



Naval Services FamilyLine Presents



Exploring Your Community

Anchors Aweigh Exploring Your Community

Now that you have joined the Navy family at large, you will experience many new communities as you move with your Sailor. Moving to a new area is both exciting and challenging. Let's explore ways to make the most of your new location and how to tap into both the Navy community and the local community there to help get you acclimated and settled in. Here are a few key support agencies that can assist in connecting you to your new community as well as local resources.

Military Community Support

Fleet and Family Support Center:

The Information and Referral (I&R) program is one of the primary functions of the Fleet and Family Support Center. The I&R Specialist can assist with finding answers to questions or provide the resources and/or referrals appropriate to your needs in both military and civilian communities.

https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/FFSC.html

Morale, Welfare and Recreation (MWR):

Visit the Morale, Welfare and Recreation (MWR) office and download your area specific MWR app from the Navy App Locker. Each military installation has created its own app to highlight local activities and services. The MWR hosts a variety of activities and also offers reduced price tickets to movies and amusement parks. It's worth a visit to learn what they have to offer.

Command Ombudsman and Family Readiness Group (FRG):

Ask your Sailor to connect you to the command Ombudsman- or look up the Ombudsman on the command website and call him/her. The Ombudsman is a volunteer spouse and is a fantastic person to connect you with your fellow command spouses and families, as well as the Family Readiness Group (FRG). Ask the Ombudsman if the spouses have a social club and to refer you to the membership chairperson. Getting to know your fellow command spouses and families will be a primary source of friendship and support in your new location!

Umbrella spouse organizations in your new location:

Many fleet concentration areas like Norfolk, VA; San Diego, CA; Jacksonville, FL; Yokosuka, Japan and Naples, Italy have Officer and Enlisted Spouse Clubs that provide programs, lunch bunches, tours, zip code coffee groups, book clubs, philanthropic activities and more. They provide a relaxed, friendly and easy way to meet new friends and reconnect with old friends.

Continuum Of Resource Education (CORE):

Is a network of workshops, seminars, and events hosted and planned BY spouses FOR spouses. CORE events provide exciting speakers and programs for spouses to help navigate

the unique challenges of the military lifestyle and celebrate the unique life opportunities it provides! All spouse volunteer-run CORE teams are in Washington DC: Hampton Roads (Norfolk area), VA; San Diego, CA; Kitsap, WA; Hawaii, Yokosuka, Japan and Naples Italy. New teams are forming in Jacksonville, FL; Everett, WA; Rota, Spain; and Bahrain with plans to expand to more locations. CORE is available for both officer and enlisted spouses and welcomes new volunteers to help plan the next CORE event!

COMPASS: www.gocompass.org

COMPASS is a standardized Team-Mentoring program developed by spouses for spouse. COMPASS focuses on spouses new to the Navy, however all spouses are welcome. COMPASS improves quality of life through education enabling spouses to understand, experience, and meet the challenges of the Navy lifestyle. With knowledge and realistic expectations, the journey can be successful and rewarding. COMPASS is a 12 hour program taught in three four hour sessions.

Military OneSource: <http://www.militaryonesource.mil>

A support service sponsored by the DoD that provides free and confidential phone consultation, counseling referrals and online access to military members and their families. The website provides information and resources about personal and professional topics. Contacting Military OneSource is easy — whether you're in the U.S. or overseas. Military OneSource services are available 24 hours a day, 365 days a year. If you are overseas call 800-342-9647 or 703-253-7599.

Joint Community Forces:

<https://www.jointservicessupport.org/communityforces/Default.aspx>

Community Forces focus the efforts of local providers with a common goal: To strengthen the local military community. Because Community Forces work in communities around the country, they are uniquely positioned to find and consolidate the best local resources, and that means providing better and faster assistance to service members, military families and veterans when they need it. Interested in finding out what JCF is doing in your state? Check out our **Joining Community Forces 2016 State Outreach Booklet** for all sorts of information!

https://www.jointservicessupport.org/content/communityforces/files/1_bookletdraft_2016_10_21_15_29_02.pdf

Support Where You Live

Call 211 or go to <http://www.211.org>

2-1-1 connects you to community services and resources 24 hours a day, 365 days a year. Coverage is available in all 50 states, the District of Columbia and Puerto Rico, and can provide information for help with: basic human needs, physical and mental health assistance, employment support and volunteer opportunities.

American Red Cross www.redcross.org

The American Red Cross serves civilians and military personnel. Services provided include:

briefing deploying service members and their families about available support services and explaining how the Red Cross can assist them during the deployment, providing emergency financial assistance in partnership with Navy-Marine Corps Relief Society (NMCRS) to those not near a military installation or outside NMCRS office hours.

The Better Business Bureau for marketplace trust:

<https://www.bbbmarketplacetrust.org/category/333728/military-veterans>

The BBB Marketplace Trust helps military service members, veterans and their families protect their assets, plan for the future and prosper in a trusted marketplace.

Volunteering

Once you have the support you need, you may find you have time to give back. It is important to be involved with your Navy family and your community, and the old adage “the more you give, the more you get” does hold true. When it comes to the Navy family, we try to leave things better than we found it. We try to help our community evolve to meet the needs of the future. The Navy family community doesn’t look anything like it did 25 years ago, and with your help it won’t look like it does today 25 years from now. If you are looking for opportunities to volunteer your time, there are many groups in your service area that could use your help — from organizing activities for Navy families, to the Red Cross, your church or local schools. Contact NSFL or your command Ombudsman if you’d like ideas on how to get involved and to see what groups need an extra hand. Remember that volunteer activities can help develop your resume, too. Serving as a committee chairperson, fundraising/development, event planner or other roles builds important professional skills to help secure future employment.

Volunteer Match: <https://www.volunteermatch.org>

Volunteer Match is the largest network in the nonprofit world with the most volunteers, nonprofits and opportunities to make a difference in the lives of those in your community.

Idealist.org: <https://www.idealists.org>

Idealist is another great place to search for volunteer opportunities online. It has the ability to drill down to the exact types of volunteer opportunities you’re looking for. If you’re looking to make a career in nonprofit work, they also allow you to pull up available jobs or internships in your area.

Nationalservice.gov: <https://www.nationalservice.gov/serve/search>

The Corporation for National and Community Service (CNCS) is a catalyst for community solutions and a champion for the idea that every American can make a positive impact.

United Service Organization (USO): <https://www.uso.org>

The USO strengthens America’s military service members by keeping them connected to family, home and country throughout their service to the nation. For over 77 years, the USO has been the nation’s leading organization to serve the men and women in the U.S. military, and their families, throughout their time in uniform. There are countless ways volunteers enable the USO to do all they do; contact them to find out how you can help (or how they can help you.) The sense of belonging within the Navy is strong. Your new Navy family

will embrace you—sometimes it takes stepping out of your comfort zone to avail yourself of the opportunities. Remember, your Ombudsman is there to help, and we're here for you!

Find your local COMPASS or CORE groups and get involved. Look online at www.nsfamilyline.org

If you have not read our other modules, go back and read through them or follow the link below to continue onto our next module

Next module:

[Overcoming Employment Challenges](#)

