



NAS Lemoore Newsletter

December 2020

966 Franklin Ave. Hours: 0800-1630 Phone: 559-998-4042
 Counseling Appointments: 1-866-923-6478

We are available to provide services to you virtually!

Telework Mobile: 619-592-6107

Transition Assistance Program

A five-day virtual course designed to help Sailors plan their transition from military to civilian life.
 Each class features a three-day core curriculum and a two-day track class.
 Sign up with your Command Career Counselor.

TAP w/ Employment or Education Track	11/30-12/4	0800-1600	Virtual
<i>Employment - Provides in-depth training on topics such as interview skills, resume writing, and networking.</i>			
<i>Education - Provides guidance on choosing an educational institution, the application process, and expectations upon attendance.</i>			
Pre-Separation Class	12/8	0800-1630	Virtual
	12/15 (Retirees)	0800-1630	Virtual
<i>Provides information to prepare service members who are within 18-12 months of separating or retiring from the military.</i>			
TAP w/ Vocational Training	12/7-11	0800-1600	Virtual
<i>Provides guidance and assistance on conducting several self-assessments to determine a career path to align with skills, interests, and abilities to identify post-transition career.</i>			
Capstone	<i>Sign up with Command Career Counselor</i>		
<i>Ensure transitioning service members meet Career Readiness Standards prior to separation or retirement.</i>			
Retiree SBP/Tricare Brief	12/2	1130-1330	Virtual
<i>Provide retiring service members, medical retirees, and families information regarding Survivor Benefits Plan and Tricare enrollment.</i>			
Transitioning Spouse	12/2	1330-1600	Virtual
<i>Provide spouses with information regarding the Transition Assistance Program and benefits.</i>			
Resume Writing Workshop	12/18	1300-1500	Bldg 824
<i>Polish your resume and increase your chances of employment in the civilian job market. Call to sign up.</i>			

Life Skills Education

Anger and Conflict Management	12/1	0900-1000	Virtual
<i>A one-hour workshop focusing on anger management strategies and managing conflict with others.</i>			
https://connect.apan.org/lemoorelifeskillseducation			
Stress Management	12/8	0900-1000	Virtual
<i>A one-hour workshop focusing on causes of stress and coping strategies for stress management.</i>			
https://connect.apan.org/lemoorelifeskillseducation			
Communication Skills	12/15	0900-1000	Virtual
<i>A one-hour workshop focusing on ways to build positive relationships through effective communication.</i>			
https://connect.apan.org/lemoorelifeskillseducation			

Life Skills Education cont'd.

Moxie! Expressive Art Therapy Tuesdays 1600-1730 Virtual
Simple expressive exercises such as painting, drawing, and collage to explore emotional struggles. Call to sign up.

SHARK (Art Exploration Ages 10-16) Mondays 1600-1730 Virtual
An adolescent virtual creative art exploration group utilizing art, music, play and creative writing. Call to sign up.

Relocation and Sponsorship Program

Sponsorship Training 12/10 0900-1000 Virtual
12/17 1500-1600 Virtual

Become qualified to be a command sponsor by attending this one-hour training. Open to E5+.

<https://connect.apan.org/lemoorerelocation>

Command Indoc By Request
A fifteen minute overview of FFSC programs and services for Sailors new to NAS Lemoore.

Parenting and Relationships

Active Parenting – 5-12 Year Olds 12/1, 12/8, 12/15 1300-1500 Virtual
A three-part workshop designed to help improve parenting skills by earning cooperation, improving communication, and learning effective discipline strategies. Call to sign up.

It Takes a Village 12/16 1430-1600 Virtual
Parenting and pregnancy support group for all military families who are pregnant or care for children 0-3 years old to discuss challenges, resources, information, and exchange ideas.

<https://connect.apan.org/lemoorenewparentsupport>

Infant Basics 12/8 1330-1530 Virtual
An overview of basic information to raise happy and healthy newborns.

<https://connect.apan.org/lemoorenewparentsupport>

Infant Safety 12/9 1330-1530 Virtual
An overview of basic safety information to keep young children safe.

<https://connect.apan.org/lemoorenewparentsupport>

Exceptional Family Member Program (EFMP)

EFMP 101 Virtual Class by Request
An overview of EFMP services, including qualifications and available resources.

Exceptional Family Members in Exceptional Times
Resuming in January
A support group for EFMP families dealing with stressors during the COVID-19 pandemic.

<https://connect.apan.org/lemooreefmp>

Family Employment Readiness Program (FERP)

Employment Resources

Virtual Appointment by Request

Schedule an appointment to review your resume or discuss job search strategies.

Personal Finance Management Program

CFS Forum/Senior Leadership Brief 12/3 1100-1200 Virtual

Only open to existing CFS and Senior Leadership.

<https://connect.apan.org/lemoorepfm>

Savings & Investing 12/8 1400-1530 Virtual

Learn how to start saving and investing to meet your personal financial goals.

<https://connect.apan.org/lemoorepfm>

Budget Track 12/9 1000-1130 Virtual

Create your 12-month post-separation budget prior to attending TAP in a stress-free environment.

<https://connect.apan.org/lemoorepfm>

Sexual Assault Prevention and Response (SAPR)

UH/RA Training 12/01 1030-1130 Virtual

Training for new Resident Advisors on sexual assault prevention and response policies.

<https://connect.apan.org/lemooresapr>

SAPR VA Refresher Training 12/10 1300-1500 Virtual

Training for certified Unit Victim Advocate D-SAACP certification CEUs.

<https://connect.apan.org/lemooresapr>

CDO/First Responder 12/15 1030-1130 Virtual

Training for First Responders on sexual assault prevention and response policies.

<https://connect.apan.org/lemooresapr>

SAPR POC Training 12/17 0830-1700 Virtual

Training for new SAPR Point of Contacts on sexual assault prevention and response policies.

<https://connect.apan.org/lemooresapr>

Ombudsman Program and Family Readiness Groups

Ombudsman Basic Training Online

Training for command-appointed ombudsmen. Call for information.

FRG Readiness 101 Online and on Demand

Training for Family Readiness Group representatives. Call for information.

IA and Deployment Support

Pre-Deployment Brief

Information and resources for Sailors and families preparing for deployment. Call for information.

FFSC Program Spotlight: Relocation Program

Need help with navigating move.mil? Have questions about your PCS move? Did you know our Relocation Specialist has plenty of resources for you and your family before your next move?

The Fleet and Family Relocation Assistance Program (RAP) can make your move a lot easier, whether you are settling in or departing from a duty station. RAP is intended to make the relocation process less stressful by providing pre-move workshops and webinars, one-on-one relocation counseling, the lending locker, and much more.

RAP provides support to the Command Sponsor and Indoctrination programs including Sponsor training. Sponsor training prepares personnel to welcome new sailors to NAS Lemoore by providing the necessary support and resources to facilitate a positive and successful relocation to a new duty station.

In addition to relocation assistance, RAP organizes the Foreign Spouses group. Feeling lonely, homesick, or isolated? Just want to talk to someone from your part of the world? Join other foreign spouses to network and share resources, discuss the American way of life, develop friendships, and learn about the many resources available to make your new life experience positive. We meet once a quarter- to sign up for reminders for meetings you can contact your relocation specialist.

Whatever your relocation needs your relocation specialist is here to help!



Jessica Rocha, Relocation Specialist

619-915-9180

Important Numbers & Information

Suicide Prevention Lifeline	(800)273-8255
DOD Safe Helpline	(877)995-5247
NAS Lemoore Sexual Assault Response Line	(559)318-6341
Sexual Assault Response Coordinator #1	(559)381-8668
Sexual Assault Response Coordinator #2	(559)381-8649
Domestic Abuse Confidential Hotline	(559)469-5061
American Red Cross	(877)272-7337
Military One Source	(800)342-9647