

# The Fleet & Family Support Center

## NSA Hampton Roads

### COVID-19 Update:

FFSC has transitioned our workforce to a Distributed Workforce and staggering staff on site. We are providing the majority of our services telephonically and will provide crisis response as needed. Please call ahead for appointment (Northwest Annex: 757-421-8770 / NMCP Portsmouth Annex: 757-953-7801).

Please be patient with us as we find innovative ways to continue to support you. Our regional information and referral call center remains open to find answers to your questions and to provide you with helpful resources, contact the call center at 1-800-372-5463. Additionally, you may also visit the FFSP website at <http://www.ffsp.navy.mil> for more information.

### Family Employment / IDSS:

SECO Virtual Military Spouse Symposium 29-30 April 2020. This is a virtual employment questions place for job seekers. Clients log on create account speak with hiring managers and recruiters.

Individual Deployment Support Specialist (IDSS) is providing child care employment info, stressors and Navy Marine Corp Relief information. Call 757-421-8762 for more information.

### Transition Assistance Program (TAP) and CAPSTONE:

All classroom TAP classes have been cancelled until Mid-May 2020, personnel separating or retiring prior to this timeframe are directed to complete the virtual TAP and TAP tracks on the **JKO website**.

CAPSTONE: All Capstone events will be completed telephonically. Transitioning Servicemembers should call (757) 953-6007 or send an email to paul.dowd.ctr@navy.mil to schedule their Capstone.

Resume (Civilian or Federal) and Job Search Strategies assistance are also available and will be conducted via phone and/or email.

### Accredited Financial Counseling:

Finances can be stressful at any time. For financial assistance call 757-953-7854.

### Life Skills:

These could be stressful times. We've gathered some important information for you to ease individual and family stress during COVID-19. Call 757-953-7814 for more information.

### SAPR / SAIL / FAP:

Family Advocacy Program (FAP), Sailor Assistance and Intercept for Life (SAIL), and Sexual Assault Prevention and Response (SAPR) remain fully supported. Clinical counseling: Crisis response only.

### Relocation:

The Navy is proceeding with moving as long as current command will release. Retirees and personnel separating are still able to move. Contact is maintained with personal property to ensure up to date information. Call 757-421-8725 for more information.

### Exceptional Family Member Program (EFMP):

EFMP Resources and communication with clients continues to ensure needs are met. Families are talking more about education, and possible back sliding during this down time. Free resources are available for families: e-books, apps and virtual museum. Call 757-953-7805 for more information.

### New Parent Support:

Home visit clients will be contacted by phone. Call 757-953-7840/7829 for more information.

