



MAPPING OUT SUPPORT AND SUCCESS

FFSC NAS MERIDIAN

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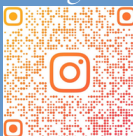
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April Highlights: Advocacy, Education, and Support

April is an active month for Fleet and Family Support Center teams across the Navy featuring Month of the Military Child, Sexual Assault Prevention, Financial Wellness, and Child Abuse Awareness annually. Here at NAS Meridian, our program managers presented activities and events emphasizing the importance of each campaign with the intent to further educate, inform, and support Service Members and their families. In this edition, we are sharing some of the highlights of our connections and engagements across the installation.



✉ cnicsemrdrnffsc@us.navy.mil

📍 405 Rosenbaum Avenue

☎ 601-679-2360



Monday-Thursday: 0800-1630

Friday: 0700-1530



Computer/Resource Lab

The Resource Room has everything that military family members (16 years old and older) and transitioning service members need to conduct successful job searches and relocations resources—WiFi, computers, printer, copier, and helpful reference materials.

A Pinch of This

SPA Program:

FFSC is developing a 24-hour response Suicide Prevention Advocate program that will provide non-judgmental support to Service Members who are experiencing emotional struggles or in distress. We are creating a team of non-clinical advocates that will be trained in ASSIST, crisis intervention, and psychological first aid. It is important to encourage help-seeking behavior and linking to professional support. Volunteers assist those they will be supporting by providing sensitive care and active listening to explore options for seeking help and safety. If you are an active duty Service Member interested in joining this support team, please contact Kimberly Garrett, FFSC Director, at kimberly.b.garrett2.civ@us.navy.mil.

FFSC WORDSEARCH

family, finance, sarc, helpline, counseling, fleet, navy, skills

C	O	U	N	S	E	L	I	N	G	P
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Director's Corner:

Welcome to the first edition of **The Flight Plan**! Fleet and Family Support Center of NAS Meridian proudly offers Sailors, Marines, and their families' comprehensive programs and resources to help achieve self-sufficiency, maintain economic well-being, and adjust to different circumstances and events in their lives. We provide leadership, advocacy, planning, and delivery of services in partnership with multiple local organizations. We are committed to serving NAS Meridian with compassion, professionalism, and excellence. We are dedicated to providing high-quality services that meet the unique needs of everyone we serve. It is exciting to see the positive impacts our team makes in people's lives, the opportunity to shape the strategic direction of the organization, and the ability to collaborate with passionate individuals who are committed to social service. Personally, I believe we have a solid foundation that enables us to exceed the minimum standards and truly address individual needs. Our team is eager to share some of the remarkable new initiatives we have underway. Thank you in advance for your support of FFSC. Please remember that your engagement with our newsletter and social media platforms is important to us and allows us to stay connected.

Sincerely, Kimberly Garrett



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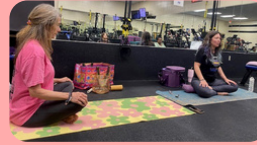
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Bite Sized Briefs

On April 4th & 18th, Fleet and Family celebrated Month of the Military Child with heartfelt tributes to our amazing Military Kids. On April 4th, staff wore their favorite football jerseys to recognize the strength and spirit of military children. On April 18th, in partnership with the CDC, they wore camo to honor their resilience and sacrifices. These events highlighted the ongoing commitment to support and empower military families. #monthofthemilitarychild #camo #militarykidsscore



As part of the Sexual Assault Awareness and Prevention Campaign, students and staff were invited to take part in a few powerful events. Chalk the Walk, where messages of support, empowerment, and hope were shared along the sidewalks, and Mindful Movement Yoga, offering a space for healing, reflection, and connection through guided practice. Both events aimed to raise awareness and support survivors.



Fleet and Family marked Child Abuse Awareness with a series of impactful events. Staff wore blue to show solidarity, hosted a rock painting activity to promote messages of hope, and partnered with Wesley House for the Pinwheel for Prevention campaign. These efforts emphasized the importance of protecting and supporting every child. #childabuseawareness



Fleet and Family celebrated Financial Wellness Month by encouraging our community to take charge of their finances through financial pledges and a variety of education classes. Join us as we continue to promote healthy financial habits and empower individuals to achieve their financial goals! Whether you're just starting your financial journey or looking to sharpen your skills, there's a resource for everyone. #financialwellness

Fleet and Family kicked off the month of April with Blue Day for Autism Awareness! at FFSC, we are committed to assisting military families with special medical/educational need through the Exceptional Family Member Program. This program provides guidance, resources, and support tailored to ensure military families have access to the care and accommodations needed. #goblue #autismawareness



In April, Fleet and Family proudly honored the strength and resilience of military children through two special events. On April 15th, the team celebrated Purple Up Day by wearing purple to show appreciation for the sacrifices and courage of military kids who face unique challenges with grace and adaptability. Then on April 25th, Fleet and Family hosted its first-ever Purple Lemonade Information & Referral Drive-Through, offering families a refreshing treat and valuable resources. These events served as meaningful reminders that our military children are seen, supported, and truly appreciated by their community. #purpleupformilitarykids



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Education and Trainings

Transition/Career Assistance Program

Transition Assistance Program – In Person

Monday – Friday, June 2 - 6, 8:00 a.m. – 4:00 p.m.

The Transition Assistance Program (TAP) is a congressionally mandated program for all members who've served 180 days or more and plan to separate or retire. The program offers information, tools, and training to guide service members and their spouses to successfully move from the military to civilian life. From start to finish, TAP provides members with information and resources on veteran benefits, educational options, employment support (resume writing, interviewing), and more. Register now if you plan to retire or separate! Classes fill up quickly! IMPORTANT!!! You must contact your Command Career Counselor and complete a Self-assessment 365 days before your separation date. During this session, you will be assigned a tier level, which is a prerequisite to attending TAP

Transition Capstone (By Appointment Only)

CAPSTONE is the final mandatory event for all transitioning military members. Service members must demonstrate appropriate Career Readiness Standards (CRS) based on the goals they plan to pursue after completing their military service (employment, education, entrepreneurship, or technical training). All transitioning service members must complete CAPSTONE NLT 90 days before separation. Call FFSC for an appointment with a TAP Team member.

Life Skills Programs

Welcome Aboard - In Person

Tuesday, July 1, 8:00 a.m.

Join us for Welcome Aboard, the official indoctrination class at NAS Meridian, designed to help new personnel and their families transition smoothly into life at the installation. This course provides an overview of NAS Meridian's mission, command structure, support services, local resources. Participants will gain valuable insight into Navy culture, expectations, and the wide range of programs available to support personal and professional success. Whether you're new to the Navy or newly assigned to NAS Meridian, this orientation is your first step toward a successful tour.

New Spouse Orientation Course - Virtual

Available 24/7 with mynavyfamily.com

New Spouse Orientation is an introduction for spouses who are new to the Navy lifestyle. It will teach you what to expect and give you valuable resources to embark on your adventure as a Navy spouse.

Financial Management Programs

Command Financial Specialist Training – In Person

Monday-Friday, June 9-13, 8:00 a.m. – 4:00 p.m.

Empower your shipmates with financial readiness through Command Financial Specialist (CFS) Training. This comprehensive course equips designated Sailors with the knowledge and tools to serve as financial mentors within their commands. Participants will learn core financial principles, including budgeting, debt management, savings, credit, and resources available through Navy Personal Financial Management (PFM) programs. Upon completion, Sailors will be certified to assist their peers in making informed financial decisions and promoting long-term financial stability across the fleet. CFS Requirements include:

- Must hold the rank of E5 or above with COC approval, and for E5s, have 6 or more years of service unless a waiver is granted.
- Minimum of 12 months remaining at the current command.
- Demonstrate financial stability.
- Dedicated to delivering sound financial counseling to service members and their families.
- Available to support other CFSs or commands, including those from other branches of the military.

Family Employment Readiness Program

Resume Writing - In Person

Friday, May 23, 8:00 a.m.

Unlock the power of a strong resume in this interactive workshop designed to help job seekers at all levels create impactful, tailored resumes that stand out. Participants will learn how to structure and format their resumes, highlight relevant skills and achievements, and tailor content to align with specific job descriptions. Whether you're entering the job market for the first time or looking to refresh your existing resume, this class offers practical tools, expert guidance, and real-world examples to help you present your experience with clarity and confidence.

Navigating USA Jobs - In Person

Thursday, July 10, 8:00 a.m.

Learn how to successfully navigate USAJOBS.gov-the official portal for federal employment-in this focused workshop. Participants will gain a clear understanding of how to search for federal job openings, interpret job announcements, and create a competitive federal resume. The class will also cover key tips for submitting applications through the USAJOBS system and strategies to increase your chances of landing a government position. Perfect for those new to federal employment or seeking to enhance their applications for U.S. government jobs.



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Just a Lil' Somethin'

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.

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



Tell us how
we're doing!



Scan the QR code
and leave a review!

Looking to
volunteer?

Call FFSC @
601-679-2360!

*Front Desk
*Marketing
*Events



Helpful Numbers:

- Emergency: 911 or Base Security: 601-679-2922
- SARC/SAPR Issues: 601-481-4274 OR 601-604-3037
- Suicide Hotline: 988
- DoD Safe Helpline: 877-995-5247
- Chaplain Duty Cell: 601-604-2015
- NAS Meridian CDO: 601-695-7055
- Military One Source: 800-342-9647



Money Savin' Tips!

1. **Create a Bill Calendar** - Use a calendar to note when each bill is due to avoid late fees and organize payment schedules.
2. **Check Your Credit** - Identity theft can happen to anyone. Visit www.annualcreditreport.com to review a free credit report.
3. **Identify Money Leaks** - Find three recurring subscriptions or services you rarely use and cancel at least one.
4. **Have a No-Spend Day** - Challenge yourself to spend absolutely no money for 24 hours. Note any difficulties or temptations.
5. **Take a Debt Inventory** - List all debts with their interest rates, minimum payments and total balances. Order them from highest to lowest interest rate.
6. **Buy in Bulk** - Buying in bulk is cheaper for many items but check the unit price and do not stockpile perishables.

SAVE THE DATE:

June 27th -

NAS Meridian
Career Fair

August 1st -

FFSC Open House

Self Care

Journal a little - jot down 3 things you're grateful for or how your day felt.

Move your body gently - dance in your kitchen, go for a walk, do some porch yoga.

Say "no" without guilt - protect your peace, even from good things.



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A Look Back....



Capt. Davis signs the Child Abuse Proclamation with Abby Miller (left) and the Sexual Assault Awareness Proclamation with Christen Alarcon (right)



Brittney Butchee attending MCC for the annual Honor Stride Walk



Anne Nytes teaches a psycho-educational class



Stalking Awareness Pledge: Abby Miller, Brittney Butchee, Christen Alarcon, Kimberly Garrett, Marie Brinston, Anny Nytes, Kasie McInnis



Mindful Movement Yoga Class for Sexual Assault Awareness and Prevention Month



Marie Brinston & Brittney Butchee team up with Navy Federal to host a class for the CDC



Together in Blue for Child Abuse Awareness: Anne Nytes, Marie Brinston, Abby Miller, Kasie McInnis



Christen Alarcon passing out SAPR pins at the front gate



Abby Miller joined Wesley House for Pinwheels for Prevention



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