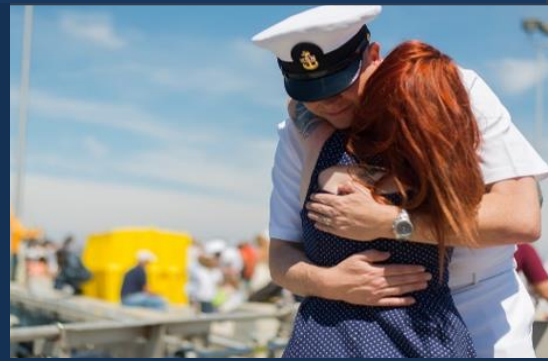


Deployment and Readiness Newsletter



April 2021





Aloha from the Military and Family Support Center (MFSC)!

April is a special month dedicated to honoring military youth during the Month of the Military Child! April also serves as Child Abuse Prevention Month and Sexual Assault Awareness and Prevention Month. Join MFSC in the effort to keep our community members safe and empowered! As always, if you should have any concerns prior to, during and/or after your deployment term, don't hesitate to contact us.

We are here to assist you!



Military and Family Support Center | 4827 Bougainville Drive | Honolulu, HI 96818

808-474-1999  MFSCHawaii@navy.mil  JBPHH.MFSC  JBPHH_MFSC  www.greatlifehawaii.com

Deployment and Readiness Newsletter

WHAT IS THE MILITARY & FAMILY SUPPORT CENTER?



The Fleet & Family Support Center



Airman & Family Readiness Center



Military & Family Support Center (MFSC)

MFSC Programs and Services Include:

- Information and Referral
- Counseling Services and Crisis Response
- New Parent Support Program
- Sexual Assault Prevention and Response (*Navy only*)
- Family Employment Readiness and Volunteer Program
- Relocation Assistance Program
- Emergency Case Management/Disaster Preparedness
- Deployment Readiness Program
- Personal Financial Management Program
- Exceptional Family Member Program
- Personal and Family Life Education
- Ombudsman/Key Spouse Liaison
- Transition Assistance Program (TAP)
- Computer Resource Lab (currently closed due to COVID)
- Retired Activities Office

FAMILY EMPLOYMENT READINESS PROGRAM (FERP)



PROGRAM SPOTLIGHT

The MFSC Family Employment Readiness Program provides FREE employment-focused assistance for military spouses and their family members through workshops and individual consultations. Topics include career and education exploration, job search strategies, federal employment and preferences, federal and civilian resume writing and review, interview techniques, salary negotiation, LinkedIn workshop, entrepreneurship, and volunteer opportunities!

*Check out the FERP job board! (copy and paste into browser):

<https://drive.google.com/drive/folders/1s9N0omG9ONkqNOqn-jgbirQJKZp9KSga>

The MFSC “RED” Team is here to support you!

(Relocation, Emergency Case Management, Deployment)



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Stay CONNECTED



Follow the MFSC Facebook and Instagram pages for the most current happenings and tons of useful information!

A Hui Hou "Until we meet again..." Deployed Spouse Resiliency Group

4th Thursday of each month
10:00 - 11:30 am



Upcoming Sessions:

- Date:** March 25th, 10:00-11:30 am
- Topic:** Parenting During Deployment
- Date:** April 22nd, 10:00-11:30 am
- Topic:** Spouse Professional Development

**Register at www.greatlifehawaii.com*



JBPHH.MFSC



JBPHH_MFSC



Be sure to connect with your command
Ombudsman (Navy)
or Key Spouse (Air Force)

**Contact MFSC if you need their contact information*



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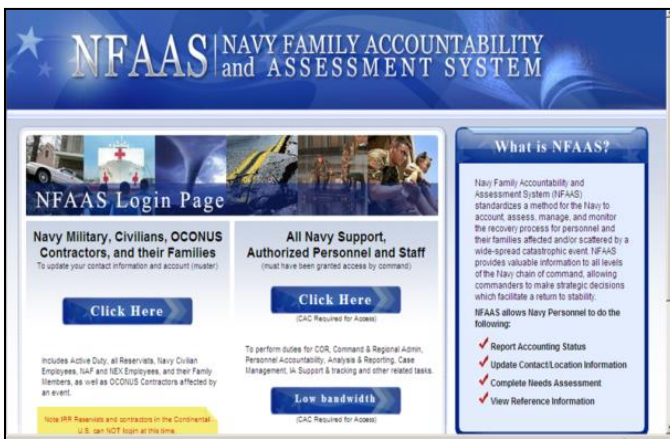


STAY INFORMED

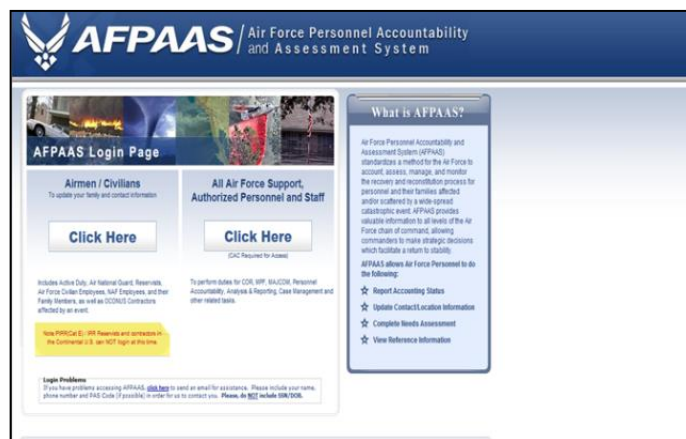
Hurricane season in Hawaii is from June to November. Information on disaster preparedness to follow in next month's newsletter!

Have you heard of NFAAS or AFPAAS?

(Navy/Air Force Accountability and Assessment System)



<https://navyfamily.mil>



<https://afpaas.af.mil>

NFAAS/AFPAAS are websites designed to help Navy/Air Force personnel and their families directly affected by natural and/or man-made disasters

BEFORE A DISASTER:

- Sailors and Airmen: Establish an account and ensure that your contact information is up to date. This should be done on an annual basis and after PCSing to a new location. (Note: Navy members are required to update their contact information 2 x year)
- Explore and download resource information. NFAAS/AFPAAS sites include directories of phone numbers, useful and relevant resource materials, and helpful fact sheets!

DURING / AFTER A DISASTER:

- When an area has been declared a disaster, Navy and Air Force personnel are directed to login, muster, and report the status of themselves and their family members
- If directly affected by the disaster, they will have the option to complete a needs assessment survey indicating the type of assistance they are requesting. Once completed, they will be connected with a case manager to assist in coordinating the needed resources to assist them (Navy personnel will be connected with an MFSC Emergency Case Manager, Air Force personnel will be connected with their command leadership)
- If not directly affected by the disaster, they will be directed to the "My Info" tab to verify and update their contact information

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NOMINATE YOUR HERO TODAY!

HOMEFRONT HEROES 2021

Celebrate those on the homefront
throughout the month of April!

It's time to celebrate our Homefront Heroes!

*Shine the spotlight on someone who has done something
exceptional or made a positive impact over the past year!*

*Heroes can be children, family or community members or
even pets! Send us a picture and short story about why this
individual is a Homefront Hero.*

(Period of accomplishment is April 2020-2021.)

Submit nominations to:

Emails: mfschawaii@navy.mil

Subject: HOMEFRONT HERO

Deadline: April 30, 2021

*In addition to your photos and stories being posted on our
social media, all nominees will receive a certificate of
accomplishment and a medal!*

Let the world hear about your hero!



Deployment and Readiness Newsletter

upcoming EVENTS

To register or view additional MFSC classes, visit the MFSC class schedule at <https://jbphh.greatlifehawaii.com/support/>

APRIL 2021 MFSC VIRTUAL CLASSES

Personal Development & Family Life

- Infant Massage | 6, 14, 20, 28 Apr | 1000
- Building Self-Esteem in Children | 6 Apr | 1700
- Work & Personal Life Balance | 7 Apr | 1300
- Anger Management | 9 Apr | 1300
- Strategizing with Stress | 12 Apr | 1300
- Positive Parenting | 13 Apr | 1300
- Healthy Relationships | 14 Apr | 1300
- Bringing Home Baby | 15 Apr | 1000
- Conflict Resolution | 15 Apr | 1300
- Daddy Basic Training | 20 Apr | 1600
- Dealing with Difficult Behaviors | 22 Apr | 1300
- Building Self-Esteem in Children | 27 Apr | 1300
- Parent Child Communication | 28 Apr | 1300

Personal Financial Management

- Touchpoint Tuesday | 6 Apr | 0730
- Spending Plans That Work | 7 Apr | 1700
- Car Buying Strategies | 8 Apr | 1700
- Home Buying | 9 Apr | 0800
- Ditching the Dorms | 16 Apr | 1330
- Saving & Investing | 21 Apr | 1000
- Art of Investing | 21 Apr | 1230

Information & Referral

- EFMP Coffee Talk | 8 Apr | 0900
- EFMP Game Night | 22 Apr | 1800

Relocation & Deployment

- Sponsor Training | 6 Apr | 1300
- Deployment with Children | 7 Apr | 1300
- Smooth Move | 8 Apr | 0900
- Preparing to Deploy | 14 Apr | 1300
- Family Care Plan Overview | 15 Apr | 1300
- Welcome to JBPHH | 21 Apr | 1300
- A Hui Hou: Deployed Spouse Resiliency Group | 22 Apr | 1000

Transition & Employment

- TAP: My Education | 1 Apr | 0800
 - Career Exploration: Finding Your Passion | 2 Apr | 1000
 - LinkedIn | 6 Apr | 1600
 - TAP: Dept of Labor Employment Workshop | 8-9 Apr | 0800
 - Civilian Resume Writing | 13 Apr | 0900
 - Volunteer Opportunities | 15 Apr | 1330
 - TAP: Boots to Business | 15-16 Apr | 0900
 - Federal Employment 101: Navigating USAJobs | 16 Apr | 0900
 - Federal Employment 101: Federal Resume | 16 Apr | 1200
 - Acing the Interview | 22 Apr | 1600
 - TAP: Vocational Training Track | 22-23 Apr | 0800
 - Transition Financial Planning | 28 Apr | 1300
 - Salary Negotiation | 29 Apr | 1400
 - Transition Hot Topics | 30 Apr | 0800
- (Visit GreatLifeHawaii for CAPSTONE, Pre-Sep, Separatee, & Retiree TAP dates & times)

You can also register for CNIC live and self-paced webinars by creating a Learning Management System (LMS) Account:
<https://ffsp.zeiders.refineddata.com/login/index.php>



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upcoming
EVENTS



APRIL IS NATIONAL
**CHILD ABUSE
PREVENTION MONTH**

To register or view additional MFSC classes, visit the MFSC class schedule at

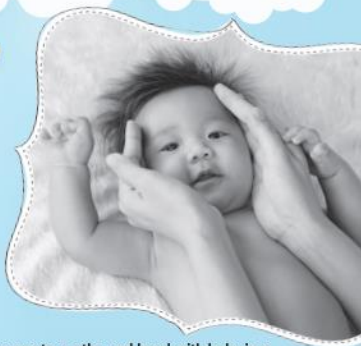
<https://jbphh.greatlifehawaii.com/support/>

NEW PARENT SUPPORT INFANT MASSAGE

Join New Parent Support in learning infant massage to soothe and bond with baby in a safe in-person environment. For more information or to sign up, contact Mara (808)226-1383 or Seana (808) 291-3475

APRIL 2021 DATES:

4/061000-1200 4/201000-1200
4/141000-1200 4/281000-1200



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DADDY BASIC TRAINING

- 2 hour parenting class taught *by* dads *for* dads
- Presented by veteran fathers with their babies!

To Register:
email david.lascher@navy.mil

Third Tuesday of every month
4pm-6pm

2021:
Apr 20
May 18
Jun 15



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Deployment and Readiness Newsletter

Additional Resources



Operation We Are Here provides an extensive database of deployment resources for military children & teens: <http://www.operationwearehere.com/Children.html>



(Navy Personnel) Do you have a CNIC Deployment Support Handbook? This handbook contains resources and information that will help you prepare for deployment, handle the challenges that arise during deployment and successfully adjust during the return and reintegration phase of deployment. Contact your IDSS for your copy!



(Air Force Personnel) There is no specific handbook for AF deployments but you are encouraged to explore the AFPC deployment website for information and resources specific to AF deployments: <https://www.afpc.af.mil/Airman-and-Family/Deployment-Support/>



Operation: Love Reunited is a non-profit organization that provides free professional photography sessions and photo gifts to military families dealing with a deployment.. Their mission is to boost the morale of deployed service members through photography: <http://www.oplove.org/>



Military OneSource offers numerous online support services for service members and their families: <http://www.militaryonesource.mil/deployment-and-transition>

DID YOU KNOW?

Navy: Ship or sub-based deployments typically last 6 or 7 months. The time at sea may be broken up by port calls, where the ship pulls into a town and the sailors are permitted to go ashore and enjoy some time off.

Air Force: While some Air Force deployments last for 6-12 months, Airmen may also do a series of 2-3 month deployments in quick succession. Differences in deployment tempo are usually based upon job and unit.

TIP OF THE Month

Ask for help! Successful deployers and their families are aware of the vast resources available to military families and do not hesitate to ask for help when they need it. Contact MFSC to be connected with an extensive list of resources to accommodate your needs.



Ho'omaluhia Botanical Garden

Ho'omaluhia means "a peaceful refuge" and that's exactly what you'll find here. This 400 acre garden in Kāne'ohe features plantings from major tropical regions around the world. In addition to driving or strolling through to enjoy the plants and capture some beautiful photos, you can also partake in fishing, picnicking, and camping!



Suggestions for future newsletter topics? Submit to MFSCHawaii@navy.mil

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