



THE FLIGHT PLAN: MAPPING OUT SUPPORT AND SUCCESS

FFSC NAS MERIDIAN

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Education &
Training

Pushing Forward in a New Year

As we have returned from the holiday season, we at FFSC are reminded that our goals are centered on connection and service. At FFSC, this means showing up for one another, strengthening our NAS Meridian community, and continuing the work that brings hope and positive change to those we serve. We are excited to continue building momentum through our programs, outreach efforts, and upcoming activities. Whether you are volunteering, participating in events, or supporting our mission in other ways, your commitment truly makes a difference. This is also a time to reflect on gratitude for our members, partners, and supporters who help make FFSC a place of growth, encouragement, and purpose. We look forward to connecting with you throughout the year and sharing more meaningful and impactful moments together.

Be sure to follow us on Facebook and Instagram to stay up to date on our programs, resources, events, and FFSC updates.



Facebook



Instagram

 enicsemrdrnffsc@us.navy.mil

 405 Rosenbaum Avenue

 601-679-2360

 Monday-Thursday: 0730-1600

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 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



A Parent's Guide to Teen Dating Violence

February is Teen Dating Violence Awareness Month, a crucial time to recognize that this issue is more common than many parents think. The reality is that a significant number of young people first experience dating violence before the age of 25. As a parent, you are a vital lifeline for your teen in navigating the intense emotions of their first relationships.

The Power of Open Communication

One of the most effective tools you have is creating an environment where your teen feels safe talking to you about their relationships. Be a non-judgmental listener and ask open-ended questions about their partners and feelings. It's vital to have these conversations with both sons and daughters, as anyone can be a victim or a perpetrator. Make it clear that they can always come to you if something feels wrong.

Defining Healthy vs. Unhealthy Relationships

Help your teen understand what a healthy relationship looks like: one built on mutual respect, trust, and equality. Educate them on the red flags of abuse, such as controlling behavior, extreme jealousy, isolation from friends and family, or verbal and physical intimidation. It's also wise to get to know your child's partner and observe their interactions.

By setting clear boundaries and teaching your teen to recognize warning signs, you empower them to build safe, healthy, and fulfilling relationships as they move into adulthood.

For more resources for parents and teens, go to joinonlove.org.

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Bite Sized Briefs

Deployment Month

February is recognized as Deployment month, highlighting the importance of readiness and support for service members and their families. Fleet and Family Support Center can provide deployment related education, counseling, resources, and support families before, during, and after deployment.

Utilize these deployment tips to make it a smooth transition:

- ID Cards - Ensure that everyone in your family has a current ID card
- Power of Attorney - Allows you to act on a service member's behalf during their absence
- NFAAS - Maintains your family information, ensures all family members are accounted for and assesses your needs, especially in an emergency.
- Command Ombudsman - A great first stop for information.
- Spending Plan - There are many pay changes that occur before, during, and after one deploys. Creating or updating your spending plan will help you manage these changes so that you stay on track with your financial goals.

Contact Brittney Butchee at 601-679-2360 for more information.

Military Tax Season: What to Check Before You File

Tax season looks different in the military. Deployments, PCS moves, and special pays can change what you owe—or what you get back. Before you file, make sure you're not leaving money on the table. Know What's Taxable Typically taxable: base pay, bonuses, and special duty pay. Typically non-taxable: BAH, BAS, most moving allowances, and eligible Combat Zone Tax Exclusion (CZTE) pay. Always compare your LES and W-2 before filing. Combat Zone Tax Exclusion (CZTE) If you served in a designated combat zone, part, or all your pay during that period may be tax-free. Confirm deployment dates are reported correctly. PCS and Moving Expenses Active-duty service members may still qualify for certain PCS-related tax benefits. Keep records for travel days, mileage, and unreimbursed expenses. Use Military Tax Benefits Service members and families have access to free tax filing assistance, deployment-related filing extensions, state tax protections for spouses, and credits such as the Child Tax Credit.

TAX SEASON CHECKLIST

- Review LES and W-2 for accuracy
- Confirm BAH, BAS, and CZTE are reported correctly
- Gather PCS and travel documentation
- Check eligibility for credits and deductions
- Use free military tax filing resources
- Review W-4 and MyPay withholding for next year

PFM Tip: Taxes are part of your financial plan, not just paperwork. If your situation changed this year, get help before you file.



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Education and Trainings

Transition/Career Assistance Program

Transition Assistance Program – In Person

Monday-Friday, March 23-27, 2026

7:30am until 4:00pm

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 Ms. Brittney Butchee to complete initial counseling 365 days before your separation date.

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, Brittney Butchee: 601-679-2360.

Relocation Program

Welcome Aboard - In Person

Monday, February 2, 2026 - 8am

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.

Sponsorship Class - In Person

TBD

Join us for this class to provide incoming personnel with meaningful pre-arrival communication, adequate support upon arrival and relocation assistance to meet Sailor's needs. The goal of this program is to facilitate a smooth transition and assimilation into the new command. Command sponsor responsibilities begin when a Service member receives PCS orders; early engagement is key!

Financial Management Programs

Command Financial Specialist Training - In Person

TBD

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 E5's 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 CFS's or commands, including those from other branches of the military.

SAPR Program

SAPR CEU Refresher Course - In Person

Wednesday, February 18, 1:00p.m.-3:00 p.m.

The topic for this CEU course will be Identifying Stalking Behaviors.

Family Employment Readiness Program

Resume Writing - In Person

TBD

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.

FAP Program

Command Leadership Training - In Person

NAS Meridian CO's Conference Room

Friday, February 20, 2026 9:00am-12:00pm

FAP training provides updated information about overall FAP/SAIL services, the command's role in the programs, and prevention and therapeutic services. ***Meets the OPNAV 1752.2C requirement for FAP Leadership Training.**



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