



**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**



**TEAMS**  
Transition Employment Assistance for Military Spouses

The process of transitioning from military to civilian life is just as stressful for military spouses as it is for Service Members. Spouses, too, are faced with significant obstacles to their careers and education.

The US Department of Labor has an answer for these challenges!

**Transition Employment Assistance for Military Spouses and Caregivers  
(TEAMS)**

Instructor-led virtual workshops designed specifically for transitioning military spouses!

<https://www.dol.gov/agencies/vets/programs/tap/teams-workshops>



# Transitioning with an Exceptional Family Member

Every child develops at their own pace, but experts agree the first three years of life are crucial for learning and growth. The Exceptional Family Member Program (EFMP) partners with community and military agencies to help families access Early Intervention Services (EIS) for infants and toddlers who may experience developmental delays.

Often referred to as Part C under the Individuals with Disabilities Education Act (IDEA), early intervention services support children in key developmental areas, including physical skills (like crawling and walking), cognitive skills (thinking and problem-solving), communication, self-help abilities (eating and dressing), and social-emotional growth.

EFMP Case Liaisons assist families in navigating local early intervention programs and resources, which may include speech therapy, physical therapy, occupational therapy, and other specialized services. These supports are available from birth to age three and are typically provided in home or community settings.

Families can identify potential developmental delays by reviewing milestone checklists or using tools like the CDC's Milestone Tracker App and EFMP & Me. Early evaluation is encouraged and can be requested without a doctor's referral. If eligible, an individualized family service plan will be developed to guide your child's progress.

Whether stationed CONUS or OCONUS, EFMP is a vital resource to help you find and access the early intervention support your child needs during these formative years.

Early Intervention Services  
Fact Sheet:



**EFMP** Exceptional Family Member Program

# Disaster Preparedness

Disaster affects hundreds of thousands of people every year. It may happen at your local Navy installation. It may happen in your neighborhood. It may happen to you.

Are you and your family prepared?

Whether you're part of the general Navy community, the Navy's emergency management team or a potential partner in disaster response and recovery, you have a role in planning for emergencies: Preparedness is your duty.

Emergency Situations can happen at any time with little to no warning. Explore Ready Navy (<https://www.ready.navy.mil/>) to find information and tools to help you and your family prepare.

## Navy Family Accountability and Assessment System (NFAAS)

Navy Family Accountability and Assessment System (<https://navyfamily.navy.mil/>) standardizes the process for the Navy to account for, manage and monitor the recovery process of Service Members and their families affected by, or scattered due to, a wide-spread event. NFAAS provides valuable information to all levels of the Navy chain of command, allowing commanders to make strategic decisions which facilitate a return to stability. NFAAS also allows families to assess their needs in different categories including, medical, missing family locator, transportation, housing, financial and more.

### Ready.gov Checklist



### NFAAS



## Choose to Celebrate Safely to Prevent Unintended Consequences

As we celebrate our Independence and the freedoms we enjoy in this great nation, we also have the freedom to make choices ... both good and bad.

Most of us look forward to the long Fourth of July weekend as time to spend with family and friends, but, unfortunately, this holiday weekend has become one of the deadliest in the United States. From drinking and driving and fatigue to heat stress and water-related activities, mishaps spike during this timeframe. 73% of fireworks injuries throughout the year occur, during the weeks before and after July 4.

Many of these tragedies come down to poor decision-making.

Have a plan to return home safely. Don't drink and drive, get plenty of rest before hitting the road and always wear your seat belt. Take precautions while soaking up the sun to include staying well hydrated. Wear lifejackets while boating or enjoying other water-related activities and take extra precautions if handling fireworks.

This July, exercise your freedom to have fun with the people who enrich your life and embrace the blessings of our country; but also use that freedom to make responsible choices that protect your fellow Service Members, friends and loved ones from harm. With careful risk management, we can lessen unintended consequences while fully enjoying the celebrations.



## Get Ready for a Job Fair!!

Here in Southeast Georgia and Northeast Florida Job Fairs are a regular occurrence. Employers in our region, and nation-wide, have a lot of respect for the work ethic, skills and talent that transitioning Service Members and military spouses bring to the table.

Are you ready to take advantage of these opportunities?

Let us help you prepare by teaching you how to navigate a Job Fair, assist you in building a "Killer" resumé and "Dressing For Success"!

Contact us to learn more about our classes or to schedule a one-on-one opportunity.



## Summer Saving Tips for Teens

Summer is here and it's the perfect opportunity for many teens to earn extra cash. Whether bagging groceries, babysitting or working retail, a summer job can be a great way to build up your bank account. Here are some tips to help make the most of summer earnings.

**Set Clear Financial Goals:** What do you want to achieve with your earnings? Do you need to save for college? Do you want to buy a car? Clear goals motivate you to save.

**Create a Budget:** Include all the money you plan to earn and everything you need to spend on, like savings, transportation, entertainment and food.

**Open a Savings Account:** Savings accounts are a safe place to keep your money. Having your money in a savings account also makes it less tempting to spend than if it were in your wallet.

**Track Your Spending:** Keep track of where your money goes. Learning your spending habits can be an eye-opening experience and may change how you spend your hard-won earnings.

**Avoid Impulse Purchases:** It is easy to splurge on things you don't need. Wait a day before making a purchase and then ask yourself: "Do I really need this?"

### Learn About Investing:

While saving is important, investing can help your money grow faster over time. Learn the basics of investing with beginner-friendly investment apps like Acorns or Robinhood.

Saving money and developing wise spending habits will set you up for a successful financial future. Remember, it's not just about how much you earn but also about how much you save.

**Happy saving!**



## Received PCS Orders and Not Sure What Type of Move To Set Up? There Are Multiple Options Available.

### CONUS PCS

1) Your first option is the Standard Household Goods (HHG) move. Movers will show up at your home, box and pack your household goods, load them on a truck and deliver them to your new duty station. If you do not have a residence at your new location, they can put them into Temporary Storage for up to 90 days.

2) Want to put a little money back in your pocket? Then the Personally Procured Move (PPM) is the choice for you. With a PPM you act as your own shipping agent and you will be paid 100% of what the government would have paid a mover to transport your household goods.

3) Split move. This is recommended for almost every military family. Even if you want to have the military move your belongings, chances are you will still be putting some of your most precious or needed items in your vehicle with you. Get paid for every pound you personally move.

### OCONUS PCS

1) The HHG move is applicable to overseas PCS orders as well. In addition, you have several other options including:

a. Non-Temporary Storage (NTS). Let the government store the items, at no cost to you that you do not want to take overseas with you. They will deliver them to you upon your return stateside.

b. Un-Accompanied Baggage (UB). When PCSing overseas, you will be afforded the option to create an expedited shipment (up to 600lbs) of vital items that should arrive before your HHG shipment.

c. HHG move for spouses who will not accompany you on your overseas duty assignment. The government will pay to move your family elsewhere within the U.S. while you are away.



# 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!**



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



## 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

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](http://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](http://Doctorondemand.com) and [telemynd.com](http://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](http://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  
9 JUL 2:00pm-4:00pm

## LIFE SKILLS

Spouse 101  
11 JUL 10:00am-12:00pm

## EFMP

Navigating EFMP 101  
10 JUL 6:00pm-7:00pm

## 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

First Impression Interviews  
9 JUL 10:00am-11:30am

TAP Too: Transition Seminar  
22 JUL 5:00pm-8:00pm

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

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

## DEPLOYMENT

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

Inside Out:  
Emotional Cycles of Deployment  
23 JUL 9:30am-11:00am

## 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

Expectant Family Workshop  
17 JUL 1:00pm-4:00pm

## PERSONAL FINANCIAL MANAGEMENT

Million Dollar Service Member  
1 JUL-2 JUL 9:00am-4:00pm

CFS Forum  
10 JUL 1:00pm-2:00pm

CFS Basic Training  
14-18 JUL 8:00am-4:30pm

Debt Destroyer  
23 JUL 5:00pm-7:00pm

## SAPR

Forms Review/Refresher Training  
30 JUL 8:00am-9:30am

## OMBUDSMAN/FRG

Ombudsman Assembly  
(TRIPLEX)  
28 JUL 5:30pm

