



THE FLIGHT PLAN: MAPPING OUT SUPPORT AND SUCCESS

FFSC NAS MERIDIAN

April: A Month of Action

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April: A Month of
Action

A Pinch of This

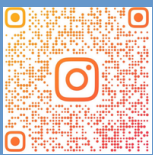
Bite Sized Briefs

Education &
Training

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April is a powerful month of awareness and action across our FFSC programs, highlighting Sexual Assault Awareness and Prevention (SAAPM), Child Abuse Prevention (CAPM), Financial Literacy, and Alcohol Awareness. Each of these observances reinforces our commitment to strengthening readiness, resilience, and the overall well-being of our service members and their families.

From a prevention standpoint, SAAPM and CAPM remind us that creating a culture of dignity, respect, and accountability is everyone's responsibility. We encourage all personnel to stay engaged in educational opportunities, bystander intervention training, and open dialogue that promotes safe environments for everyone. Prevention starts with awareness, but it is sustained through everyday actions and leadership at every level.

Financial Literacy is an opportunity to refocus on personal financial readiness being an essential component of mission readiness. Whether you are building a budget, planning for major life events, or preparing for long-term goals, FFSC offers resources and counseling to help you make informed decisions and reduce financial stress.

Alcohol Awareness also plays a key role in promoting responsible decision making. Understanding the impacts of alcohol misuse on health, relationships, and operational readiness is critical. We encourage mindful choices and utilization of available support services when needed.


Throughout April, FFSC will host workshops, outreach events, and training sessions aligned with these observances. I encourage everyone to participate, share information within your commands, and take advantage of the resources available.

Together, we can foster a culture of prevention, responsibility, and resilience that supports both individual well-being and mission success.

Kimberly Garrett, FFSC Director

 cnicsemrdnffsc@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.



National Sexual Assault Hotline

800.656.HOPE
online.rainn.org

Free. Confidential. 24/7



**Need to
talk?**

FFSC Offers
Virtual Counseling
Services

1-855-205-6749

**Safe
Helpline**

Need to talk?

Call to speak with a professional
who is trained to help survivors of
sexual assault in the military.

877-995-5247

Save the Date:

April 14, 21, 28: Playgroup at Housing
Playground

April 10: Walk a Mile in Their Shoes

April 15: Chalk the Walk

April 22: Therapeutic Community
Garden



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Bite Sized Briefs

Financial Corner

Your Career is Moving. Is Your Money Keeping Up?

Whether you're getting promoted, preparing for a PCS, or welcoming a new family member, your financial life changes with your career. The DoD's Touchpoint Curriculum is designed to give you the right financial skills at the exact moment you need them.

This isn't just another computer-based training. It's a roadmap to help you:

- Build a solid budget
- Manage credit wisely
- Plan for major moves and life events
- Set yourself up for long-term financial success

Get personalized, one-on-one guidance to apply the Touchpoint lessons to your specific situation. Come see your NAS Meridian Personal Financial Manager (PFM) Tamika Farley, AFC®, at the Fleet and Family Support Center or email tamika.l.farley.naf@us.navy.mil. Take control of your financial future and stay mission focused. Schedule your confidential appointment today!

I&R Pitstop

The Fleet and Family Support Center Information and Referral (I&R) Program serves as a trusted starting point for service members, families, and DoW civilians seeking support, resources, and guidance. Whether you're navigating a new duty station, looking for community services, or facing personal or family challenges, FFSC provides timely, confidential assistance tailored to your needs. Our knowledgeable staff connects you with both military and civilian resources to help you make informed decisions and access the support systems available to you. No matter the questions, FFSC is here to point you in the right direction!

Stop by the center or call Kasie McInnis at 601-679-2360!

PCS Prep: Helpful Tips

PCS season is here! Your next move is more than a change in duty station, it is another step in your Navy journey. Every Sailor and family plays a vital role in keeping our fleet strong, connected and ready to serve. Here are some tips to make your move go as smoothly as possible:

- Read your orders in their entirety: verify personal information, identify action items, review authorized allowances and entitlements
- Connect with your sponsor or new command leadership
- Work with your Command Pay and Personnel Administrator for special considerations and entitlements
- Contact your Fleet and Family Support Center for relocation programs
- Create a PCS binder with your orders, certificates and other records
- Involve your family and make sure your dependents complete screenings and paperwork early
- Plan ahead by registering for child care through MilitaryChildCare.com
- All medical screening packages must be coordinated by your local NMRTC/NMRTU Suitability Screening Coordinator (SSC)

For more information on relocation, utilize these helpful resources:

Military One Source at 800-342-9647

Fleet and Family at 601-679-2360

www.mynavyhr.navy.mil (PCS Resources)



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Education and Trainings

Transition/Career Assistance Program

Transition Assistance Program – In Person

Monday-Friday, May 4-8, 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, May 4, 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.

Smooth Move - In Person

Thursday, April 16, 2026 - 8:30am

Join us for this specialized workshop designed for military service members and their families to prepare for a Permanent Change of Station (PCS) move. This workshop offers guidance on budgeting, household goods shipping, travel planning, and destination information to make relocation less stressful.

Financial Management Programs

Military Pay Workshop - In Person

Tuesday, April 14, 2026 - 9:00am

Learn about the various components of military pay and compensation including how to read a Leave and Earning Statement (LES), common types of military pays, allowances, benefits and allowances and their purpose, military specific tax considerations and options, and how to monitor for and address pay issues.

Thrift Saving Plan Workshop - In Person

Tuesday, April 21, 2026 - 9:00am

Join the PFM to understand more about retirement savings, tax benefits, and wealth building. Learn how to manage your TSP (Thrift Saving Plan) accounts, understand what contributions you have, and achieve financial independence.

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.



Visit [MyNavyFamily.com](https://www.mynavyfamily.com) or download the APP for more virtual webinars, classes and trainings!

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