

HOURS OF OPERATION

**MON, TUES, WED & FRI
8:00 A.M. - 4:30 P.M.**

**THURS
9:00 A.M. - 4:30 P.M.**

**CONNECT WITH US
912-573-4512/4513**

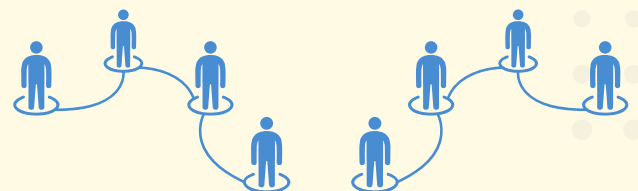


- Ways to build connections include
 - Volunteer in the local community
 - Go to school
 - Find a hobby: photography, car maintenance, painting, etc...
 - Intramural sports: Dodgeball, Ultimate Frisbee, Wallyball, etc...
 - Work out
 - Checkout the Liberty Program at the local MWR

- FFSC has great opportunities to reinforce connections, consider registering for these classes:
 - Mind Body Mental Fitness
 - Breaking Barriers to Communication & Listening to Understand
 - Bridging the Generation Gap
 - Anatomy of Stress and Conflict
 - You+Me=We: Building Healthy Relationships

Building Connections

Making healthy connections goes beyond simply avoiding feelings of loneliness and isolation. Our relationships impact all aspects of our well-being, including physical and mental health and flourishing at work. As a single Service Member, far from friends and family, you may feel cut off from your usual sources of support. Fortunately, there are plenty of opportunities to forge meaningful new connections in the military that can give a greater sense of belonging and increase self-confidence.





Credit Check Tips for Military Families

It is essential to keep your credit in good standing, but finding time to check your credit report might not be at the top of the list with holiday shopping, traveling and holiday activities. However, you do not want to end up with any surprises on your credit report.

Why should you check your credit report?

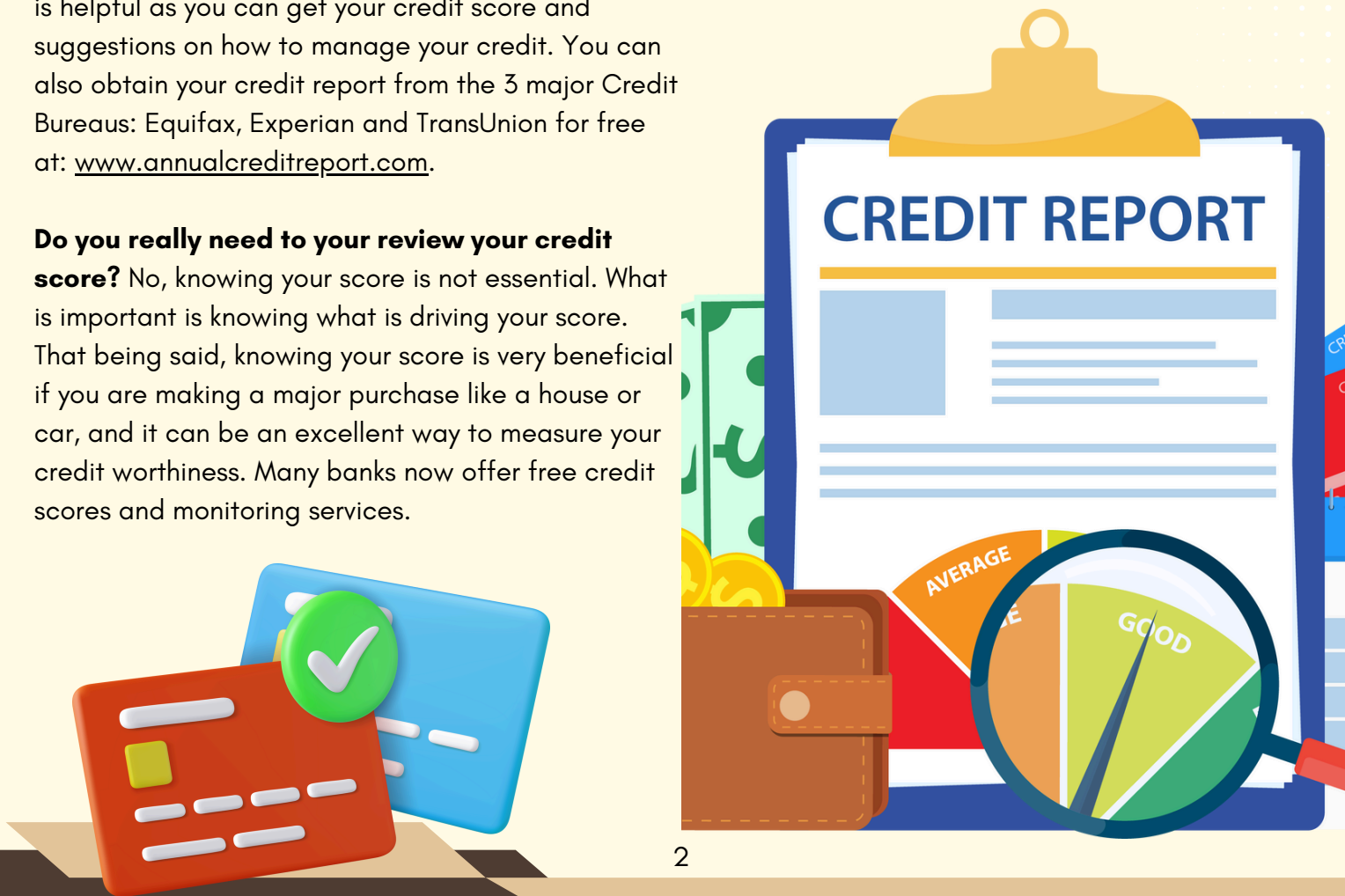
Checking your credit report regularly ensures you will notice if there is suspicious activity. You want to identify theft, fraud or other credit issues as soon as possible.

How to check your credit report? The cheapest and most comprehensive way to check your credit report is to request it through your local Personal Financial Counselor on your military installation. This is helpful as you can get your credit score and suggestions on how to manage your credit. You can also obtain your credit report from the 3 major Credit Bureaus: Equifax, Experian and TransUnion for free at: www.annualcreditreport.com.

Do you really need to review your credit score? No, knowing your score is not essential. What is important is knowing what is driving your score. That being said, knowing your score is very beneficial if you are making a major purchase like a house or car, and it can be an excellent way to measure your credit worthiness. Many banks now offer free credit scores and monitoring services.

A note on security clearance concerns. Many credit repair companies will try to convince you that any credit problems will threaten your security clearance. Not all credit report issues will revoke your security clearance, but you will need to address these issues and have them corrected so it will not cause any issues in the future. Before you pay any debt repair/management/consolidation companies, use available free resources.

Be proactive and avoid issues. As you move from place to place, it is easy to forget about old bank accounts, outstanding debts to utility companies after moving and failure to receive a refund on deposits to power and water companies by not providing a forwarding address to the U.S. Postal Service. It is essential for Military families to stay on top of their credit profiles. Updating addresses and remaining vigilant will reduce the chance of identity theft, fraud and credit compromise.



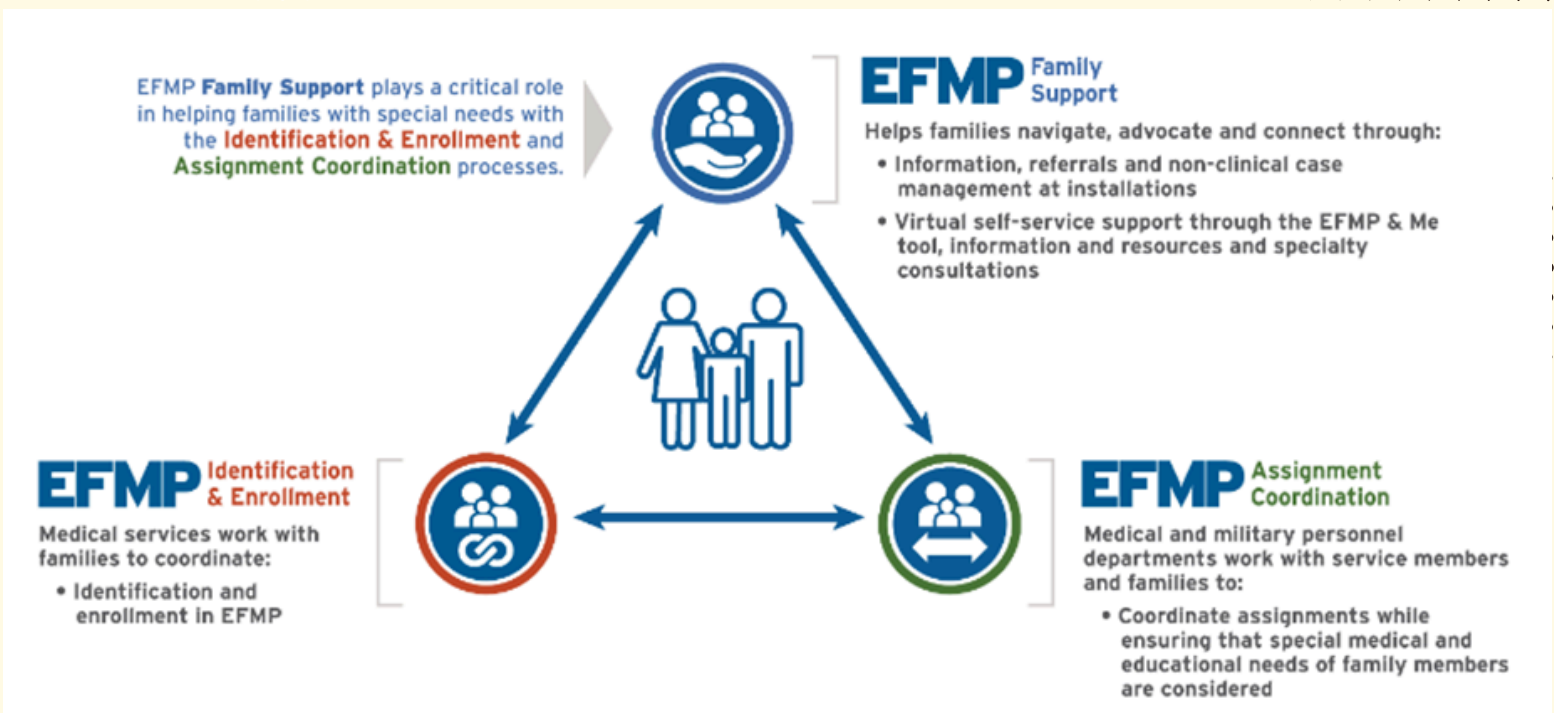
EFMP: Three Parts Working Together

The program consists of three interrelated components across the Department of Defense that work together to support military families with special medical or educational needs. These components are:

- Identification and enrollment
- Assignment coordination
- EFMP Family Support

Service branches may vary in how they implement the Program, but the Department of Defense continues to work to standardize program elements to ensure families have a more consistent EFMP experience.

The graphic below offers a visual representation of how the three components of EFMP work together.



Identification and Enrollment

Identification and enrollment are the points of entry into EFMP. When a family member is identified as having special medical or educational needs, medical services will coordinate the documentation of those needs and the Service Member's enrollment in EFMP becomes mandated. Enrollment ensures the family's needs are considered during the assignment process.



continued...



... continued EFMP: Three Parts Working Together

Assignment Coordination

With the family member's special medical or educational needs documented, EFMP assignment Staff and military personnel departments, work together to coordinate assignments to locations that have the resources to address those needs. While the military mission is the driving force in assignments, the family member's needs are considered since appropriate services may be limited in some locations.

Family Support

This is the most visible component of EFMP, with a Family Support Center on most installations. EFMP Case Liaisons help families navigate the identification, enrollment and assignment coordination processes. They provide individualized support to families and help them become their own best advocate by providing:

- Information and referrals for military and community services
- Education outreach
- Information about early intervention and local school services
- Warm handoff to the EFMP program at the next location
- Non-clinical case management





Dependent Care Flexible Spending Account (DCFSA)

November 13, 2024
5:00pm-7:00pm

Learn all you need to know about the DCFSA. How it works, enrollment, eligible and non-eligible expenses.

Call 912-573-4513 to register or scan the QR Code to register online.



United States Naval Community College (USNCC)

The United States Naval Community College was introduced to support enlisted Navy, Coastguard and Marines in achieving professional certificates and Associate Degrees that will enhance operational readiness and improve warfighting capabilities, while putting students on a path to lifelong learning. Service Members can apply credits earned from military training and prior education toward their Associate Degree. The USNCC provides a five-course Naval Studies Certificate that counts as 15 of the 60 credits required for Associate Degrees.

USNCC Offers Associate Degrees in:

Science, Technology, Engineering and Mathematics - These programs are designed to provide students with a solid foundation in their chosen field of academic study to include Cybersecurity, Computer Studies and Nuclear Engineering. They incorporate naval-relevant education, cutting-edge curriculum and subject matter expert faculty to equip students with the knowledge and skills necessary for success in the naval services and beyond.

Leadership and Social Sciences - These degrees cater to students interested in furthering their knowledge and skills in a variety of areas to include military studies, organizational leadership and naval studies. They provide students with a deep understanding of military principles, strategic decision-making, effective leadership techniques and a comprehensive foundation and understanding of naval operations and history.



Operations - USNCC covers a wide range of fields such as aviation maintenance, uncrewed systems and logistics. These programs provide students with the knowledge and skills necessary to excel in areas like aircraft maintenance and repair, the operation and management of uncrewed systems and maritime logistics; preparing them for successful careers in the dynamic operational environment of the naval services.

To learn more, visit the USNCC website: <https://www.militaryonesource.mil/benefits>

TOP 10 REASONS

to earn a Military Studies associate degree from the USNCC

- 1 It's Free**
The USNCC pays for your tuition, books, and course fees if you are active duty enlisted. And it doesn't use your TA benefits!

2 Flexible Courses
Courses are taken online and asynchronously. No mandatory meet-up times. We're also looking into competency-based education options!
- 3 Naval-Relevant Education**
These courses are based around your naval experience and help you develop your skills as an enlisted Sailor, Marine, or Coast Guardsman!

4 Stackable Certificates
You earn a certificate in Naval Studies and a certificate in Military Studies on the path to your associate degree!
- 5 Direct Pathway to Bachelor's**
The USNCC consortium agreement means your associate degree has an already-established pathway to a four-year degree program!

6 Military-Friendly Partner College
The USNCC has a contract with Arizona State University for the Military Studies associate degree!
- 7 Develop Critical Thinking Skills**
Your Military Studies associate degree will develop your critical thinking skills making you more agile, innovative, and adaptable!

8 Breadth and Depth
Your Military Studies associate degree program will use military history as case studies in the same way business schools approach their business degrees!
- 9 Improved Leadership Effectiveness**
Learn more about military theory, strategy, tactics, and explore the future of defense!

10 Investment in You
The skills and knowledge you learn from your USNCC Military Studies associate degree will stay with you for the rest of your life!

Go to WWW.USNCC.EDU for more information



Family Care Plans

Service Members must be ready to deploy throughout the world, often on short notice and be able to fully execute their military duties. Family Care Plans (FCP) are mission planning tools to establish and document care for minor children or dependent adults while the Service Member is absent and are required for the following conditions:

- Service Members with primary or shared physical custody of a minor child who is not married to the other natural or adoptive parent of the child.
- Dual military couple where one or both have primary or shared physical custody of a minor child.
- Service Members who are legally responsible for an adult family member who is incapable of providing for themselves in the absence of the Service Member.
- Certain family circumstances or other personal status changes resulting in a Service Member becoming legally and primarily responsible for the care of another person.
 - Birth, adoption or guardianship of a minor child or children.

- Loss of a spouse through death, separation or divorce, or spouse's injury or illness is of such a nature that the spouse is unable to care for minor children or adult dependents.
- Enlistment (or commissioning) in any Military Service by a spouse resulting in a dual military couple with minor children or adult dependents.
- Assumption of legal responsibility for the sole care for an elderly, disabled or chronically sick family member who is unable to care for themselves in the absence of the Service Member.
- Extended, recurring or other absence of a civilian spouse through career and job commitments or personal reasons which, in the opinion of the Commanding Officer, may affect the Service Member's ability to deploy.
- A family member who has a limited command of the local language or is unable to drive or otherwise gain access to basic life-sustaining facilities, such as food and medical care.

The above conditions apply to any Service Member who has a dependent in the Defense Enrollment Eligibility Reporting System (DEERS), even if that dependent does not live with them or the Service Member does not have custody of them.

For more information, contact your Command Family Care Plan POC.



Travel Reimbursement for PCS Moves

Starting October 1, 2024, if childcare is not available within 30 days of your Date Care Needed (DCN) at your new Permanent Duty Station (PDS), you may be eligible for reimbursement of travel costs for a designated person who will care for your children. Reimbursement is provided through a congressionally authorized pilot program through 30 September 2027.

Here is how it works:

- Reimbursement Amount: Up to \$500 for PCS between domestic locations (CONUS) and up to \$1,500 for PCS to or from overseas locations (OCONUS). You may receive one reimbursement per household.
- What is Covered: Travel costs for a childcare provider who is at least 18 years old and not your dependent.

Eligibility:

- You or your spouse serve in the Department of Air Force, Army, Coast Guard, Marine Corps, Navy or Space Force.
- You have PCS orders authorizing a move with a dependent.
- Your child(ren) have not yet entered school.
- You have requested full-day childcare at a military-operated center.
- Childcare is not available at the military-operated center until 30 days or more after the date you need care.

How to Apply:

Request Child Care

Create a household account in Military Childcare (MCC) then search for and request full-day care at a military operated center at your new PDS. When requesting care, use your arrival date as your date care needed. MCC uses this date to calculate your estimated wait time.

Obtain Your Travel Memo

If the wait time exceeds 30 days past your reporting date (the date you need care), a link on your MCC dashboard will appear. Access the travel memo link on your MCC dashboard to send a copy of it to all email addresses in your household profile that are set to receive notifications.

Present the travel memo to your Travel Office

The Travel Office will use this to determine eligibility for reimbursement. MCC does not issue reimbursement and only provides the memo to assist with documenting eligibility requirements.

You can request the travel memo for about three months before and after the date you needed care. Once you accept an offer, the travel memo will be available for about two months. If your DCN or PDS changes, update your request in MCC to generate a new memo with the updated details. Once you have requested a travel memo, you can always access a copy of it from your My Notifications tab.


Note: If you move to a location or installation where there is not a military operated child development center, travel cost reimbursement is not authorized. In these situations, MCC will not issue a memo. For more information go to www.militarychildcare.com.



Naval Submarine Base Kings Bay Counseling Resources

Seeking help early and often prevents needing a higher level of care and impact to career. Most Sailors don't seek help because they want to fix things themselves, they worry about impact to their careers or security clearance or they fear gossip and embarrassment.

Taking care of your mental health takes courage and it's a sign of strength!



Military OneSource

Counseling for family, financial, stress, and coping skills with no referral needed and no health record documentation.

Contact Mil OneSource:
800-342-9647 or live chat on www.militaryonesource.mil



Command CHAPLAINS

Chaplains provide more than spiritual counseling – talking to your Chaplain is 100% confidential, with no reporting requirements and no health record documentation.

POC for Sub Commands: 912-573-3960
POC for Shore Commands: 912-573-4501
POC for MCSFBn: 912-464-0645



Fleet and Family SUPPORT CENTER

Offers individual and couples life skills counseling, with no referral needed and no health record documentation.


Contact your FFSC:
912-573-4222
Virtual Clinical Counseling
1-855-205-6749



MILITARY & FAMILY LIFE COUNSELING

MFLC provides non-medical counseling with flexible locations, no referral needed, no health record documentation, and minimal reporting requirements.

Contact your MFLC:
MFLC Regional Supervisor
Marchell Coleman
912-661-7271



Independent Duty Corpsman/ General Medical Officer

IDCs and GMOs can place referrals to embedded mental health, MTFs, and network providers for serious conditions. They provide medical management for most mental health concerns and can communicate with CO and other providers.



EMBEDDED MENTAL HEALTH

EMH can evaluate and treat mental health conditions with therapy and medication. EMH is authorized to determine fit for duty and to communicate diagnosis and plans with other providers and CO.


Contact your EMH:
POC for Sub Commands: 912-573-6664
POC for Shore Commands: 912-573-4524



MILITARY TREATMENT FACILITIES

Provide inpatient psychiatry and emergency room services, group treatment, and comprehensive care; authorized to make military duty determinations and to communicate with other providers and CO.

Schedule an appointment:
904-546-6351



EMERGENCY ROOM

ERs are for life-threatening conditions; ie. the patient is a danger to self or others or has become gravely disabled.

911

OTHER RESOURCES

Shore Side Embedded Mental Health has SARP-Substance Abuse Rehabilitation Program. You may also utilize Doctorondemand.com and telemetrynd.com for therapy options. Both are virtual options for Service Members but they must report to Chain of Command if Sub/Nuc/PRP and using this option.



Download the Navy's
MENTAL HEALTH PLAYBOOK

FFSC Virtual Clinical Counseling **CONNECT to GET CARE**

The Fleet and Family Support Center (FFSC) now provides in-person and virtual clinical counseling! Sailors and families can access virtual clinical counseling from the privacy of their own homes. Virtual clinical counseling is a nonmedical, clinical, short-term solution-focused service. It is available to individuals, couples and families.

Virtual clinical counseling helps with:

- Separation
- Grief
- Deployment
- Relocation
- Relationship issues
- Parent-child interactions
- Other challenges related to military and family life

To schedule an appointment, call 1-855-205-6749. If calling outside of regular business hours, leave a message. Your call will be returned within one business day.

www.ffsp.navy.mil



Military Family Appreciation Month



Thank You for your selfless service



RELOCATION

PCS with DPS
Every Tuesday @ 9:30am
Thursday @ 3:00pm

CONUS Smooth Move
5 NOV 5:00pm-7:00pm

DEPLOYMENT

Kings Bay Express (Base Tour)
10 NOV 10:00am-12:00pm

EFMP

EFMP POC Training
6 NOV 10:00am-11:00am

EFMP POC Forum
6 NOV 11:00am-12:00pm

EFMP 101
6 NOV 1:00pm-2:00pm

COB Quals
2nd and 4th Tuesday of the Month
11:00am-12:00pm

SAPR/FAP/SAIL/IPPW
Commander's Tool Kit
1st Tuesday of each Month
1:00pm-3:00pm

TRANSITION/EMPLOYMENT

Separation TAP
4-8 NOV 7:00am-4:30pm

Boots to Business
7-8 NOV 9:00am-4:30pm

First Impression Interviews
12 NOV 10:00am-11:30am

Retirement TAP
18-22 NOV 7:00am-4:30pm

Federal Employment 101
20 NOV 5:00pm-8:00pm

My Education
21-22 NOV 9:00am-4:30pm

COUNSELING & ADVOCACY

Anger Management Intensive
Every Tuesday @ 1:00pm

STOP
Every Wednesday @ 1:00pm

Parenting Class
Every Monday
9:00am-11:30am

What About the Kids?
Every 4th Wednesday of the month
9:00am-11:00am

**REGISTRATION FOR
CLASSES IS REQUIRED.**

PERSONAL FINANCIAL MANAGEMENT

Dependent Care FSA
13 NOV 5:00pm-7:00pm

Free-Money
Continuation Pay and More
26 NOV 2:00pm-4:00pm

CFS Forum
25 NOV 1:00pm-2:00pm

SAPR

4 Hour SAPR AUVA Training
20 NOV 8:30am-12:30pm

OMBUDSMAN/FRG

Ombudsman Basic Training
15 NOV 5:00pm-9:00pm
16-17 NOV 9:00am-4:00pm

Ombudsman Assembly
18 NOV 5:30pm

