



THE FLIGHT PLAN

MAPPING OUT SUPPORT AND SUCCESS

FFSC NAS MERIDIAN

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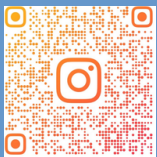
Just a Lil'
Something

Events Calendar

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Managing Holiday Stress and Financial Tips

The holiday season can bring joy, but it also comes with added pressure-busy schedules, family expectations, and the financial strain of gift-giving and travel. It's completely normal to feel overwhelmed during this time, and taking a few simple steps can help you stay grounded and protected.

Manage Holiday Stress

- Set realistic expectations-you don't have to do everything or please everyone. Focus on what truly matters to you.
- Protect your time-say 'no' when you need to rest or recharge.
- Stay connected-reach out to supportive friends, family, or community groups if the season feels heavy.
- Take small breaks-even a few minutes of quiet, a short walk, or deep breathing can calm your mind.


Financial Safety Tips

- Create a spending plan-set a budget before shopping and stick to it-hidden costs add up fast.
- Use secure payment methods-shop from trusted retailers and avoid entering information on unfamiliar sites.
- Watch for scams-holiday deals that look 'too good to be true' often are. Be cautious with links from emails or messages.
- Give yourself limits-overspending can add stress long after the holidays. Choose thoughtful, meaningful gifts instead of costly ones.

By prioritizing your well-being and staying mindful of your financial choices, you can move through the season feeling more confident, safe, and supported.

 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.

WELCOME OUR NEW PFM!



Fleet and Family is excited to introduce our new Personal Financial Manager, Mrs. Tamika Farley!

Director's Corner:

As 2025 draws to a close, I want to take a moment to reflect on the incredible resilience, dedication, and community spirit we have seen throughout the year here at NAS Meridian. This season reminds us of the importance of connection, whether with our families, shipmates, or the broader community. FFSC is proud to have supported our Sailors and families through life's transitions, challenges, and celebrations. From transition assistance to financial counseling, career support to crisis response, our team has worked tirelessly to ensure to ensure no one walks alone. I encourage everyone to check in with one another. If you or someone you know is in need, emotionally, financially, or simply feeling the weight of the season, please know that FFSC is here to help. On behalf of NAS Meridian FFSC, I wish you and your loved ones a safe, joyful, and restful holiday season. Thank you for the privilege of serving you.

Kimberly Garrett



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Bite Sized Briefs

Counseling Corner: Courageous Conversations-A Pathway to Healthy Change

One of the most powerful tools in supporting families is learning how to have honest, compassionate conversations- especially about difficult topics like conflict, emotional stress, or unhealthy patterns at home. Healthy communication isn't about perfection; it's about creating moments of connection where everyone feels heard and valued.

This month, we encourage families to try small steps toward courageous communication:

- Pause before reacting. Taking a breath creates space for understanding instead of escalation.
- Use "I" statements. Express your feelings without blame- "I feel overwhelmed" instead of "You never listen."
- Stay curious, not critical. Ask questions to understand your partner's or child's perspective.
- Reach out early. Seeking support is a sign of strength, not failure.

These skills protect relationships, reduce conflict, and help create an environment where families thrive. Everyone needs support sometimes. Whether you're navigating stress, relationship difficulties, parenting challenges, or simply want to build a healthier home environment, we are ready to walk alongside you. **If you or someone you know could benefit from the counseling or FAP programs at FFSC Meridian, please contact us at 601-679-2360. Support is available, confidential, and tailored to your needs.**

SAPR Note: Supporting Survivors During the Holidays

The holidays are often seen as joyful, but for many survivors of sexual violence they can bring complex emotions and challenges. Navigating family dynamics, isolation, or trauma triggers can make the season feel far from festive. That's why creating safe, supportive spaces for survivors is especially important this time of year. Here's how advocacy, understanding, and tangible support can make all the difference.

Why the Holidays Can Be Difficult for Survivors

The season brings expectations-gatherings, traditions, and social pressure-that may not feel safe or supportive. Survivors may face:

- Difficult Family Dynamics: interacting with people who were unsupportive or dismissive.
- Trauma Triggers: sights, sounds, or smells that bring back painful memories.
- Loneliness and Isolation: holiday togetherness can intensify these feelings.
- Pressure to "Be Happy": constant cheer can feel overwhelming or invalidating.

How You Can Support Survivors This Holiday Season

1. Be a Safe Listener
2. Respect Their Boundaries
3. Educate Yourself and Others

The Role of Advocacy During the Holidays

Advocacy is critical in ensuring survivors feel seen, heard, and valued. It's not just about providing resources it's about fostering a community where survivors know they matter. You can be part of that change by supporting survivors in your life. Let's commit to creating a season of true compassion, where every survivor feels the warmth of understanding and the promise of healing.

No matter what this holiday season brings, know you are not alone. If you need support, contact our 24/7 SAPR Support Line Hotline 601-604-3037 or my duty cell at 601-481-4274 or the FFSC Counselor at 601-679-2360.

-Christen Alarcon, Installation SARC



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Education and Trainings

Transition/Career Assistance Program

Transition Assistance Program – In Person

Resumes after the New Year

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

TBD

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.

SAPR Program

Victim Advocate Admin Course - In Person

Tuesday, January 20, 1:00p.m.-3:00 p.m.

Course provides mandatory Administrative UVA training for commands who must appoint one unit SAPR VA as the primary unit SAPR VA responsible for ensuring the SAPR responsibilities outlined in DoDi 6495.02 are met.

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.

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. 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.



Visit
MyNavyFamily.com or
download the APP for
more virtual webinars,
classes and trainings!



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Just a Lil' Somethin'

Holiday Hours:

December 5th - Open from
7am-11am

December 25th - Closed

December 26th - Closed

January 1st - Closed

January 2nd - Closed

Command Financial Specialist Contact List

For financial assistance, please contact the CFS below

SSgt Hunter Hill	MATSS-1	601-679-2501
AZ1 Dylan Roberts	NATTC	601-679-2624
YN1 Brandon Scott	NATTC	601-679-2505
AZC Eric Hanely	NATTC	601-679-2788
HM2 Amanda Bullard	NMRTU Meridian	601-679-2242
HM1 Kyle Papineau	NMRTU Meridian	601-679-2230
LS1 Darryl Walton	NAS Meridian	601-679-3476
ET2 Zachary Oswald	NAS Meridian	601-679-3459
RP2 Michael Halloran	NAS Meridian	601-679-3635
AC2 Jirrard Nielsen	NAS Meridian	601-679-2505
FCA1 Rafel Sarucam	NAS Meridian	601-679-2541
MA2 Grayson Smith	NAS Meridian	601-679-2541
AC1 Brett Godfrey	NAS Meridian	601-679-2505

New Operating Hours:

Starting January 5th, 2026

Fleet and Family will be open:

Mon-Thurs - 7:30am until 4:00pm

Friday - 7:00am until 3:30pm

Tell us how we're
doing!



Scan the QR code
and leave a review!

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



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