



# Annapolis

## Fleet and Family Support Center

### NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

OCTOBER 2012

## Hard Hitting Facts About

# Domestic Violence

Domestic violence is a pattern of behavior that hurts loved ones. This behavior is learned and, too often, can be deadly. In essence, this behavior is psychologically or physically hurtful, and controls a loved one's life. Another way of looking at it is that behaving the same way with a stranger would probably result in an arrest and possibly a jail term. Except the behavior is not directed at a stranger, it is directed at a loved one. Conflict exists in all relationships. Some conflicts are so emotionally charged that they result in arguments. It is when those arguments escalate to threats, assaults, and battery that common arguments enter the world of domestic violence.

### Are You In A Domestic Violence Relationship?

#### Does your spouse or partner:

- threaten you?
- bruise you?
- force you to have sex?
- stalk you?
- limit where you can go?
- control your use of money?
- tell you who your friends can be?
- embarrass you in public?
- hit you?
- pinch you?
- pull your hair?
- break things in the house?

#### Do you:

- leave bruises on your spouse or partner?
- hold your spouse or partner down?
- hit your spouse or partner?
- monitor your spouse or partner's activity?
- push or shove your spouse or partner?
- cause scenes in front of friends?
- threaten your spouse or partner?
- terrify your spouse or partner?
- pressure your spouse or partner to have sex?
- often experience rage at home?
- tear up your house?
- accidentally hurt your spouse or partner often?

### If you answered yes to one or more of these questions, you are probably involved in a Domestic Violence relationship. So, what can you do about it?

Domestic violence can be un-learned with professional assistance, and early intervention yields the best success. Domestic violence usually worsens without intervention. Domestic violence treatment isn't a career ender – but repeated domestic violence is. Without intervention, domestic violence usually results in serious injuries or divorce. If you are in a domestic violence relationship, don't wait for the 7th episode which is, on the average, the episode at which victims call for assistance. If you are hurting your spouse, don't wait until the harm is irreparable. If you are being hurt, if you are hurting someone, or if you know someone who is, and would like help, call the Annapolis Fleet and Family Support Center (410 293-2641) and ask to speak with a Family Advocacy Counselor.

You can also seek confidential information on domestic violence support services by contacting the Family Advocacy Victim Advocate at 410 293-2641, Anne Arundel County Domestic Violence Hotline (410 222-6800) or the National Domestic Violence Hotline (1-800-799-7233). If you are an employee of the Department of the Navy and you witness child or spouse abuse, Navy policy requires you to report it to the Navy Family Advocacy Program. Reports can be anonymous.

Domestic violence affects children even when they are not the target of the violence. When children witness domestic violence, they are learning how to deal with relationship conflict. Often, they are psychologically traumatized, and repeated traumas can leave deep psychological scars, affecting school behavior, relationships, and even future involvement in long term relationships. In short, when children witness violence, they are being trained to be the next generation of victims and abusers.

**October is  
Domestic Violence  
Awareness Month.**

**Help yourself,  
help others if you can.**

**It shouldn't hurt  
to be loved.**



### CONTACT FFSC ANNAPOLIS

-  410-293-2641
-  410-293-5237
-  [ffsc@usna.edu](mailto:ffsc@usna.edu)
-  [www.usna.edu/FamilyServices](http://www.usna.edu/FamilyServices)

### FEATURES

- PAGE 1: Hard Hitting Facts About Domestic Violence
- PAGE 2: October 2012 Calendar
- PAGE 3: Programs for Education & Training



# 2012 October

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**1**

**2**  
 Developing Your Spending Plan  
 1 - 3 pm  
 "Hearts Apart" - Deployment  
 Discussion Group  
 6:15 - 7:30 pm

**3**  
 Retired Activities Office  
 9 - 11 am  
 FFSC Table at NEX - Family  
 Preparedness Information  
 10 am - 1 pm  
 Latest Teen Trends For Parents  
 6 - 8 pm

**4**  
 Medical Record Review  
*Call For An Appointment*  
 8 am - 3 pm

**5**  
 Smooth Move Seminar  
 8:30 - 11:30 am

**8**

**9**

**10**  
 Retired Activities Office  
 9 - 11 am  
 Interviewing Skills  
 9 - 11:30 am  
 Parenting Teens  
 6 - 8 pm

**11**

**12**  
 1-2-3 Magic (Parenting) Workshop  
 9 - 11:30 am  
 FFSC at NEX - Domestic Violence  
 Awareness Outreach  
 10 am - 1 pm

**Transition Assistance Program (TAP) Workshop • 8 am - 4 pm**

**15**  
 How To Survive The Holidays  
 Financially  
 6 - 8 pm

**16**  
 10 Steps To A Federal Job, Part I  
 9 am - 12 pm  
 "Home Team" - Youth Deployment  
 Support Group  
 6 - 7 pm  
 "Hearts Apart" - Deployment  
 Discussion Group  
 6:15 - 7:30 pm

**17**  
 Anger Management Workshop  
 8:30 - 11:30 am  
 Retired Activities Office  
 9 - 11 am  
 Car Buying Strategies  
 2 - 4 pm  
 Love Languages For Kids 6-12  
 4:30 - 6 pm

**18**  
 Medical Record Review  
*Call For An Appointment*  
 8 am - 3 pm

**19**  
 Education Benefits Brief  
 11:45 am - 12:45 pm

**Command Indoctrination/Newcomers' Orientation • 8 am - 4 pm**  
 Wednesday: *Navy Pride & Professionalism* • Thursday & Friday: *Command Indoc*

**22**

**23**  
 10 Steps To A Federal Job, Part II  
 4:30 - 6:20 pm

**24**  
 Anger Management Workshop  
 8:30 - 11:30 am  
 Retired Activities Office  
 9 - 11 am  
 Positive Parenting For Kids 3-5  
 4:30 - 6 pm

**25**  
 Medical Record Review  
*Call For An Appointment*  
 8 am - 3 pm  
 Disability Transition Assistance  
 Program (DTAP) Brief  
 8:30 am - 1 pm  
 Resume Writing  
 9 - 11 am

**26**  
 Reduce Holiday Stress Workshop  
 8:30 - 10:30 am

**29**  
 Space - A (The BWI Way) Travel  
 12 - 1 pm

**30**

**31**  
 Anger Management Workshop  
 8:30 - 11:30 am  
 Retired Activities Office  
 9 - 11 am



# PROGRAMS FOR EDUCATION AND TRAINING



## Career Development

### Interviewing Skills

**Wednesday, 10 October, 9 - 11:30 am**

What are your greatest strengths? Greatest weaknesses? Learn how to answer these and many other common interview questions. This workshop discusses interview preparation, the stages of an interview and interview follow-up. Conquer some of the pre-interview jitters by preparing for the interview. Following the class, mock interviews are available upon request-come dressed and ready, if you choose.

### 10 Steps To A Federal Job, Part I

**Wednesday, 16 October, 9 am - 12 pm**

The process of applying for a job in the Federal Government is confusing and involves a two part process. This workshop will provide a step-by-step guide to writing your best federal resume. The second part of this process is applying on-line, which is covered in a follow-up class a week later. Sign-up for one or both.

### 10 Steps To A Federal Job, Part II

**Wednesday, 23 October, 4:30 - 6:20 pm**

Leave this class with an actual live USAJOBS account! This workshop will take place in the computer lab, where we will go through the process of setting up the account you need to apply for federal positions on-line. You will need to have a federal resume prepared that we can use to get you started. Space is limited to 4.

### Resume Writing

**Wednesday, 25 July, 9 - 11 am**

Wondering how to write your resume? Have you written a resume but it isn't getting the results you want? Our resume writing workshop will help you get started or show you how to improve the one you have written. This class will discuss targeting your resume, selecting the best format for your work experience and creating a cover letter. **DON'T PAY SOMEONE ELSE TO WRITE YOUR RESUME!**

## Transitional Assistance Programs

### Retired Activities Office

**Wednesdays, 9 - 11 am**

Assists all retired military and their family members in such areas as Survivor Benefits Plan, retired rights and benefits, widow's outreach and assistance. Office is staffed by retired military volunteers.

### Medical Record Review

**Thursday, October 4, 18, 25, 8 am - 3 pm**

**Call For An Appt**

The AMVET, a Private Non-Profit, Service Organization will be reviewing medical records for retiring or separating service members to identify medical conditions to be considered for follow-on VA services. This review will assist members in obtaining all necessary documents and other additional information prior to their separation from the service. Members should bring their original medical record. Call to schedule an Appointment.

### Transition Assistance Program (TAP) Workshop

**Tuesday-Friday, 9-12 October, 8 am - 4 pm**

A four 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, as well as a review of Veteran entitlement and much more. **Register now if you are within 1 year of separation or 2 years of retirement.** Classes fill up months ahead.

### IMPORTANT!!!

You must see your Command Career Counselor and obtain a signed

DD 2648 from your command prior to coming to TAP. **FAILURE TO DO SO MAY RESULT IN YOU BEING TURNED AWAY FROM TAP TRANSITION ASSISTANCE PROGRAM (TAP) WORKSHOP.**

### Education Benefits Brief

**Friday, 19 October, 11:45 am - 12:45 pm**

Are you planning on attending college or a technical/trade school after you leave the military? Or perhaps you want to use your benefits while on active duty to prepare for your future . . . If so then, you are invited to a special presentation on Navy Tuition Assistance, Navy School Credentialing, Navy College Fund, and other scholarship information. Explore your educational options... Find out about eligibility requirements, type of schools you may attend, and how much educational allowance you are entitled to. Guest speaker: Connie Spriggs, Navy College Representative.

### Disability Transition Assistance Program (DTAP) Brief

**Thursday, 25 October, 8:30 am - 1 pm**

If you are a military member with a service connected disability or being considered for a medical separation this workshop is for you! It will provide you with insight and a wealth of information to assist you or a family member. The Department of Veteran Affairs will provide an overview of the regulatory guidance on service connected disability. This includes Chapter 31, Title 38 Vocational Rehabilitation and employment services. In addition, we will discuss the Physical Evaluation Board Process. Join us and learn more about this medical benefit and entitlements.

## Deployment/Relocation Programs

### "Hearts Apart" - Deployment Discussion Group

**Tuesdays, 2 & 16 October, 6:15 - 7:30 pm**

Is your loved one deployed? A Deployment Discussion Group is held on the 1st and 3rd Tuesday of each month at 6:15 pm at the Fleet & Family Support Center. Child care is FREE and onsite upon advance request. Registration is required. Please call the FFSC at 410-293-2641 for more information.

### Smooth Move Seminar

**Friday, 5 October, 8:30 - 11:30 am**

Are you getting ready for a PCS move? This single session workshop is for everyone, experienced mover or not, who is on Permanent Change of Station (PCS) orders. It offers tips to help make your move as "painless" as possible! Topics will include the new [www.move.mil](http://www.move.mil) / DPS registration/move process, Personally Procured Moves (formally known as Do-It-Yourself moves), house hunting, tips from your School Liaison Officer (SLO), travel and financial planning, entitlements, family preparation, and ways to cope with relocation. Receive information on your upcoming duty station and community, and much more.

### "Home Team" - Youth Deployment Support Group

**Tuesday, 16 October, 6 - 7 pm**

For kids ages 5-18 who are experiencing a family deployment, come join the "HOME TEAM" to get involved, stay connected, have social support and to learn about the power of POSITIVE!! For school age kids who are experiencing a family deployment. Group will meet at the Youth Center on Alder Road. Call 410-293-2641 for more information and to register.

### Command Indoctrination/Newcomers' Orientation

**Wednesday-Friday, 17-19 October, 8 am - 4 pm**

**Wednesday - Navy Pride & Professionalism**

**Thursday & Friday - Command Indoc**

Command Indoctrination Programs are designed to facilitate the adaptation of Sailors and their families into their new working and living environments. This will afford Sailors and their families the greatest opportunity for a successful and productive tour of duty.



### FFSC RESOURCE ROOM

The Resource Room has everything that military family members (16 years old and up) and transitioning service members need to conduct successful job searches and relocations resources -- computers with internet access, laser printer, fax machine, copier access, reference books, informational self-help pamphlets, resource hand-outs, and more.

The Fleet & Family Support Center Job Search Resource Room is located at the Fleet and Family Support Center, 168 Bennion Road, Annapolis, MD.

**PLEASE COME & TAKE ADVANTAGE of  
The Fleet & Family Support Center Resource Room!  
We're looking forward to seeing you.**

### Space - A (The BWI Way) Travel Monday, 29 October, 12 - 1 pm

Want to learn about the Space-A Travel Program? Experts at BWI Airport will explain the program and tell active duty/dependents & retired military travelers how to make the best use of it. Attend this seminar and get the latest information for 2012. \*\*\*REGISTRATION IS REQUIRED.

## Financial Management Programs

### Developing Your Spending Plan Tuesday, 2 October, 1 - 3 pm

Do you want to get a better idea of where your money is being spent each month? What your overall net worth is? What about your debt-to-income ratio? This workshop provides information on developing successful money management skills and how to better track your personal financial information each month. Topics include understanding establishing spending plans, spending strategies and more.

### How To Survive The Holidays Financially Monday, 15 October, 6 - 8 pm

The holiday season is upon us and it's time once again to prepare for a season of celebration. But, before you open your wallet to spread that holiday cheer, remember that lack of financial planning during the holiday season can turn even the most cheerful elf into a Grinch. Setting a holiday spending budget is the key to a financially healthy season. Don't miss out on this workshop - you'll learn how to reduce financial stress. This 90 minute workshop helps participants plan for holiday spending and make the most effective use of their money. Also, this workshop can be offered at command request.

### Car Buying Strategies Wednesday, 17 October, 2 - 4 pm

Looking for a car? Don't get taken for a ride! Learn all the important do's and don'ts BEFORE you step onto the car lot in this single-session program. Topics include negotiating, trade-ins, discounts, financing, high-pressure sales tactics, and tricks to watch out for.

## Life Skills Education Programs

### FFSC Table at NEX - Family Preparedness Information Wednesday, 3 October, 10 am - 1 pm

Being prepared could save your life or the lives of others and significantly improve your quality of living in the aftermath yet few of us have taken the necessary steps to ensure that our families are prepared. Come and get information on how to prepare for emergency or disaster you may be faced with. You will learn personal and family preparedness, how to develop a family emergency plan.

### Latest Teen Trends For Parents Wednesday, 3 October, 6 - 8 pm

We will discuss some of the current teen trends such as eyeballing, scarfing, and circle lenses. We will provide resources for more information.

### Parenting Teens Wednesday, 10 Oct, 6 - 8 pm

We will discuss current teen issues. We will look at understanding the digital age our teens live in and how it impacts them. We will discuss how to effectively communicate with your teen.

### 1-2-3 Magic (Parenting) Workshop Friday, 12 October, 9 - 11:30 am

Is it hard to get your kids to do what you want them to do? Then 1-2-3 Magic is for you! A popular and simple, yet highly effective parenting program for those who have children between the ages of 2 and 12. This workshop is based on the award-winning, bestselling 1-2-3 Magic book by Thomas Phelan, Ph.D. It will provide practical and easy-to-learn parenting techniques that work for children ages 2-12.

### FFSC at NEX - Domestic Violence Awareness Outreach Friday, 12 October, 10 am - 1 pm

Fleet & Family Support Center will be at the NEX with handout and information to raise awareness, identify, prevent, and respond to domestic violence.

### Anger Management Workshop Wednesdays, 17, 24 & 31 October, 8:30 - 11:30 am

Do you find your anger racing from zero to 60 at work or at home? The Anger Management workshop is designed to help participants become more aware of anger in themselves and others; to understand how anger or the repression of anger affects us; to develop positive ways of expressing anger, techniques for dampening anger and dealing with anger in others.

### Love Languages For Kids 6-12 Wednesday, 17 October, 4:30 - 6 pm

We will discuss the different ways children feel loved and help you understand how your child feels loved. We will discuss how to discipline them based on their love language. Please complete the survey at: <http://www.5lovelanguages.com/assessments/love/>

### Positive Parenting For Kids 3-5 Wednesday, 24 October, 4:30 - 6 pm

We will watch and discuss video clips on easing bedtime battles, handling aggressive behavior, and dealing with defiance.

### Reduce Holiday Stress Workshop Friday, 26 October, 8:30 - 10:30 am

This workshop is designed to help participants understand the sources of holiday stress, and to become aware of how holiday stress can affect them. The participants will learn to identify their own personal signs and symptoms of holiday stress and to learn effective ways to reduce stress this holiday. Don't miss out on this workshop!

### ADDITIONAL INFORMATION

**All classes are held at the FFSC unless otherwise noted.**

**Workshops and seminars** are open to active duty and retired military personnel and their family members.

**General Military Training** — NAVADMIN 098/10. FFSC can assist commands by providing instructors in four of the topic areas: Suicide Awareness and Prevention (ACT), Sexual Assault Prevention, Improving Personal Financial Management and Operational Stress Control.

Call the FFSC at 410-293-2641. PRE-Registration info