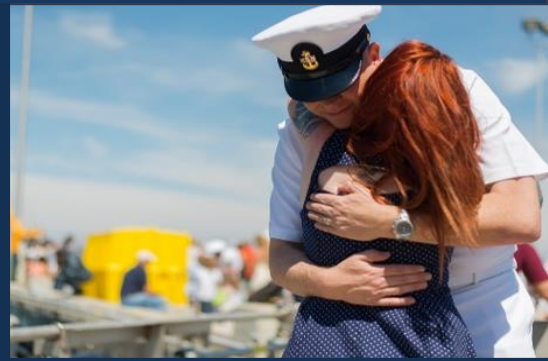


Deployment and Readiness Newsletter



August 2021






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

While you are getting ready to send the kids back to school and/or enjoying the end of summer, please continue to be safe and take care of yourselves and each other! As always, if you should have any concerns or questions 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  MFSC*Hawaii*@navy.mil  JBPHH.MFSC  JBPHH_MFSC  www.greatlifeohawaii.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

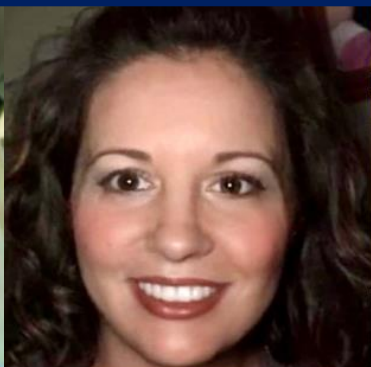
The MFSC “RED” Team is here to support you!

(Relocation, Emergency Case Management, Deployment)



Sandy Alanis

sandy.alanis@navy.mil



Julie Craft

julie.craft.ctr@navy.mil



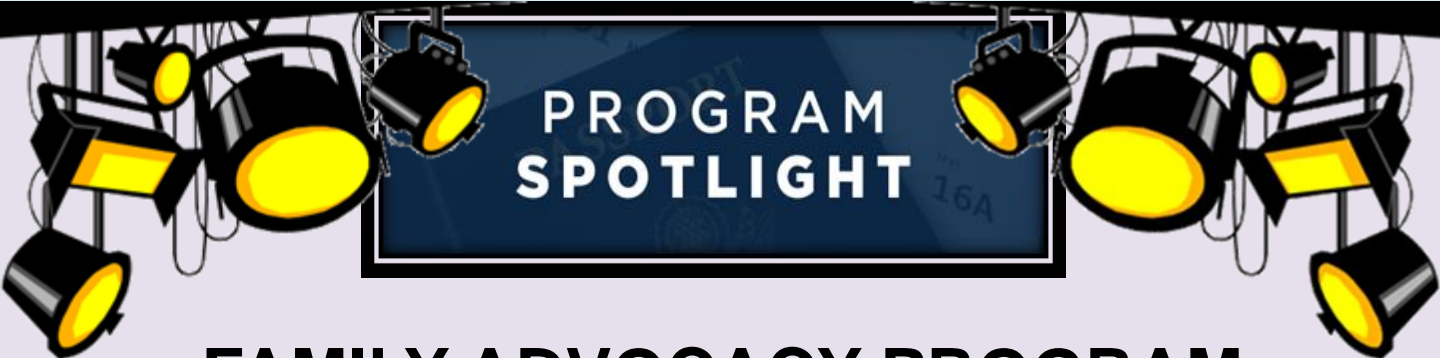
Le’Etta Garbett

leetta.garbett@navy.mil



John Thepvong

sourichanh.thepvong1@navy.mil



FAMILY ADVOCACY PROGRAM

The MFSC provides education programs to promote understanding and awareness of risk factors and dynamics of child and domestic abuse to commands, individuals, couples, families and community groups. When abuse or neglect occurs, the Family Advocacy Program provides immediate intervention, safety and support to victims, as well as behavioral education and counseling to offenders to reduce or eliminate the risk of future abuse. Under DoD policy, military victim advocates, clinicians and health care providers can provide confidential support and information regarding domestic abuse, without reporting to law enforcement or the service member’s command. Confidential reporting of domestic abuse is available to both active duty and family member spouses. Contact MFSC for more information and/or to speak with a Victim Advocate!

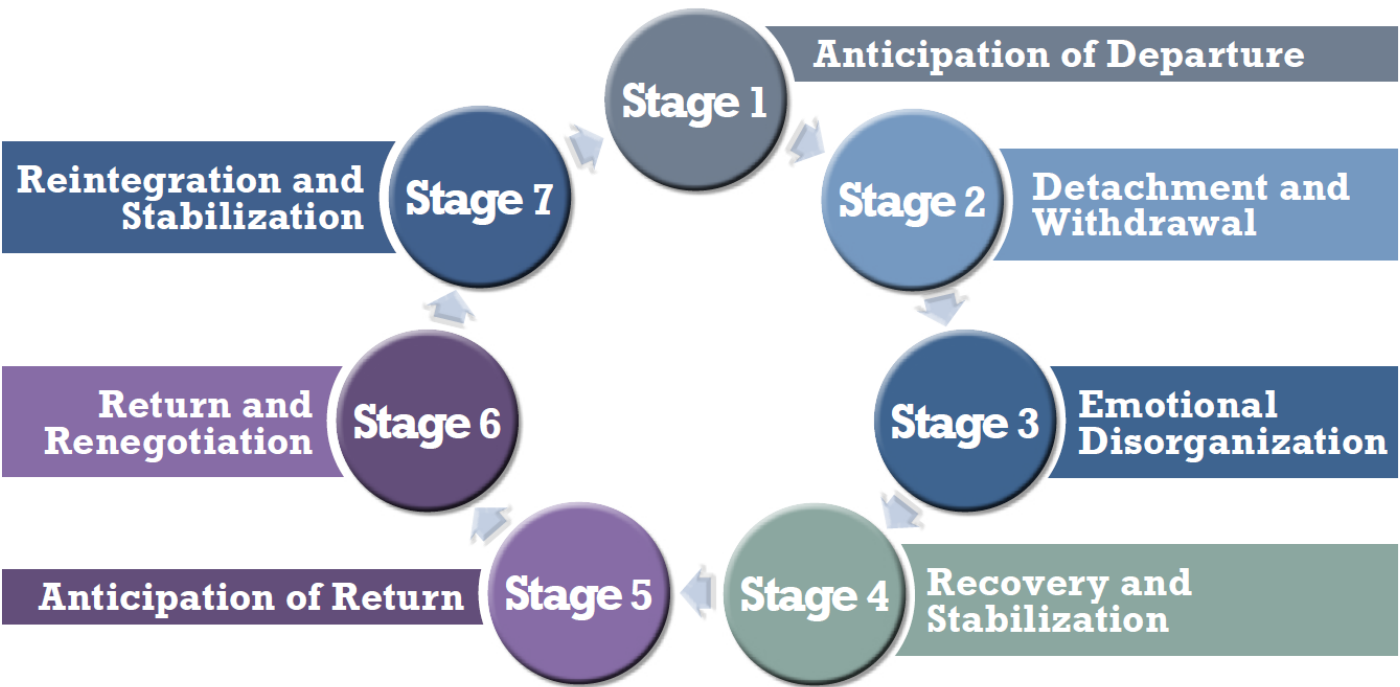


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Deployment and Readiness Newsletter

The Emotional Cycle of Deployment



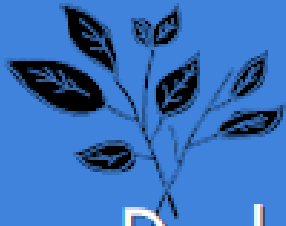
Stage	Characteristics	Family	Service Member
Stage 1 Anticipation of Departure	Spouses may alternately feel denial and anticipation of loss. Arguments and bickering are common. This can be a useful way for a couple to distance themselves emotionally in preparation for the separation.	Physically drained Emotionally numb or tired Mentally separating Anger, resentment Denial	Physically drained Emotionally numb or tired Mentally separating Guilt
Stage 2 Detachment and Withdrawal	Sadness and anger occur as couples attempt to protect themselves from the hurt of separation. Although physically together, they may have separated emotionally. Often, the non-deploying spouses will think, "If you have to go, go." Their Sailors will think, "Let's get on with it!"	Overwhelmed or tired Hurt, rejected Sad or lonely Nervous about responsibilities Worried	Ready to get started Guilty about leaving Sad or lonely Excited to perform Worried

Deployment and Readiness Newsletter

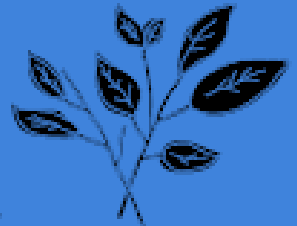
The Emotional Cycle of Deployment

Stage	Characteristics	Family	Service Member
Stage 3 Emotional Disorganization	The non-deploying partner may feel an initial sense of relief followed by guilt. Many feel disorganized, depressed or restless. Some are stuck in this stage, which can cause problems throughout the remainder of the deployment.	Disorganized and unfocused Overwhelmed Emptiness, loss Worried Can get stuck in this stage	Relief followed by guilt Mission-focused Sad or lonely Worried
Stage 4 Recovery and Stabilization	Those at home have begun to feel more comfortable with their new roles and responsibilities. They also may develop increased confidence and a positive outlook.	Increased confidence Independent More positive outlook Lonely but coping	Settled into routine Accomplishing tasks Focused on mission
Stage 5 Anticipation of Return	Spouses or partners who remained at home realize that they have not finished everything they wanted to during the separation. There is a feeling of joy and excitement in anticipation of being together again. Feelings of apprehension surface that the service member may not like some of the decisions made during their absence. Service members are excited and anxious, wondering whether they will be accepted or needed by their families and whether their children will remember them.	Excited Happy Increased energy Anxious Relieved	Excited Happy Worried Anxious
Stage 6 Return and Renegotiation	During this stage, couples must make major adjustments in their roles and responsibilities; relationships may not be the same as before the deployment. Each partner has had new experiences and has grown in different ways, and these changes must be accommodated. Being aware of each other's needs is crucial at this point.	Increased tension Loss of independence Happiness Anxiety Excitement	Increased tension Stranger at home Adjusting to changes Happiness Frustration
Stage 7 Reintegration and Stabilization	There is a renewed sense of being a couple and a family. They are back on the same track emotionally and can enjoy the warmth and closeness of being a couple again.	Relaxed Comfortable Renewed sense of family Enjoy being a couple again	Relaxed Comfortable Renewed sense of family Enjoy being a couple again

Deployment and Readiness Newsletter



A Hui Hou



"Until we meet again..."

Deployed Spouse Resiliency Group

Let's Go Fly a Kite!

July 22nd, 10:00-11:30 am (In-Person at MFSC)

When was the last time you flew a kite? Join us at MFSC (with or without children) to fly kites while we discuss resources and activities for resiliency. You can bring your own kite, or one will be provided for you.

(In the event of inclement weather, we will do an alternate craft activity)

**Register at www.greatlifehawaii.com*



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

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

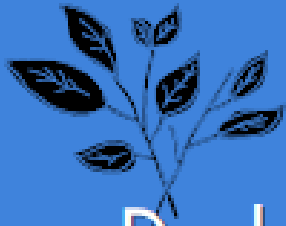
**Contact MFSC if you need their contact information*



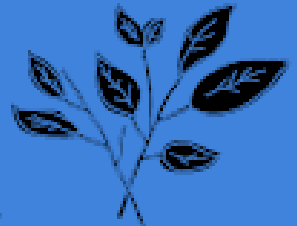
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Deployment and Readiness Newsletter



A Hui Hou

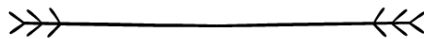


"Until we meet again..."

Deployed Spouse Resiliency Group

Come Prepared to Paint!

August 26 / 10:00am - 11:30am



Spouse deployed? Come connect with other spouses of deployed service members as we have fun painting and discussing resources and activities for resiliency.

Don't wear your Sunday best. We might get messy!



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

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

**Contact MFSC if you need their contact information*








Deployment and Readiness Newsletter

MFSC AUGUST CLASSES

DEPLOYMENT SUPPORT	DATE	TIME	LOCATION
A HUI HOU: DEPLOYED SPOUSE RESILIENCY GROUP	AUG 26	10:00 - 11:30 A.M.	PEARL HARBOR
FAMILY CARE PLAN OVERVIEW	AUG 19	1:00 - 2:00 P.M.	VIRTUAL
EMPLOYMENT ASSISTANCE	DATE	TIME	LOCATION
ACING THE INTERVIEW	AUG 3	2:00 - 4:00 P.M.	VIRTUAL
CAREER EXPLORATION: FINDING YOUR PASSION	AUG 30	1:00 - 3:00 P.M.	PEARL HARBOR
CIVILIAN RESUME WRITING	AUG 24	1:00 - 3:00 P.M.	VIRTUAL
FEDERAL EMPLOYMENT 101 – NAVIGATING USAJOBS	AUG 17	2:00 - 4:00 P.M.	VIRTUAL
FEDERAL EMPLOYMENT 102 – FEDERAL RESUME	AUG 17	4:30 - 6:30 P.M.	VIRTUAL
LINKEDIN	AUG 26	4:00 - 6:00 P.M.	PEARL HARBOR
SALARY NEGOTIATION	AUG 3	9:00 - 11:00 A.M.	VIRTUAL
VOLUNTEER OPPORTUNITIES	AUG 19	1:30 - 2:30 P.M.	VIRTUAL
FAMILY LIFE	DATE	TIME	LOCATION
BRINGING HOME BABY	AUG 18	4:00 - 7:00 P.M.	HICKAM
BUILDING SELF-ESTEEM IN CHILDREN	AUG 3	1:00 - 3:00 P.M.	VIRTUAL
INFANT MASSAGE	AUG 18	10:00 A.M. - 12:00 P.M.	HICKAM
KEIKI STORY TIME	AUG 11	10:00 A.M. - 12:00 P.M.	HICKAM
PARENT CHILD COMMUNICATION	AUG 10	1:00 - 3:00 P.M.	VIRTUAL
PARENTING GROUP	AUG 5, 12, 19, 26	8:30 - 11:00 A.M.	PEARL HARBOR
POSITIVE PARENTING	AUG 4	1:00 - 3:00 P.M.	VIRTUAL
FAMILY READINESS	DATE	TIME	LOCATION
KEY SPOUSE INITIAL TRAINING WITH SAPR	AUG 25	8:00 A.M. - 2:30 P.M.	HICKAM
OMBUDSMAN / KEY SPOUSE ADVANCED TRAINING	AUG 17	6:00 - 8:00 P.M.	PEARL HARBOR
INFORMATION AND REFERRAL	DATE	TIME	LOCATION
EFMP COFFEE TALK	AUG 12	9:00 - 10:00 A.M.	VIRTUAL

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Deployment and Readiness Newsletter

MFSC AUGUST CLASSES

PERSONAL DEVELOPMENT	DATE	TIME	LOCATION
ANGER MANAGEMENT	AUG 24	10:00 A.M. - 12:30 P.M.	PEARL HARBOR
CONFLICT RESOLUTION	AUG 17	10:00 A.M. - 12:00 P.M.	PEARL HARBOR
DEALING WITH DIFFICULT BEHAVIORS	AUG 23	1:00 - 3:00 P.M.	VIRTUAL
HEALTHY RELATIONSHIPS	AUG 23	5:30 - 7:30 P.M.	VIRTUAL
HEALTHY RELATIONSHIPS FOR TEENS	AUG 24	1:00 - 3:00 P.M.	VIRTUAL
INTERPERSONAL SKILLS	AUG 26	1:00 - 3:00 P.M.	PEARL HARBOR
SKILLS DEVELOPMENT GROUP	AUG 3, 10, 17, 24, 31	9:00 - 11:00 A.M.	PEARL HARBOR
SLEEP ROCKS!	AUG 17	1:00 - 3:00 P.M.	PEARL HARBOR
STRATEGIZING WITH STRESS	AUG 10	10:00 A.M. - 12:00 P.M.	VIRTUAL
TIME MANAGEMENT	AUG 3	10:00 A.M. - 12:00 P.M.	VIRTUAL
TRANQUIL SEAS: MINDFULNESS AND SELF CARE	AUG 13	1:00 - 3:00 P.M.	PEARL HARBOR
WOMEN EMPOWERED GROUP	AUG 2, 9, 16, 23, 30	10:00 A.M. - 12:00 P.M.	PEARL HARBOR
WORK AND PERSONAL LIFE BALANCE	AUG 13	10:00 A.M. - 12:00 P.M.	PEARL HARBOR
PERSONAL FINANCIAL MANAGEMENT	DATE	TIME	LOCATION
DITCHING THE DORMS	AUG 10	2:30 - 4:00 P.M.	HICKAM
HOME BUYING	AUG 25	5:00 - 6:30 P.M.	VIRTUAL
TOUCHPOINT TUESDAY	AUG 3	8:00 A.M. - 3:30 P.M.	VIRTUAL
RELOCATION ASSISTANCE	DATE	TIME	LOCATION
COMMAND SPONSOR COORDINATOR (CSC) AND INDIVIDUALIZED NEWCOMER TREATMENT AND ORIENTATION (INTRO) MANAGER TRAINING	AUG 25	8:00 - 11:00 A.M.	PEARL HARBOR
PCSING WITH PETS	AUG 10	10:15 - 11:45 A.M.	VIRTUAL
RELOCATION AND CHILDREN	AUG 19	1:00 - 2:30 P.M.	VIRTUAL
SMOOTH MOVE	AUG 12	8:00 - 11:30 A.M.	PEARL HARBOR
SPONSOR TRAINING	AUG 18	1:00 - 3:00 P.M.	PEARL HARBOR
WELCOME TO JBPHH	AUG 25	1:00 - 2:45 P.M.	PEARL HARBOR

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Deployment and Readiness Newsletter

MFSC AUGUST CLASSES

SEXUAL ASSAULT PREVENTION AND RESPONSE	DATE	TIME	LOCATION
SAPR UNIT VICTIM ADVOCATE (UVA) REFRESHER TRAINING	AUG 10	1:30 - 3:30 P.M.	PEARL HARBOR
SAPR VICTIM ADVOCATE INITIAL TRAINING (VAIT)	AUG 16-20	8:00 A.M. - 4:00 P.M.	PEARL HARBOR
TRANSITION ASSISTANCE	DATE	TIME	LOCATION
CAPSTONE EVENT	AUG 4, 5, 18, 19	8:00 A.M. - 10:00 A.M. 10:00 A.M. - 12:00 P.M.	PEARL HARBOR
PRE-SEPARATION COUNSELING	AUG 12, 24	1:00 - 3:00 P.M.	VIRTUAL
SPOUSE TRANSITION SEMINAR OVERVIEW	AUG 27	8:00 A.M. - 12:00 P.M.	VIRTUAL
TAP: BOOTS TO BUSINESS	AUG 19-20	9:00 A.M. - 4:00 P.M.	VIRTUAL
TAP: DEPT OF LABOR EMPLOYMENT WORKSHOP	AUG 12-13	8:00 A.M. - 4:00 P.M.	VIRTUAL
TAP: VOCATIONAL TRAINING TRACK	AUG 5-6	8:00 A.M. - 4:00 P.M.	VIRTUAL
TRANSITION ASSISTANCE PROGRAM (TAP) FOR RETIREES	AUG 9-11 AUG 23-25	7:30 A.M. - 4:00 P.M.	PEARL HARBOR
TRANSITION ASSISTANCE PROGRAM (TAP) FOR SEPARATEES	AUG 9-11 AUG 23-25	7:30 A.M. - 4:00 P.M.	PEARL HARBOR
TRANSITION HOT TOPICS	AUG 20	8:00 A.M. - 2:00 P.M.	PEARL HARBOR

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

You can also register for CNIC live and self-paced webinars by creating a Learning Management System (LMS) Account:

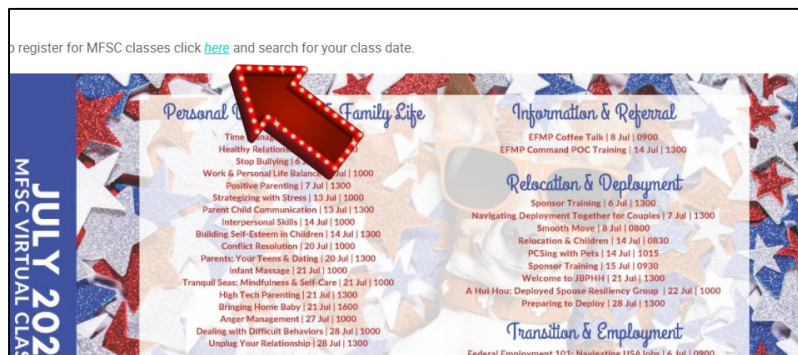
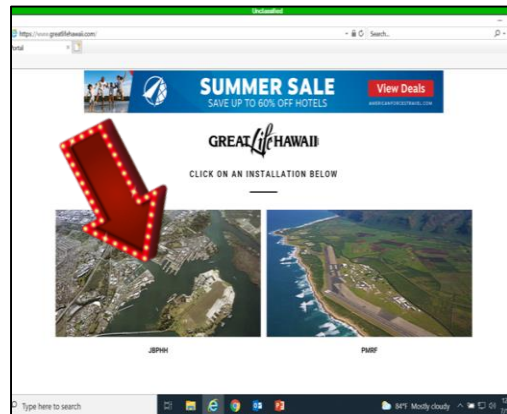
<https://ffsp.zeiders.refineddata.com/login/index.php>



Deployment and Readiness Newsletter

Step-by-Step: How to Register for MFSC Classes!

1. Go to: www.greatlifehawaii.com
2. Click on: JBPHH
3. Click on "Support"
4. Click on: Military & Family Support Center
5. Click on: MFSC Class Schedule & Registration
6. Click on: "Here"
7. Click on: OK
8. Choose your class of choice and register 😊
9. Note: To see the full list of classes for each day, click on "more" on the calendar



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Deployment and Readiness Newsletter



Crafts Ideas



Caterpillar Pencil Holders



Countdown To Preschool Craft



Popsicle Stick Photo Frames

Deployment and Readiness Newsletter



Operation Homefront is honored to be able to provide school supplies to military families. Supplies are limited and it is a first come, first served registration process. Once your registration is complete, a confirmation email is sent. This event is for DEERS enrolled military dependent children who will be in Kindergarten through 12th grade for the 2021/22 school year.

<https://operationhomefront.org/event/btsb-kaneohe-bay-hi/>

Back-to-School Supplies in Kaneohe Bay, HI

August 7, 2021
10:00 AM - 12:00 PM
Kaneohe Bay, CA

[REGISTER NOW](#)

Deployment and Readiness Newsletter



Can you spot all 7 differences in these pictures?



Answer Key:

1. The sunscreen bottle has a moon on it instead of a sun.
2. The coiled shell is facing the other way.
3. The penguin's hat has no pink ribbon.
4. The orange becomes an apple.
5. The watermelon loses its seeds.
6. The rabbit's ice pop changes flavors.
7. The yellow flag in the bottom right corner has only one dot.

Deployment and Readiness Newsletter



RESOURCES

F★O★C★U★S

FOCUS (Families OverComing Under Stress) provides resilience training to military children, families, and couples. It teaches practical skills to help families and couples overcome common challenges related to a military life: <https://focusproject.org/>



Operation Homefront is a national 501(c)(3) nonprofit whose mission is to build strong, stable, and secure military families so they can thrive — not simply struggle to get by — in the communities they have worked so hard to protect: <https://operationhomefront.org/>

TIP OF THE Month

Set goals! Successful military personnel and their families have long-term goals and set goals to accomplish during deployment:

increase job proficiency, go back to school, save money, lose weight, read more, get in shape.

Cinnamon's Restaurant in Kailua

This restaurant comes highly recommended by MFSC staff! From their website: "Cinnamon's Restaurant has one single purpose: Your satisfaction! We believe the way to achieve this purpose is not only by sticking to the

basics of "good food at reasonable prices, courteously served in a clean friendly, smoke-free atmosphere" – but also by providing nutritious

wholesome foods. We will strive to serve fresh, natural foods free from chemicals, preservatives and additives and well-balanced meals that are tastefully and professionally done. We have your good health and well being in mind. Come and visit us in the heart of Kailua town for breakfast or lunch."



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

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