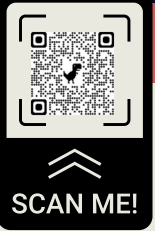




KNOW US, BEFORE YOU NEED US!



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**

Navy Life? There's an App for That!

The MyNavy Family App combines authoritative information from a wide range of websites into a single convenient place for Navy families with updated resources and links.

The app offers a wide variety of topics including Education, Family Readiness, Parent Support, Legal and Networking Resources. Key Features include:

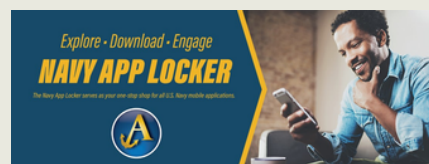
Military Installation Search: Find needed information for every military installation around the world including contact information, base map, programs and services, plus an overview of their mission.

MyNavy Career Center: Get help and information from this 24/7 resource with an in-app ability to call or send an email to a Customer Service Representative.

Emergency Contacts: Access websites and phone numbers for immediate support from a wide range of organizations including the National Suicide Prevention Lifeline, Sexual Assault Crisis Support, the National Domestic Violence Hotline and others.

Content Sharing: Share information by using other mobile device applications, such as email, SMS text and iMessage. You can also provide feedback about app content and use.

Scan the QR code to download the MyNavy Family app and learn about other Navy apps available to you.



Telehealth for Military Families

Frequent moves and limited transportation can make it hard for military families to get consistent medical care. Telehealth offers a convenient solution by allowing virtual visits with trusted providers regardless of your location.

What's Covered?

TRICARE covers telehealth for:

- Speech, Occupational & Physical Therapy
- Mental Health Services
- ABA Caregiver Training (Note: Direct ABA therapy for children is not available via Telehealth)

Who's Eligible?

TRICARE Prime and Select enrollees, including Active Duty Service Members, their families and retirees (excludes TRICARE For Life).

Are there Costs and Coverage Limitations?

Copays, authorizations and referrals may be required. Check with your TRICARE Advisor for details and coverage specifications. Referrals for in person care can be used for Telehealth services so long as the provider meets the requirements set by TRICARE.

Scan the QR code below to determine if Telehealth is right for you.



EFMP Exceptional Family Member Program



Holiday Seasons are Approaching

Now is the time to start thinking, preparing and budgeting for the holiday season.

The holidays can be awesome, but sticker shock can put a damper on your emotions when the bills start to arrive. Try these tips to ease your holiday stress:

- Set a holiday financial plan and stick to it. Include travel expenses such as airline tickets, gas and lodging.
- Speak with your family members and friends before the shopping season begins. Discuss plans for gifts and travel.
- Time is Money! Giving your time can save money and improve family relationships. Creative coupons for babysitting, dog walking, your homemade lasagna, a movie at home or a coffee date are just a few low-cost gift ideas for kids and teens.
- Connect virtually using your smartphones and video applications. This is an great way for Service Members to stay in touch with loved ones when travel is not an option.

Make it a holiday season to remember; plan ahead to avoid post-holiday \$\$\$ anxiety.



Back-to-School Season: Prevention and Preparedness for a Successful Year

As the new school year approaches, it's crucial to focus on prevention strategies that support the health, safety and academic success of our students. Back-to-school season brings unique challenges for students, parents and educators, making it essential to prioritize vaccinations, hygiene practices and safe routines to ensuring a smooth transition.

Health and safety remain paramount. Parents should verify that vaccinations and immunizations are up to date and schedule necessary physical exams. Emphasizing good hygiene such as regular handwashing, covering coughs & sneezes and staying home when ill, helps prevent the spread of germs. Proper backpack use is important to avoid injury. Backpacks should only carry essential items and weigh no more than 15% of the student's body weight. Additionally, reviewing bus and pedestrian safety rules and discussing stranger danger, including the use of safety code words for pickups, reinforces protective behaviors.

Academic success starts with structure and healthy habits. Reestablishing consistent school night routines promotes adequate sleep, while encouraging balanced nutrition and limiting sugary drinks supports overall wellness. Setting limits on recreational screen time, particularly before bedtime, improves focus and rest. Creating a dedicated, distraction-free study area helps students stay organized and maintaining open communication with teachers allows early intervention for any academic concerns. Addressing bullying with empathy and clear consequences fosters a positive learning environment.



Finally, parents and guardians should prepare students for medical care access away from home and reinforce the importance of not sharing personal items like hats, hair accessories or eating utensils to prevent the spread of lice or illness. Equally important is recognizing the mental health needs of students and providing support to manage any anxiety or stress related to returning to school. With these prevention measures in place, students can look forward to a safe, healthy and successful academic year.

Get Job Fair Ready!!

Are you looking for new career opportunity? Whether you are a Transitioning Service Member, Military Spouse or Veteran, preparing for in-person or virtual job fairs is a key component to achieving your goals. What research have you done? How does your experience line up with the job?

Regardless of if you attend an in-person or virtual job fair, preparation is the key to success. This workshop will focus on research strategies to align your skills, experience and training with an organization, the process of targeting your resume to specific company and position and the development of an effective introductory speech to garner a potential employer's interest. So, get ready, get confident and get hired.



Spouse Career Success

As a military spouse you may have faced major career or education decision when your active duty spouse received a new set of orders. This could also be true when they retire or separate from the military.

When this happens, the Department of Labor has an extensive on-line program developed specifically to meet this challenge.

The Transition Employment Assistance for Military Spouses (TEAMS) program is here to help!

For more information and how to register, VISIT:
<https://www.dol.gov/agencies/vets/programs/ta-p/teams-workshops>



LOCATION, LOCATION, LOCATION

Conducting a PCS move can be stressful. You do not always have an address at your gaining duty station when you request your Household Good (HHG) or Personally Procured Move (PPM).

No worries.

Having your new address is not required when you create your move. You only need the city and ZIP code of your new installation.

If you have not obtained a new address when your household goods arrive at your destination they can be put into temporary storage for up to 90 days. You can even get an extension for another 90 days if needed.

When you do get an address, you simply arrange to have them delivered to you from temporary storage.



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 Military 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



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



FLEET AND FAMILY SUPPORT CENTER

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

Contact your FFSC:
912-573-4512



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



VIRTUAL COUNSELING RESOURCES

Offers you fast access to personalized support in the privacy of your own home.

FFSC Virtual Clinical Counseling
1-855-205-6749
Telemynd
1-866-991-2103 option #1
Talkspace
www.talkspace.com/usnavy
Doctor On Demand
www.doctorondemand.com



SUBSTANCE ABUSE REHABILITATION PROGRAM

For screening, evaluation, education and treatment services.

912-573-4524



EXCEPTIONAL FAMILY RESOURCE FAIR

Make connections and educate yourself on disability services and resources available in your community.

This FREE event is your opportunity to ask questions and get the answers you need.

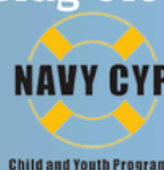
SATURDAY
6 SEPTEMBER
10:00AM-1:00PM



- ✓ Variety of Exhibitors with Valuable Resources
- ✓ Naval Submarine Base Kings Bay Youth Center, Bldg 0166
- ✓ For more information, Call 912-573-4513



EFMP Exceptional Family Member Program





TRI-BASE CAREER EXPO

NS Mayport, NSB Kings Bay, NAS Jacksonville

LITTLE ONES DREAM BIG,
SO SHOULD YOU!
YOUR NEXT CAREER AWAITS.

Date: September 3, 2025
Time: 9:00 AM to 2:00 PM
University of North Florida -
Adam W. Herbert University Center
12000 Alumni Dr. Jacksonville, FL
32224 - 2620

**FOR MORE INFORMATION AND A LIST
OF EMPLOYERS, PLEASE CONTACT:**
(904) 270 - 6600 X 1722/1308

**OVER 100 COMPANIES
WILL BE IN
ATTENDANCE!**

ELIGIBLE JOB SEEKERS

- Active Duty Military
- Separating, Retiring, or Retired Service Members
- Military Spouses and Dependents
- National Guard and Reservists

REMEMBER TO

- Set aside time to connect with leading agencies and educational institutions
- Dress in professional attire
- Carry multiple copies of your resume
- Have your Military ID, Military Affiliated ID, Veteran ID, or DD-214 on hand



Contact us for more information
(904) 270- 6600 x 1700/1701
Hours of Operation:
M-TH: 0730 - 1600 F: 0730 - 1500



JOB FAIR PREP WORKSHOP



Get Ready, Get Confident & Get Hired

**This workshop is for you...
Transitioning Service Members
& Military Spouses**

Wednesdays

**August 6, 2025
11:00am-1:00pm**

**August 13, 2025
5:00pm-7:00pm**

**August 20, 2025
5:00pm-7:00pm**

WHAT YOU'LL LEARN

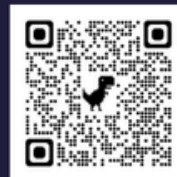
**Employer Research
Elevator Pitch Practice
Dress for Success Tips
Networking Tips
Interview Readiness**

WHAT TO BRING

Your Enthusiasm and Questions

**This is your moment.
Let's make it count!**

**For more information
or to register,
scan the QR code or
call 912-573-4513.**





18
September

11:00am-2:00pm



Parents Day Event

at the CRAB

Come celebrate with FFSC!
There will be food, games and prizes for parents and children.

Limited space available. Register by September 15th. For more
information or to register,
contact 912-573-4893.

Special thanks to Navy Housing and Commissary

RELOCATION

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

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

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

OCONUS Smooth Move
7 AUG 11:00am-1:00pm

Don't Get Lost in Translation
20 AUG 10:00am-12:00pm

LIFE SKILLS

Mind Body Mental Fitness
6, 20, 27 AUG 1:00pm-4:00pm

Communication Path to Healthy
Relationships
13 AUG 4:00pm-6:00pm

**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

Separation TAP
28 JUL-1 AUG 7:00am-4:30pm

Boots to Business
31 JUL-1 AUG 9:00am-4:30pm

Managing Your Education for Spouses
5-6 AUG 5:00pm-7:00pm

Job Fair Prep Workshop
6 AUG 11:00am-1:00pm
13 AUG 5:00pm-7:00pm
20 AUG 5:00pm-7:00pm

LinkedIn: What Will They See?
18 AUG 10:00am-11:30am

Separation TAP
25-29 AUG 7:00am-4:30pm

MY Education
28-29 AUG 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

SAPR

Administrative Uniformed
Victim Advocate Training
20 AUG 8:30am-12:30pm

PERSONAL FINANCIAL MANAGEMENT

Exploring Digital (CRYPTO) Assets
7 AUG 2:00pm-3:30pm

Understanding Your LES
13 AUG 5:00pm-7:00pm

EFMP

EFMP POC Training
13 AUG 1:00pm-2:00pm

IPPW

Suicide Prevention Forum
21 AUG 9:00am-11:00am

DEPLOYMENT

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

Pre-Deployment 101
14 AUG 5:00pm-6:30pm

OMBUDSMAN/FRG

Ombudsman Basic Training
8 AUG 4:00pm-9:00pm
9-10 AUG 9:00am-4:00pm

Ombudsman Assembly
(TRIPLEX)
25 AUG 5:30pm

