



# Military and Family Support Center Naval Support Activity Bethesda

# May 2025



## The Fleet & Family Support Center

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>My Education</b> 8am-4pm <b>Married to the Military: A Support Group for Military Spouses</b> 12-1pm (VIRTUAL)	<b>2</b> <b>My Education</b> 8am-4pm
<b>5</b> <b>Building Effective Anger Management Skills (BEAMS)</b> 10am-12pm	<b>6</b> <b>Return &amp; Reunion Brief</b> 9am-12pm <b>DoD SkillBridge</b> 11am-12pm <b>EFMP Play Group</b> 12-1pm	<b>7</b> <b>Job Search &amp; Interviewing Skills</b> 9-10am <b>SAPR Victim Advocate Refresher Training</b> 9-11am <b>Stress Management</b> 2-3pm	<b>8</b> <b>Command EFMP Point of Contact (POC) Training</b> 10-11am	<b>9</b> <b>Pre-Deployment Brief</b> 9am-12pm <b>Military Spouse Appreciation Day</b> 1-230pm
<b>12</b> <b>TAP</b> 8am-4pm <b>Building Effective Anger Management Skills (BEAMS)</b> 10am-12pm	<b>13</b> <b>TAP</b> 8am-4pm <b>Moving Overseas Brief</b> 9-11am	<b>14</b> <b>TAP</b> 8am-4pm <b>Suicide Prevention</b> 10-11am <b>EFMP Sensory Story Time</b> 1030-1145am <b>Planning for Retirement</b> 11am-12pm	<b>15</b> <b>Boots to Business</b> 8-9am <b>ABC's of EFMP</b> 11am-12pm <b>Married to the Military: A Support Group for Military Spouses</b> 12-1pm (VIRTUAL)	<b>16</b> <b>Boots to Business</b> 8-9am
<b>19</b> <b>Pre-Separation Counseling</b> 9-11am	<b>20</b> <b>Organizing Your Life</b> 9-1030am <b>Smooth Move</b> 9-11am <b>DoD SkillBridge</b> 12-1pm	<b>21</b> <b>Resume Writing</b> 9-10am <b>Mid-Year Moves</b> 12-1apm	<b>22</b>	<b>23</b>
<b>26</b> 	<b>27</b>	<b>28</b> <b>Time Management</b> 1-2pm	<b>29</b> <b>EFMP Grounds for Discussion</b> 11am-12pm <b>Married to the Military: A Support Group for Military Spouses</b> 12-1pm (VIRTUAL)	<b>30</b>

For more information or to register, please contact us at **(301) 319-4087** or **[NSABMilitaryFamilySupportCenter@us.navy.mil](mailto:NSABMilitaryFamilySupportCenter@us.navy.mil)**.  
Open Monday to Friday, 7:30 am - 4:00 pm

All active-duty military, wounded warriors, NMAs, dependents, retirees, reservists,  
and DoD civilians are eligible to participate in programs.

*\*some exceptions may apply\**



### **ABC's of EFMP (VIRTUAL)**

Wondering what the Exceptional Family Member Program (EFMP) is all about? Have questions? Then this workshop is for you! NSA Bethesda's EFMP Case Liaisons will provide you with the basics of EFMP, answer your questions and leave you with a better understanding of the program.

### **Boots to Business**

Boots to Business (B2B) is an entrepreneurial education and training program offered by the U.S. Small Business Administration (SBA) as part of the Department of Defense's Transition Assistance Program. The curriculum includes steps for evaluating business concepts, the foundational knowledge required to develop a business plan and information on SBA resources available to help access start-up capital and additional technical assistance.

### **Building Effective Anger Management Skills (BEAMS)**

This interactive workshop teaches techniques for reducing and managing anger. Participation certificate awarded at completion of full 6 hours.

### **Command EFMP Point of Contact (POC) Training (VIRTUAL)**

This workshop helps command POCs run their program efficiently and ensure that the enrolled EFMP families are equipped with the correct information regarding paperwork, contacts, OPNAVINST 1754.2F requirements, and current resources available to EFMP.

### **DoD SkillBridge Program**

Discover opportunities to participate in training and development with industry and employers who are seeking the high-quality skills that you bring to the table.

### **EFMP Grounds for Discussion (VIRTUAL)**

Find community and support with other EFMP families of those with chronic illness or disability. Coffee, tea and light snack provided. \*\*Last Thursday of every other month

### **EFMP Play Group**

Wheaton Public Library. We invite families with infants and toddlers to join our upcoming playgroup, designed to foster early development through engaging activities. This group offers a wonderful opportunity for your little ones to explore, learn, and interact with peers in a supportive environment. It's also a great chance for parents to connect and share experiences with others in the community. We look forward to welcoming you and your child to this enriching experience. (EFMP and New Parent Support)

### **EFMP Sensory Story Time**

Wheaton Public Library. Experience a calm, inclusive environment with our sensory-friendly story time at the library. Come enjoy a relaxed and sensory-friendly book reading in the library with us! Engage with us at the library for a sensory-friendly experience designed for all. Come along to our sensory-friendly event at the local library and be part of something special. (New Parent Support, and EFMP)

### **Job Search Strategies and Interviewing Skills**

Interviewing is a key step in getting a job. Learn how to conduct yourself, communicate, dress, and other valuable information.

### **Married to the Military: A Support Group for Military Spouses (VIRTUAL)**

A support group for military spouses. Join the Military Family Support Center on Thursdays at noon for an hour of connection, support, networking, and resource sharing for spouses of active-duty military members. The group will gather virtually on TEAMS.

### **Mid-Year Moves (HYBRID)**

Have you received PCS orders? Your school liaison and EFMP Case Liaisons are teaming up to provide you with easy, practical tips for your relocation. You will leave this workshop with the information and tools to make your move less stressful.

### **Military Spouse Appreciation Day**

All spouses of military service members are invited to celebrate with an afternoon tea including light refreshments at the Warrior Food Court.

### **Moving Overseas Brief**

Provides service members and their families who are transferring overseas with a one-stop resource and information review.

### **My Education**

My Education guides and assists service members pursuing college education with preparation for the college application process. This course will guide you through the variety of decisions involved in choosing a program, preparing for the college admissions application process, and securing funding. The expected outcome is that participants will create a customized plan for successful transition to a higher education institution.

### **Organizing Your Life**

Focuses on de-stressing by helping achieve cleanliness and organization in the home or work environment.

### **Planning for Retirement**

Thinking about retiring? Gain key points you will want to address as you move forward toward retirement.

### **Pre-Deployment Brief**

Designed to assist the IA service member in preparing for their deployment. Presenters will focus on emotional, legal and financial preparation as well as provide resources. Service members and their adult family members are welcome to attend.

### **Pre-Separation Counseling**

Pre-Separation Counseling provides a lot of information on the many benefits, services, resources, and programs available during and after transition. This guide provides you with the basic information including hyperlinks, to start you on your journey and research programs that may be beneficial to you as you transition. Knowing about these benefits and programs is the first step in helping you make informed decisions when you transition, retire, or are released from active duty.

### **Resume Writing**

Improve the overall appearance and effectiveness of your resume! This class will give participants valuable feedback and strategies they can implement.

### **Return and Reunion Brief**

Designed to address typical issues of post-deployment such as finances, the emotional cycle of deployment, as well as reuniting and renewing relationships. Service members and their adult family members are welcome to attend.

### **SAPR Victim Advocate Refresher Training (CEUs)**

Criminalizing Sexual Harassment. A training for SAPR Victim Advocates to discuss the changes to the UCMJ and officially criminalizing Sexual Harassment. Explaining how these changes will effect the SAPR program and victim advocates moving forward. Minimum of 32 CEUs are need for recertification.

### **Smooth Move**

Provides information to relocating service members and their families with PCS orders within CONUS.

### **Stress Management**

Do you feel stressed out? This class teaches tools to help you manage stress, not let it manage you.

### **Suicide Prevention**

Identify suicide warning signs, how to respond and re-sources to support anyone who may be contemplating suicide.

### **Time Management**

Determine what's urgent, what's important, and what can safely be put on the back burner for another day.

**Transition (TAP):** This week-long seminar is designed to prepare service members for their transition to civilian life. If you are **SEPARATING** within 12 months, or **RETIRING** within 24 months, please call to register. Pre-separation briefings are held on Day 1 of the TAP class.

**Executive TAP (E-TAP):** Open only to O-4, E-8, WO-4 and above.

**Capstone:** Required for all transitioning service members within 90-120 days of separation.

### **PFM Two Cents: Financial Planning Worksheet for a PCS Move**

Need help planning for your upcoming PCS move?

For more details, go to <https://finred.usalearning.gov/assets/downloads/USAA-EF%20TC%20Handout-Financial%20Planning%20Worksheet%20for%20a%20PCS%20Move%201220E1R1.pdf>. Or reach out to your local PFM at 301-295-5081 or [Lawyer.L.Acker4.civ@us.navy.mil](mailto:Lawyer.L.Acker4.civ@us.navy.mil).