

Personal Financial Management (PFM)

The Center provides financial education, training and counseling that emphasize long-term financial responsibility by providing instruction on sound money management, debt management, saving, investing and retirement planning.

New Parent Support

Babies don't come with manuals or guarantees. That's why The Center has programs in place to help service members and spouses adjust to parenthood.

Offerings include:

- Parent education
- Home visits
- Prenatal and postnatal care
- Developmental screening
- Parent support groups
- Information and referrals to community resources



Exceptional Family Member Support

Families with special needs deserve special care. The Center offers a full range of assistance to service members and family members, including:

- Referral to medical, counseling and educational services, support groups and respite care providers
- Increasing the sensitivity of detailers to special needs in choosing a duty assignment
- Assisting families in locating to duty stations where needs can be met

Family Advocacy Program (FAP)

When family relationships turn volatile and violent, The Center offers prevention, identification, treatment, follow-up and reporting of spouse and child abuse and neglect. All efforts are geared toward victim safety and protection, offender accountability and rehabilitation.

Professional Counseling

The Center has licensed counselors who provide short-term, individual, couples, family and group counseling to address relationships, crisis intervention, stress management, substance abuse, depression / grief after a loss, occupational and family issues and financial difficulties.

Crisis Response

The Center stands ready to offer assistance to reduce tension and anxiety, help solve problems and develop plans for additional assistance during natural disasters, mobilization, repatriation and mass casualties.

Sexual Assault Victim Intervention (SAVI)

When traumatic situations arise, The Center can provide the support and resources necessary for recovery and rebuilding.

For more information about The Center:

www.persnet.navy.mil/pers66

Visit the Navy Quality of Life Web page at

www.lifelines.navy.mil



Meeting Your Needs. At Home. At Sea.

**Single
Service
Members,
Families
and
Command**



Meeting Your Needs. At Home. At Sea.



**What's
In It
for YOU?**

Deployment Support

Concerned about how you and your family will adjust during periods of separation? The Center plays a key role in the preparation process by assisting command in getting crew and family members ready for each phase of deployment.

The Center offers:

- Pre-deployment programs
- Family support groups, workshops and referral services
- Return and reunion training
 - Singles and Homeward Bound
 - Reunion and Intimacy
 - Returning to Children
 - Money Management
 - Car Buying

Ombudsman Support

Ombudsmen are key resources for family members, particularly during deployments. They can facilitate the flow of information between Command and family members. In support of Ombudsmen, The Center:

- Trains Ombudsmen
- Attends Ombudsman assemblies
- Offers support and up-to-date information about the program

Information and Referral (I & R)

The Center provides trained specialists to help find out what is offered and how to access whatever service family or personnel want or need. The Center:

- Maintains a database of base and community educational, life-enhancing and therapeutic resources
- Provides brochures and fact sheets on local area resources
- Provides skilled crisis intervention and support services
- Makes referrals to appropriate military and civilian agencies



Relocation Assistance Program (RAP)

Whether you're expecting orders for an overseas tour or changing homeports, The Center can help prepare through a range of services.

- Learn how to deal with movers.
- Get information about personal property entitlements, travel pay and allowances, and creating a budget for the move.
- Plan your overseas move, get your passport in order, obtain information on visa requirements, learn about cultural adjustments and how to accommodate the financial and emotional needs of relatives left behind.
- Learn details about your new homeport, including housing availability, cost of living, child care, schools and recreational opportunities.
- Get one-on-one assistance from experienced relocation counselors.

Commands moving to a new location can pick up a Homeport Change Kit that includes "how to" videos, brochures and pamphlets, and ideas on how to disseminate information to service members and their families.

Use the Lending Locker for household goods while your belongings are in transit. The Center can lend fold-out mattresses, portable car seats and strollers, dishes, pots, pans, and utensils.

Transition Assistance Mgmt. Program (TAMP)

Whether you are retiring or separating, The Center can help with your transition from military life to the civilian world. The Center's services include:

- A four-day program with separate classes for retirees or those separating to help address social, financial and professional issues with getting out of the military
- Employer panels and special briefings
- Command career counselors
- Military skills and training verification
- Access to public job search registries
- Employment-related workshops
- Access to computerized job databases and printed lists
- Electronic posting of resumes
- Information on veterans' and Social Security benefits

Spouse Employment Assistance Program (SEAP)

The Center helps family members make career decisions and develop employment search skills through education, information, referral, and assistance programs, giving family members the competitive edge to secure employment.

Workshops include:

- Employment skills building
- Career planning
- Self-assessment
- Job search skills
- Resume writing
- Filling out applications
- Federal employment information
- Networking
- Interviewing
- Resource library

Life Skills Education

Having problems communicating with your spouse, adjusting to parenthood or managing stress? The Center provides solution-oriented programs to develop knowledge, and social skills to enhance self-esteem and interpersonal relations. In addition to individual and marital counseling, The Center provides:

- Parenting skills workshops
- Child development classes
- Family life cycles and patterns
- Mental health needs assessment and referrals
- Suicide-prevention briefs
- Group therapy for broken relationships, assertiveness and resolution of past sexual trauma

