

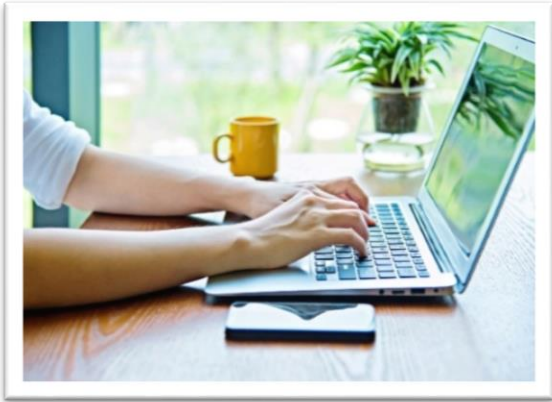


# NAS Lemoore Newsletter

## August 2020

966 Franklin Ave. Hours: 0800-1630 Phone: 559-998-4042  
 Information & Referral Mobile Phone: 619-592-6107

**“40 Years of Meeting Your Needs ... At Home and At Sea”**



*We are available to provide  
 services to you virtually!*

**Telework Mobile: 619-592-6107**

### TRANSITION ASSISTANCE PROGRAM

#### **TAP (5 days-Virtual Class):**

8/3-8/7 Employment/Education Track  
 8/10-8/14 Vocational Tech Track  
 8/24-8/28 Employment/Education Track  
 8/31-9/4 Employment/Education Track  
*Sign up with Command Career Counselor*

#### **Capstone**

By Request – Virtual Class  
 Call 619-753-1902 or 619-629-2850  
 to schedule

### RELOCATION

#### **Navigating ‘move.mil’**

*Virtual Appointments by Request*  
 @ 619-915-9180

#### **Command Sponsor Training**

8/14 1000-1100 Virtual  
*Sign up @ mynavyfamily.com*

#### **Command Indoc**

Online Microsoft Teams  
 YouTube Video

### LIFE SKILLS

#### **Anger & Conflict**

8/4 0900-1000 Virtual Class

#### **Stress & Mindfulness**

8/11 0900-1000 Virtual Class

#### **Communication Skills**

8/18 0900-1000 Virtual Class

*Sign-up @ 619-672-3005*

### PARENTING & RELATIONSHIPS

#### **Active Parenting 5-12 Year Olds**

8/4, 8/11, 8/18 1300-1500  
*Sign-up @ 619-672-3005*

#### **Infant Basics, Safety, Nutrition/Breastfeeding**

*Virtual/Telephone*

#### **Tactical Parenting**

8/11 1000-1100  
*nrswwfsc.adobeconnect.com/  
 tacticalparentingnas/*

#### **Maternal Wellness Virtual Fair**

8/19 1000-1130  
*nrswwfsc.adobeconnect.com/maternityfair*

### EFMP

#### **EFMP 101**

Virtual Class by Request  
*Sign up @ 619-323-9835*

### FAMILY EMPLOYMENT

#### **Employment Resources**

*Virtual Appointment by Request*  
 @ 619-323-8264

#### **Snap! Rapid Changes Where I Work**

8/11 1000-1100 Virtual  
*Sign up @ 619-323-8264*

#### **Virtual Job & Event Postings**

Tuesdays & Fridays on Facebook

### PERSONAL FINANCE MANAGEMENT

#### **Home Buying**

8/4 1100-1230 Facebook

#### **Car Buying**

8/19 1400-1530

*nrswwfsc.adobeconnect.com/lemoorepfm*

#### **Thrift Savings Plan**

8/25 1300-1430

*nrswwfsc.adobeconnect.com/lemoorepfm*

### SAPR

#### **CDO Training**

8/6 1300-1430 Virtual  
 8/20 0900-1030 Virtual

#### **UH/RA Training**

8/4, 8/18 1030-1130 Virtual

#### **SAPR VA**

#### **Refresher Training**

8/13 0900-1100 Virtual

#### **SAPR POC Training**

8/27 0830-0930 Virtual  
 Call 559-470-9240 to sign up

### OMBUDSMAN ASSEMBLY

#### **Ombudsman Basic Training**

*Sign up at mynavyfamily.com*

#### **FRG Readiness 101**

Online and on Demand

*For more info call 619-380-8459*

### IA & DEPLOYMENTS

#### **Pre-Deployment Brief**

*Phone Consultation @ 619-380-8459*



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# Back to School!

Search for all the supplies you need to start the new school year!

N	K	C	S	O	P	B	F	O	R	P	T	L	M
N	O	O	N	T	E	E	L	I	C	E	S	O	A
E	O	S	C	K	E	N	L	A	A	N	C	N	N
P	B	B	I	N	D	E	R	R	L	C	I	R	L
A	E	S	H	P	E	A	R	F	C	I	S	B	S
T	T	R	G	L	U	E	O	C	U	L	S	N	L
R	O	E	O	E	O	L	C	O	L	X	O	S	D
A	N	K	B	A	D	R	E	L	A	O	R	N	E
A	A	R	E	E	E	A	R	G	T	B	S	O	S
I	R	A	R	P	X	L	R	S	O	H	A	Y	K
E	I	M	A	E	E	R	S	P	R	C	L	A	X
R	O	P	S	E	O	U	O	E	S	N	E	R	D
X	E	R	E	P	L	O	L	A	S	U	O	C	T
R	G	L	R	S	B	R	O	P	K	L	K	A	C

- GLUE
- BINDER
- ERASER
- PENCIL
- NOTEBOOK
- CALCULATOR
- PAPER
- FOLDER
- TAPE
- SCISSORS
- CRAYONS
- DESK
- LUNCHBOX
- MARKERS



### 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

Subscribe to our newsletter by emailing [rachel.bitner.ctr@navy.mil](mailto:rachel.bitner.ctr@navy.mil)