

FFSC Monterey Newsletter



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October 2025

Domestic Violence Awareness

Karlette Anderson
FAP Victim Advocate
831-656-7774

Domestic Violence Awareness is recognized in October, the Navy Community is actively involved in domestic violence awareness through various initiatives and resources.

The goal of the Navy's Family Advocacy Program is to prevent and respond to domestic violence and child abuse through public awareness, education, and family support programs. Look for our awareness events on our calendar and ask us about what you can do to bring awareness to Domestic Violence at your command.

SAPR Corner

Lonnie Brock
NSAM Sexual Assault Response Coordinator
831-760-0020

The SAPR program provides high-quality services and support to victims and survivors of sexual assault that strengthen their resilience and instill confidence and trust in the reporting process, whether they file a restricted or unrestricted report.

To speak to a Victim Advocate, call our 24/7 confidential hotline at 831-760-2329.

To become a SAPR Unit Victim Advocate, contact your command Admin UVA or NSAM SARC.



TALK TO US

Front Desk: (831) 656-3060
GMT: (831) 656-7628
ffscmonterey@nps.edu

Safe Sleep

Taylor Alexander
New Parent Support Home Visitor
831-656-1092

Sudden Infant Death Syndrome (SIDS) is a heartbreaking reality for many families, but awareness and education can make a significant difference. Some may not know that baby safe sleep practices are crucial in reducing the risk of SIDS, especially during the first six months of life when babies are most vulnerable. The American Academy of Pediatrics (AAP) recommends the following safe sleep guidelines:

- Always place babies on their backs to sleep.
- Use a firm, flat sleep surface covered by a fit-ted sheet.
- Keep soft bedding and toys out of the crib.
- Share a room, but not a bed, with your baby for at least the first six months.
- Avoid overheating and head covering during sleep.

By following these guidelines, parents and caregivers can create a safer sleep environment for their infants, significantly reducing the risk of SIDS. For more information and resources, visit AAP's website.



NSAM OPSEC Education & Awareness

Unit Mission: What Not to Discuss

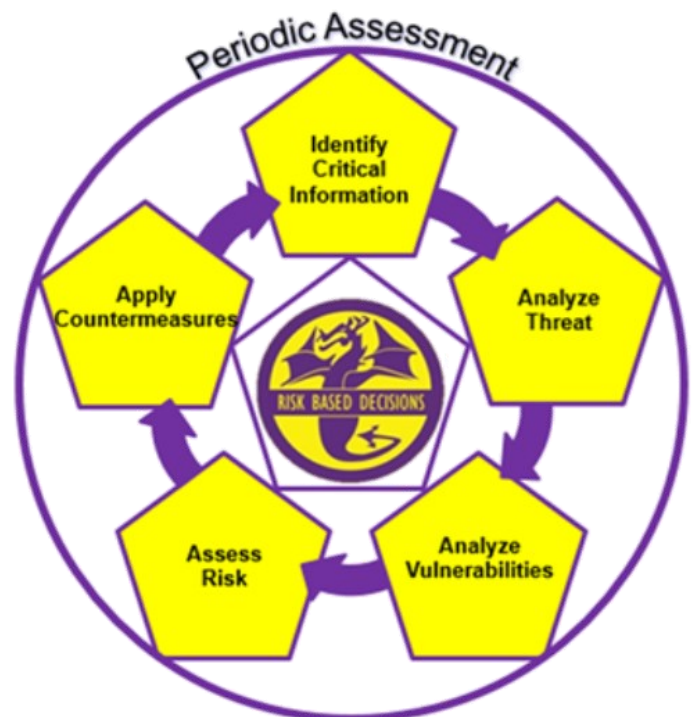
- Don't share specific information about the mission of assigned units
- Don't share specific dates and locations of deployments
- Don't list your service member's specific job on the internet
- Don't share your service member's exact location overseas
- Don't share anything about unit morale or equipment
- Don't share anything about deployment schedules or itineraries
- Don't share exact dates your service member is scheduled to return from deployment.

Why Operations Security (OPSEC) for the Family

Adversaries see military family members as soft targets and an easy source of useful information. Family members, whether they know it or not, know a significant amount of sensitive military information. Family members who recognize and understand "what to protect," "how to protect it," and "why it requires protection" become engaged and proactive in safeguarding military critical information and indicators.

OPSEC and Kids

Military families must take extra steps to ensure their child understands OPSEC. Kids have feelings of anger, sadness, and worry when their loved ones deploy. Kids want to express their heartache over another deployment or excitement of a parent's homecoming. While it might seem harmless, there could be consequences for sharing information. Sit down with your children and emphasize the importance of not sharing deployment details via social media or in public where potential criminals can overhear and use the data to target your family.



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Event	Description	Date & Time	Location
Office Closures	The FFSC Office will be closed.	Mon, Oct 13	1280 Leahy Road, Monterey, CA 93940
Tear-Free Dinner Workshop	Don't let tears get you down at dinnertime. This interactive workshop has got you covered, from mealtime roles and responsibilities to tips and tricks for getting your little ones, not only interested in dinner but the cooking process too. Let's bring back the joy of family dinners.	Wed, Oct 1 9:00 AM - 10:00 AM	Virtual Workshop Register at: MyNavyFamily.com
Proclamation Signing Ceremony: Official Designation of Domestic Violence Awareness Month	Marks the official designation of Domestic Violence Awareness Month, a collaborative effort between NSA Monterey and Presidio of Monterey. Personnel are invited to recognize this important cause and stand in solidarity with survivors and advocates.	Wed, Oct 1 10:00 AM - 10:30 AM	NSA Monterey Command Cottage 271 Stone Road, Monterey, CA 93943.
Tiny Tot Troop	Calling all explorers! Bring your little adventurers for a joyful playtime experience with other military families. Let's build early childhood friendships and discover together! For children 0-4 years old.	Wed, Oct 1 Wed, Oct 15 10:00 AM - 11:00 AM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Monterey County Bookmobile	Monterey County Library and Pacific Grove Library's Bookmobile is available for book pickup and dropoff.	Wednesdays 12:30 PM - 3:30 PM	In front of FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Managing My Education Course	The Educational 2-day Track helps service members and military families explore higher education and professional development options, including GI Bill benefits and connections with colleges and universities. This program supports academic and career growth, whether you're pursuing undergraduate, graduate, or certification programs.	Wed, Oct 1 - Thu, Oct 2 8:00 AM - 5:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Mindfulness and Me	Join us for this interactive class where parents and children (18 months-4 years) learn age-appropriate mindfulness techniques.	Thu, Oct 2 Thu, Oct 16 9:30 AM - 10:15 AM	La Mesa Community Center 1200 Fechteler Drive, Monterey, CA 93940
Festive Finances Workshop	Talking about money shouldn't be scary! Join us to plan for the added expenses of special events and develop strategies to avoid overspending and debt.	Thu, Oct 2 10:00 AM - 11:30 AM	FFSC Conference Room 1280 Leahy Road, Monterey, CA 93940

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Office Closures	The FFSC Office will be closed.	Mon, Oct 13	1280 Leahy Road, Monterey, CA 93940
5 Love Languages 101	Everyone expresses and receives love in 5 different ways, these ways are called love languages. They comprise of quality time, words of affirmation, gifts, acts of service, and physical touch. Gain an understanding of the basic principles of each of the 5 Love Languages. Based on the concepts of the book "5 Love Languages" by Gary Chapman and Paul White.	Thu, Oct 2 2:00 PM - 3:00 PM	Virtual Workshop Register at: MyNavyFamily.com
Spouse Resource Fair	Welcome to Monterey! Join us at our spouse resource fair for an interactive introduction to Monterey. Network with other spouses and providers.	Fri, Oct 3 10:00 AM - 12:00 AM	La Mesa Community Center 1200 Fechteler Drive, Monterey, CA 93940
Infant Massage Class	Learn the benefits of infant massage, from supporting healthy development and improving sleep to strengthening bonding between parent and baby. Perfect for promoting relaxation, confidence, and connection.	Sat, Oct 4 Sat, Oct 11 11:00 AM - 12:15 PM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Self-Care: Parent Edition Workshop	Managing parenting can be hard and self-care as a parent can be even harder to manage. Let us help you take some of the guesswork out of taking care of yourself so you can take care of (quite literally) everything else. Find a self-care tactic that can work for you with our 5-10- and 20-minute strategies.	Tue, Oct 7 11:00 AM - 12:00 PM	Virtual Workshop Register at: MyNavyFamily.com
Babygarten	For our tiniest tots aged 0-18 months. Enjoy a structured playtime with engaging activities designed to nurture early development and create lasting memories. Save the dates and connect with fellow families in your community. Don't miss out on the fun!	Wed, Oct 8 Wed, Oct 22 10:00 AM - 11:00 AM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Power Up Your Resume for Remote Jobs	Before you apply for your next remote role, it is important to tailor your resume to suit the needs of a remote position. This webinar, we will guide you through actionable tips and tricks for creating a resume specifically for remote jobs.	Wed, Oct 8 10:00 AM - 11:00 AM	Virtual Workshop Register at: MyNavyFamily.com

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Office Closures	The FFSC Office will be closed.	Mon, Oct 13	1280 Leahy Road, Monterey, CA 93940
Mind Body Mental Fitness Stress Resili- ency	Join us for Module 1 of 6 in the Mind, Body, Mental Fitness series. Learn about stress resilience, the energy management curve, and domains of resilience in this 90-minute workshop. Join us either in person or online via teams.	Wed, Oct 8 1:00 PM - 3:00 PM	<u>In-Person</u> 336 B Leahy Road, Monterey, CA 93940 <u>Virtual Teams Meeting</u> ID:227 102 680 012 Passcode: oV37vo9p
Music and Movement	Join us for Music & Movement, an interactive class where parents and toddlers (ages 18 months – 4 years) explore the joy of music, rhythm, and movement together. It's the perfect way to bond, play, and learn side by side	Thu, Oct 9 Thu, Oct 23 9:30 AM - 10:15 AM	La Mesa Community Center 1200 Fechteler Drive, Monterey, CA 93940
Command Financial Specialist Forum	Command Financial Specialist ONLY! Learn about new updates and join in a financial management issues support discussion in accordance with current DoD and Navy policy requirements.	Thu, Oct 9 10:00 AM - 11:00 AM	Virtual Teams Meeting ID: 252 602 875 704 4 Passcode: V7qQ37S2
Couples Communica- tion Workshop	Master the skills of understanding non-verbal cues, constructive criticism, and active listening. Explore differences that affect communication as a couple, as well as how you can deepen your relationship.	Thu, Oct 9 2:00 PM - 3:00 PM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Organize Your Life Workshop	Do you ever feel like life is getting the better of you? Then this class is for you. This 60-minute workshop covers organization topics and concepts that will help you "Organize your life."	Tue, Oct 14 9:00 AM - 10:00 AM	Virtual Workshop Register at: MyNavyFamily.com
Sponsor Orientation	This training equips Navy personnel with the skills and knowledge to serve effectively as sponsors. Key topics include the responsibilities and duties of a sponsor, best practices for offering support, understanding military-specific needs, and strategies for ensuring a smooth transition for newcomers.	Wed, Oct 15 8:30 AM - 10:30 AM	<u>Virtual Teams Meeting</u> ID:278 061 293 439 1 Passcode: yn3Ju2np
Anger Management Workshop	This class illustrates the differences between anger, assertiveness, stress, and aggression. You will learn how to evaluate and understand your anger, develop skills to manage anger and learn to self-regulate in stressful situations.	Wed, Oct 15 11:00 AM - 12:00 PM	FFSC Conference Room 1280 Leahy Road, Monterey, CA 93940

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Event	Description	Date & Time	Location
Mind Body Mental Fitness: Mindfulness and Meditation	Join us for Module 2 of 6 in the Mind, Body, Mental Fitness Series. In this module you will learn about the attitudes of mindfulness and intentionality, the benefits of mindfulness and how to get in "The Zone." Join us either in person or online via teams.	Wed, Oct 15 1:00 PM - 2:00 PM	In-Person 1280 Leahy Road, Monterey, CA 93940 Virtual Teams Meeting ID:257 794 295 073 Passcode: Lt3SV6sZ
Effective Resume Writing	Attending this will help you gain a better understanding of the several types of resumes, when to use them, what information to include and how to market them effectively	Thu, Oct 16 10:00 AM - 11:30 AM	FFSC Conference Room 1280 Leahy Road, Monterey, CA 93940
Get Organized For Emergencies	Natural Disasters can be scary, not knowing what to do during a natural disaster can be even scarier! Let us help you get organized for Emergencies, by planning and gathering supplies now before disaster strikes.	Thu, Oct 16 2:00 PM - 11:30 AM	Virtual Workshop Register at: MyNavyFamily.com
Bubbles and Babes	Join us for bubbles and fun with your little one. Geared for children 0-5 years old.	Fri, Oct 17 12:30 PM - 1:30 PM	FFSC Backyard Annex 1281 Leahy Road, Monterey, CA 93940
Motivating by Appreciation Workshop	Based on the book "5 Languages of Appreciation in the Workplace" by Gary Chapman and Paul White, this 60-minute workshop will walk you through the fundamentals of using appreciation as a motivator in the workplace. Made for command leaders and peers alike, appreciation can be felt from the bottom up or the top down.	Tue, Oct 21 11:00 AM - 12:00 PM	Virtual Workshop Register at: MyNavyFamily.com
Mind Body Mental Fitness: Living Core Values	Join us for Module 3 of 6 in the Mind, Body, Mental Fitness workshop series. In this module we'll discuss the differences between goals and values, how to identify personal and organizational values, and assess how values change over time. Take this 90-minute course either in-person or online via teams.	Tue Oct 21 1:00 PM - 2:00 PM	In-Person 336 B Leahy Road, Monterey, CA 93940 Virtual Teams Meeting ID:239 090 759 812 Passcode: fN7yj3Lb

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Event	Description	Date & Time	Location
Smooth Move Workshop	Smooth Move helps service members and their families prepare for an overseas PCS by covering entitlements, benefits, GTCC guidelines, and tips for managing the move.	Wed, Oct 22 10:00 AM - 11:00 AM	Virtual Teams Meeting ID:285 755 140 461 4 Passcode: Pe6bi9gQ
Money Matters Huddle: Dollar Defense	Join a huddle which focuses on protecting your finances and making informed financial decisions. Bring your questions and gain practical strategies to maintain strong financial health.	Wed, Oct 22 10:00 AM - 11:00 AM	NPS Herman Hall: Peacock Room
Military Marriage 101: Building Stronger Bonds and Financial Security	Unlock a thriving military marriage! This course helps couples navigate military life's challenges, strengthen relationships, and secure financial futures. With insights and practical advice, you'll improve communication, finances, and military benefits to build a lasting foundation of love and security.	Thu, Oct 23 10:00 AM - 11:00 AM	Virtual Workshop Register at: MyNavyFamily.com
Superheroes Against Silence Run	Awareness 3K for Domestic Violence Awareness, join us in standing up against silence. Dress like your favorite superhero.	Fri, Oct 24 3:30 PM - 4:30 PM Same Day Registration: 2:30 PM	FFSC 1280 Leahy Road, Monterey, CA 93940
Stress Management Workshop	Learn about stress and stress management techniques in this virtual workshop.	Tue, Oct 28 9:00 AM - 10:00 AM	FFSC Classroom 336 B Leahy Road, Monterey, CA 93940
Sensory Day	Join us for Sensory Day! Embrace exploring through the senses with sensory play activities for kids.	Wed, Oct 29 12:30 PM - 2:30 PM	FFSC Annex 1281 Leahy Road, Monterey, CA 93940
Exploring Though the Senses	Sensory play stimulates a child's senses and promotes exploration, learning and development. Join us for the 60-minute class to learn how to support and implement sensory play into your child's play routine.	Thu, Oct 30 9:00 AM - 10:00 AM	Virtual Workshop Register at: MyNavyFamily.com
Mind Body Mental Fitness: Flexibility	Join us for Module 4 of 6 in the Mind, Body, Mental Fitness series. This module will focus on Flexibility and explore topics such as interactions, differences and connections between emotions, thoughts, and behaviors. Attend in-person or virtually via teams.	Thu, Oct 30 1:00 PM - 3:00 PM	In-Person 336 B Leahy Road, Monterey, CA 93940 Virtual Teams Meeting ID:243 785 444 437 Passcode: nN9rf3pz

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For immediate safety planning,
resources and referral services regarding
domestic violence or **child abuse**

please call our **24/7**
Family Advocacy Program
Victim Advocate (FAP VA) at

831-744-2800



Monterey.NavyLifeSW.com



AT FALL FEST... **SUPERHEROES**

**AGAINST SILENCE
3K RUN**

FRIDAY, OCTOBER 24

At event registration: 2:30 PM - 3:30 PM

Run Kick-Off: 3:30 PM | FREE

Fleet and Family Support Center (1280 Leahy Rd.)

Join the Fleet and Family Support Center & MWR Fitness for this heroic costume run.

Not only will you be running a 3K, but you'll be supporting the fight against domestic violence.

Call (831) 656-3118 with any questions!

Date and times subject to change



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