

For more information, call  
the USO-Metro at  
410-305-0660.

# Family Advocacy Program

## Spotlight



### *Home is Not a War Zone: Bringing Peace to Relationships*

Our Navy families encounter various stressors that are unique to the military community. These challenges can either reinforce or debilitate familial relationships. A couple's communication abilities and positive interactions with one another are particularly significant to the deterrence of domestic violence occurring within the family. When communication skills are lacking in order to resolve conflicts peacefully, it places the couple in jeopardy for abuse. Having knowledge on the various support services and options available within the community can be a source of strength for the family's safety and well-being.

### *October is Domestic Violence Awareness Month (DVAM)*

The Fleet & Family Support Center (FFSC) will be showing support to bring awareness to the issue and advocating for healthy violence-free relationships in our community by participating in various activities throughout Ft. Meade. This includes showering Ft. Meade with the color purple, representing the courage, survival, honor and dedication to ending domestic violence. This conveys the powerful message that there is no place for domestic violence in our homes, neighborhoods, workplaces, or schools.

**Purple Light Nights.** Picerne Housing will be issuing purple light bulbs to the first 100 on-post participants. Lights will be displayed during the month of October.

**Purple Ribbon Campaign.** Pick up a purple ribbon this month at the FFSC, or DVAM informational tables, and tell people why you are wearing it.

**Purple Friday.** Each Friday throughout the month of October, the community is encouraged to wear purple, even as little as a purple ribbon.

**Facebook - Go Purple Online.** Change your social media profile picture to FFSC's purple ribbon icon. Don't forget to encourage your family and friends to do the same!

**HopeLine Campaign.** Collection boxes for cell phone donations will be at the FFSC and informational tables. Donated cell phones will go to Verizon Wireless to be refurbished as "Hope Lines," where victims of domestic violence will receive phone, along with 3,000 anytime minutes.

**Informational Tables.** Tables will be located in the Day Room, Five Hats Dining Facility, and outside the Counseling Office in Bldg 9804.



**"Remember Me" Ceremony.** Oct 3 (11:00am - 12:30pm) at McGill Training Center's ballroom, 8452 Zimborski Avenue. This event includes a proclamation signing ceremony, and will pay tribute to the victims and survivors of domestic violence. Featured on the "Oprah Winfrey Show," guest speaker for the event will be William Kellibrew, President/Spokesperson from the William Kellibrew Foundation. Killibrew will speak as survivor and victim of domestic violence, and will share his experiences from living in an abusive household.



**Domestic Violence in the Workplace Training.** Oct 5 (10am - 11am). McGill Training Center. Presented by the YWCA.



**Domestic Violence 101 Training.** Oct 9 (10am - 11am). McGill Training Center. Presented by the YWCA.



**Rights of Military Spouses and Related Family Law Issues.** Oct 11 (9am - 11am). McGill Training Center. Presented by FGGM Legal Assistance.



**Human Trafficking Awareness Training.** Oct 12 (10:30am - 11:30am). McGill Training Center. Presented by the FBI.



**Professional Ethics Training for Social Workers/Mental Health Professionals.** Oct 19 (9:15am - 4:30pm). Conference Center.

For more information about DVAM, please contact the FFSC Ft. Meade at (301) 677-9014.

To register for the events/trainings, please call (301) 677-4117/4124.

# October 2012

## FFSC Workshops & Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Transition Assistance Program (TAP) Workshop • 0800-1600				
	Resume Writing 0900-1200  Dollars & Sense 1300-1500	 "Remember Me" Ceremony (McGill Trng Ctr) 1100-1230	Spending Plan 1300-1500	 DV in the Workplace (McGill Trng Ctr) 1000-1100
<b>8</b>	 DV 101 (McGill Trng Ctr) 1000-1100	<b>10</b>	<b>11</b> Pre-Deployment Brief 0900-1030   Rights of Military Spouses/Family Law (McGill Trng Ctr) 0900-1100	<b>12</b>  Human Trafficking Awareness (McGill Trng Ctr) 1030-1130  Ombudsman Basic Training (Oct 12-14) 1600-2000 Fri 0900-1700 Sat & Sun
<b>15</b> Stress Management 0900-1100	<b>16</b> Federal Employment 0900-1200	<b>17</b> Spouses Employment Support Group (Potomac Place) 1130-1300	<b>18</b> Spouses Meet & Greet (Potomac Place) 1000-1100  Consumer Awareness 1300-1500	<b>19</b>  Professional Ethics (Conference Ctr) 0915-1630
<b>22</b> Anger Management 0900-1100	<b>23</b> Career Exploration 0900-1200	<b>24</b>	<b>25</b> Credit Management 1300-1500	<b>26</b> Budget for Baby 1300-1500
<b>29</b>	<b>30</b>	<b>31</b>		

### Additional Information

Reservations are necessary. Workshops/events will be cancelled if no participation.

All classes are held at the FFSC unless otherwise noted.

Classes are open to all DoD ID card holders (active duty, retirees, family members, DoD civilians & contractors)

# PROGRAMS FOR EDUCATION & TRAINING

## Career Development

**Career Exploration:** Using various assessment tools and techniques, learn about your personality preferences, values, and interests and how to use them for achieving personal and professional success.

**Federal Employment:** Learn about understanding job vacancy announcements, writing your federal and electronic resumes and KSAs (knowledge, skill, and ability statements), tracking your applications, and more.

**Resume Writing:** This workshop will provide tips on winning resume styles, the importance of cover letters and tips on following up on your resume.

## Transitional Assistance Program

**Transition Assistance Program (TAP) Workshop:** A five day career and job search workshop for separating and retiring service members seeking civilian employment. Topics include: skills assessment, resume writing, job search methods, interview techniques, review of Veteran entitlement, and much more. Register now if you are within 1 year of separation or 2 years from retirement. Classes fill up months ahead.

## Life Skills Education Programs

**Stress Management:** Stress is an unavoidable fact of life. The way we handle stress can affect our personal and professional lives. Learn more about managing stress with techniques such as goal-setting, time management, and progressive relaxation.

**Anger Management:** Anger is a normal emotion. The behavior as a result, when out of control, can lead to problems in your relationships. Improve your quality of life and learn constructive ways to manage and express your feelings.

## Financial Management Programs

**Spending Plan:** This workshop will give you tools and advice on developing your personal budget and spending plan. This will also help you achieve your short and long term financial goals.

**Consumer Awareness:** Have you ever made a purchase that you later regretted? It's a "jungle" out there, and this single-session workshop will teach you how to be a savvy consumer. Topics include avoiding purchasing pitfalls, how to exercise your consumer rights, methods for resolving consumer complaints, and ways to access consumer advocacy resources.

**Credit Management:** This single-session workshop provides valuable information on establishing a credit history, choosing and using credit and debit cards, debt-to-income ratio, consumer installment loans, credit reports, and effectively managing your credit.

**Budget for Baby:** Welcoming a new addition to your family will have a significant impact on your family budget!

## Deployment/Relocation Programs

**Spouses Meet & Greet:** All families are invited to attend. This is a chance to meet other spouses new to the area, as well as learn about services (ie., child care, and employment) available on and off post.

**Pre-Deployment Brief:** Assists Sailors and their families in understanding and coping with the demands associated with the Navy lifestyle, especially with increased frequency of deployments with the goal of improving readiness.

**Ombudsman Basic Training (OBT) Workshop:** Trained Ombudsmen are less likely to make errors in judgment that reflect poorly on the command. Basic training is required of all Ombudsmen and must be documented. This training provides the foundational information necessary for Ombudsmen to properly execute their duties required by OPNAVINST 1750.1G.

## Sexual Assault Prevention & Response Program

### Restricted Reporting Option for Dependents

Restricted Reporting of sexual assault was created as an option for Active Duty Military Members as a way to access emotional support, crisis intervention services, medical and mental health care without triggering a law enforcement investigation or command notification. Now, with the update of DoD Directive 6495.01 (Jan 23, 2012), military dependents 18 years of age and older who are eligible for treatment in the military healthcare system and are victims of sexual assault perpetrated by someone other than a spouse or intimate partner can make a Restricted Report through the SAPR Program. Consistent with Restricted Reporting for Active Duty members, only a SARC, VA, medical personnel or Chaplain can take a Restricted Report. For more information about Restricted Reporting of Sexual Assault, or about the SAPR Program, contact the Sexual Assault Response Coordinator. Liz Blanc. at 301-677-9014 or [elizabeth.blanc.ctr@navv.mil](mailto:elizabeth.blanc.ctr@navv.mil).

# Counselor's Corner

October is Depression Awareness Month. One factor that can contribute to Depression is negative thinking. You can't break out of a pessimistic mind frame by "just thinking positive." Happy thoughts or wishful thinking won't cut it. Rather, the trick is to replace negative thoughts with more balanced thoughts.

Types of negative thinking that add to depression:

**All-or-nothing thinking** - Thinking of things in absolute terms, like "always", "every" or "never" - "I *always* screw up - I *never* get anything right!"

**Overgeneralization** - Generalizing from a single negative experience, expecting it to hold true forever ("I can't do anything right.")

**The mental filter** - Ignoring positive events and focusing on the negative. Noticing the one thing that went wrong, rather than all the things that went right.

**Disqualifying the positive** - Coming up with reasons why positive events don't count ("She said she had a good time on our date, but I think she was just being nice.")

**Jumping to conclusions** - Making negative interpretations without actual evidence. You act like a mind reader ("He must think I'm pathetic.") or a fortune teller ("I'll be stuck in this dead end job forever.")

**Emotional reasoning** - Believing that the way you feel reflects reality ("I feel like such a loser. I really am no good!")

**'Shoulds' and 'should-nots'** - Holding yourself to a strict list of what you should and shouldn't do, and beating yourself up if you don't live up to your rules.

**Labeling** - Labeling yourself based on mistakes and perceived shortcomings ("I'm a failure; not; a loser.")

Ways to challenge negative thinking:

Think outside yourself. Allow yourself to be less than perfect.

Socialize with positive people.

Keep a "negative thought log."

## Clinical Counseling

FFSC offers individual, marriage, or family counseling provided by a licensed professional, free of charge. This counseling is short-term, non-medical and goal-directed. It focuses on emotional reactions and situational difficulties, such as: depression, troubled relationships, or family issues, which can result from deployments, separations, relocations, and other stresses common to the military way of life.

## Emergency Preparedness

It is important to have an emergency plan and resources. Check out [www.cnic.navy.mil](http://www.cnic.navy.mil) for helpful emergency preparedness information. Also, visit Navy Family and Accountability Assessment System (NFAAS) to keep family information updated and to use during and following a disaster. <https://navyfamily.navy.mil>.

Here are three important steps to remember when affected by a declared emergency: 1) Account, update and verify; 2) Fill out a needs assessment survey; 3) Manage recovery process.

Important websites:

Operation Prepare	<a href="http://www.cnic.navy.mil">www.cnic.navy.mil</a>
Fleet & Family Support Center	<a href="http://www.ffsp.navy.mil">www.ffsp.navy.mil</a>
American Red Cross	<a href="http://www.redcross.org">www.redcross.org</a>
Centers for Disease Control & Prevention	<a href="http://www.cdc.gov">www.cdc.gov</a>
FEMA	<a href="http://www.fema.gov/plan">www.fema.gov/plan</a>
Navy & Marine Corps Relief Society	<a href="http://www.nmcrrs.org">www.nmcrrs.org</a>
Prepare Now	<a href="http://www.preparenow.org">www.preparenow.org</a>
Ready.Gov	<a href="http://www.ready.gov">www.ready.gov</a>

## Do you know your Ombudsman?

The Ombudsman is a volunteer, appointed by the Commanding Officer, to serve as an information link between command leadership and Navy families.

NIOC OMBUDSMAN:

Ms Chari McMahan

[OmbudsmanNIOCMD@gmail.com](mailto:OmbudsmanNIOCMD@gmail.com)

301-875-7207\*\*

(\*\*Available Mon-Fri 9am-6pm)

## Volunteer Needed

The Fleet & Family Support Center is seeking a volunteer to assist in administrative duties. The position includes, but is not limited to, answering the front desk phones, copying and sorting of Center materials, and preparing for events. The position is available on Friday's from 12:00-4:00pm. Please contact the Volunteer Coordinator at (301)677-9137 for further information.