



KNOW US, BEFORE YOU NEED US!



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**



Military personnel are going to transfer to new duty stations and these moves can be intimidating until you get the right resources on your team.

Each PCS move will be different. The MyNavyHR PCS Guide can help answer your questions and minimize the stress of moving by providing you with the resources you need.

Download the PCS Guide now and set yourself up for success!



Transitioning with an Exceptional Family Member

As a Service Member preparing for separation or retirement, you may be concerned with how to ensure continued care for your Exceptional Family Member. Being proactive can ensure a smooth transition. These tips will guide you through this process:

- Collaborate with Your EFMP Case Liaison: Before transitioning, work with your EFMP liaison to discuss and plan for your family's specific needs.
- Review IEP/504 Plans: Begin preparing for your final transition by reviewing your child's educational plans. Military OneSource offers checklists and resources tailored to your child's needs.
- Explore Community Resources: Research local tutoring options and special needs advocacy organizations to support your child's educational and personal journey.
- Connect with Parent Training Centers: Locate your state's Parent Training and Information Center for additional resources and support.
- College Transition: Reach out to the Office of Disability Services on campus for accommodations and start working with your young adult by teaching them how to self-advocate.
- Adult Dependency: Consult with military legal services to acquire secondary dependency, guardianship or power of attorney.
- Healthcare Coverage: Understand your civilian healthcare options, including co-pays and budget for additional medical expenses.
- Financial Planning: Investigate Medicaid, Social Security and ABLE (Achieving a Better Life Experience) accounts or special needs trusts for additional financial support.
- Build a Support Network: Surround yourself with a network of professionals, friends and family to stand beside you.

With preparation and the appropriate resources, you can ensure your exceptional family member receives the care and support they deserve.

Scan here for specialized resources through EFMP and Me



Considering a Home Purchase? Think before you buy...

With the amount of moving military members do, is the purchase of a home in your best interest? Did you know that selling a home shortly after purchasing may have a negative financial impact? If you buy a home and rent it, are you prepared to become a landlord? Some additional things to consider:

- What is your current credit score? A low credit rating could mean higher interest rates. An interest rate of 1% higher on a \$300,000.00 home could increase your payment by an estimate of \$250.00 per month.
- Financing Options. The VA home loan offers a substantial benefit to eligible Service Members, Veterans and surviving spouses.
- Calculate the expenses of homeownership, like repairs and maintenance. If your new home is larger than your current living space, you may also need to budget for increased utilities and furnishing costs.
- While your mortgage payment is locked in, your Basic Allowance for Housing (BAH) will change. What is the dollar-to-dollar relationship between your mortgage and your BAH? A mortgage that is higher than your BAH should be thoroughly evaluated.





6 Financial Tips for the 6th Month of the Year



1. Make a grocery list. You are less likely to overspend if you have a meal plan.
2. Try a no-spend day. Challenge yourself to spend absolutely no money for 24 hours. Take note of difficulties or temptations.
3. Boost your debt pay day. Make an extra payment toward your highest-interest debt.
4. Stay on alert for scams. Review the latest scams to avoid being a victim.
5. Automate transfers to savings. Set up an automatic transfer right after your paycheck arrives, no amount is too small.
6. Identify money leaks. Find three recurring subscriptions or services you rarely use and cancel at least one of them today.



Did your New Years' resolutions include starting a new career or improving the prospects for the career you have? Well, Spring is here... how are you doing on them?

The Employment Assistance Program (EAP) experts can assist with writing an effective resume, developing a career exploration plan and/or create meaningful engagement opportunities with the thousands of companies and professionals FFSC has associations with. Assistance is also available for educational opportunities including information on Tuition Assistance, the Montgomery and Post 9/11 GI Bills and My Career Advancement Account (MYCAA) funds for military spouses.

Military Spouses! Is continuing your education a goal you have set for yourself?

Set up an account with My Career Advancement Account Scholarship Program and...

Finish your degree

Complete continuing education courses

Test out for professional licenses

my Career Advancement Account
Apply. Advance. Achieve.



June is Men's Health Month: A Focus on Prevention and Proactive Care

As we step into June, it's time to spotlight an important but often overlooked issue: men's health. This month marks Men's Health Month, an annual observance dedicated to raising awareness about the unique health concerns facing men. From heart disease to mental health struggles, men's health issues are critical, yet many men are hesitant to seek care or take preventive steps. With a focus on prevention and early intervention, June is the perfect opportunity to encourage men to prioritize their health.

The Importance of Prevention

Preventive healthcare is the cornerstone of men's health. Regular checkups, screenings and a healthy lifestyle can help prevent many common diseases and conditions that disproportionately affect men. Despite advances in healthcare, statistics show that men tend to visit the doctor less frequently than women, leading to delayed diagnoses and increased risk of severe health problems. In fact, men are more likely to develop chronic conditions such as heart disease, diabetes and high blood pressure, but many of these conditions can be managed or even prevented with early intervention.

Moving Forward: A Call to Action

This month, let's shift the conversation toward prevention. By encouraging men to schedule regular health checkups, adopt healthier lifestyles and be more open about their mental and physical well-being; we can improve health outcomes for men everywhere. Prevention isn't just about reducing risk – it's about ensuring men lead longer, healthier and more fulfilling lives. Whether it's scheduling that overdue doctor's appointment or taking a brisk walk each morning, every small step counts. Men's Health Month serves as a reminder that it's never too late to make positive changes. Together, we can create a culture that values proactive care, supports mental well-being and promotes long-term health. Here's to a healthier future!

Preparing Your Teen for Deployment

Patience, communication and extra care can go a long way in helping a teenager deal with a parent's deployment. Knowing how to respond to the feelings associated with separation can make the transition between a parent being home and being away much easier to handle. Here are a few suggestions to stay connected during deployment.

- Have a family discussion. Talk about how deployment may impact the family and how it affects each family member. Discuss changes to their routine and responsibilities and about how you will be able to communicate during deployment.
- Plan alone time with your teenager before you deploy. Have them plan a special activity or just spend time relaxing together before you go.
- Swap keepsakes. Consider swapping keepsakes such as pictures, notes, recordings or other special mementos. This is a great way to stay connected.
- Encourage teens to share feelings. Let teens know that you want to hear their concerns. Know, too, that teens may not want to share their feelings. It's OK if they need space.
- Develop a relationship with your teenager's school counselors, teachers and coaches. Tell them about your deployment and ask them to watch for signs that your teen may be struggling.
- Remind teens that they are not alone. Talking with others can help them feel less alone. Encourage them to participate in military youth programs.
- Suggest ways for teens to deal with stress. Recommend journaling, writing stories, creating artwork, exercising or listening to music to help them manage stress.
- Make a list of resources available. Keep a list of hotline numbers and ways to connect with a counselor.

Kings Bay Law Enforcement & First Responder Job Fair



To those who
would like to
Protect and
Serve.



June 4, 2025
10:00am-2:00pm



Kings Bay Triplex
950 USS James Madison Road
Kings Bay, GA 31547



For more information or a list of
employers, please contact:
Fleet and Family Support Center
912-573-0989/9800/4513
shawn.t.lewis.2.naf@us.navy.mil
robert.c.ehrhart2.naf@us.navy.mil



Know Us, Before You Need Us!

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!

Naval Submarine Base Kings Bay Counseling Resources



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 telemynd.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



RELOCATION

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

PPM Closeouts
Thursdays 2:00pm-3:00pm

CONUS Smooth Move
24 JUN 2:00pm-4:00pm

OCONUS Smooth Move
25 JUN 5:00pm-7:00pm

LIFE SKILLS

Stress Management 101
11 JUN 9:00am-10:30am

3R's Relax, Recalibrate, Re-Energize
@Fitness Center
18 JUN 9:00am-10:30am

REGISTRATION FOR

CLASSES IS REQUIRED.

COMMAND LEADERSHIP

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

Law Enforcement & First Responders
Job Fair (TRIPLEX)
4 JUN 10:00am-2:00pm

Creating Resumés That Sell You
9 JUN 5:00pm-6:30pm

Military Spouse Bootcamp
11 JUN 5:00pm-8:00pm

Separation TAP
2-6 JUN 7:00am-4:30pm

Career & Credential Exploration (C2E)
5-6 JUN 9:00am-4:30pm

Retirement TAP
23-27 JUN 7:00am-4:30pm

TAP Too!
25 JUN 9:00am-12:00pm

MY Education
26-27 JUN 9:00am-4:30pm

COUNSELING & ADVOCACY

Anger Management Intensive
Every Tuesday @ 1:00pm

STOP
Every Wednesday @ 1:00pm

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

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

PERSONAL FINANCIAL MANAGEMENT

CFS Refresher Training
11 JUN 9:00am-4:00pm

PFM Leadership
11 JUN 1:00pm-2:00pm

SAPR

40-Hour Initial Victim Advocate Training
(@Navy College Room 133)
9-13 JUN 8:00am-4:30pm

Administrative Unit Victim
Advocate Training
18 JUN 8:30am-12:30pm

DEPLOYMENT

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

EFMP

EFMP Connections
24 JUN 10:00am-11:30am

OMBUDSMAN/FRG

Ombudsman Assembly
(TRIPLEX)
23 JUN 5:30pm

