



Life Happens. We've Got Resources.

April 2026 Edition

INSIDE THIS ISSUE:

Sexual Assault Awareness and Prevention

Month of the Military Child

Child Abuse Prevention

Financial Literacy

Life Skills Education

Command Spotlight



NavyMWRPanamaCity.com/Fleet-Family



@FFSCPanamaCity *Let's Get Connected!*

April FFSC Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 FFSC is Open!	4
5 Life Skills Workshop Week	6	7 Relationship Goals Find Your Anchor	8 Clear Horizons The Iron Core	9 Stress Less, Live More Anchor & Sail	10 FFSC will be at the Spring Picnic	11
12 Financial Literacy Workshop Week	13 Money Talks 1 Day-to-Day Dollars	14 Money Talks 2 Financial Recovery	15 Money Talks 3 Planning Big	16 Money Talks 4 Investing & Your Future	17 Money Talks 5 Family and Financial Balance	18
19	20	21	22 SAPR Outreach @ NSA PC NEX / Bank	23	24 SAPR Outreach @ NSA PC Galley	25
26	27	28 Heart at Home, Mind on Mission	29 Sole Survivor Walk/Run 1.5 Miles Sexual Assault & Child Abuse Prevention Awareness	30		Denim / Wear Teal Day 4/29

Look Ahead: May Workshops

Financial Planning;
Stacking Readiness
May 5 - May 7

SAPR Training
May 11 - May 15

Sponsorship Training
May 19

Relocation Workshops
May 19 - May 20

Pre-Separation Brief
May 19
1300 - 1500



Scan here for times, locations, and to register for April's workshops



Meet Your FFSC Team

- **The Counseling Advocacy Program (CAP)** offers vital support for Navy sailors and families.
- **Non-Medical Clinical Counseling** services provide short-term, solution-focused counseling for daily life challenges like relationship issues, stress, and adjustment.
- **The Family Advocacy Program (FAP)** targets domestic and child abuse, and the Problematic
- **Sexual Behavior in Children and Youth (PSB-CY)** program offers support and education to families who have children who struggle with sexual behaviors.
- Additionally, the **Sailor Assistance and Intercept for Life (SAIL)** program delivers crucial suicide prevention and intervention services to those in need.



Offers confidential support, advocacy, and resources for individuals impacted by sexual assault. Coordinates prevention education and ensures access to reporting options and care services to strengthen a safe and respectful command climate.

NSA Panama City
24/7 Response Hotline:
850-625-1413



Delivers education and individualized guidance to help Sailors and families build financial stability, manage debt, plan for the future, and make informed financial decisions that support personal and mission success.



Dedicated programs and services designed to support our military community at every stage of their journey. Programs include:

- **Deployment Readiness:** Support for every stage of the deployment cycle.
- **Transition Assistance:** Guidance for transitioning to civilian life.
- **Family Employment Readiness:** Resume building, interview prep, and job search help.
- **Emergency Preparedness:** Tools and plans to stay ready for any crisis.
- **Life Skills:** Workshops on relationships, stress, and communication.
- **EFMP:** Specialized support for families with special needs.
- **Relocation:** Smooth PCS moves with area info and arrival help.
- **Ombudsman:** Vital communication link between command and families.

Command Spotlight

"NSAPC is a Warfighting Platform dedicated to enhancing the readiness of the Sailors, civilians, and the families. The Fleet's ability to respond to any crisis or threat begins in our ability to generate readiness Ashore - in our installations. Fleet and Family Support Centers are the centers of gravity in providing and sustaining Mission Readiness, as well as Sailor and civilian readiness, and in order to continue to provide the highest state or support, services, and quality of life, we need to continue to provide the operational support the Fleet and the Forces deserve."

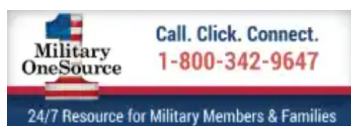
- CDR Tristan Oliveria

Great work deserves recognition. Help up highlight Service Members and civilians across out installation who are making a positive impact in their commands and our community.

Scan the QR code to submit a shout-out and celebrate the individuals and teams who go above and beyond.



Resource Hub



To file a report for child abuse at any time, you can contact the Florida DFC Abuse Hotline by calling 1-800-96-ABUSE (1-800-962-2873) or by submitting a report online at <https://reportabuse.myflfamilies.com>



APRIL IS
**CHILD ABUSE
 PREVENTION**
 MONTH



April is
**Financial
 Literacy**
 Month



April is the
 Month of the
**MILITARY
 CHILD**



— APRIL IS —
**SEXUAL
 ASSAULT**
 AWARENESS
 — MONTH —

We're Here to Support You

101 Vernon Ave, Bldg. 387

0800 - 1630

(850) 230-7300

cnic_se_pnma_nsa_ffsc@us.navy.mil



Scan for more information or to
 connect with a FFSC Specialist.

