

# THE ANCHOR

BY: FLEET AND FAMILY SUPPORT CENTER MAYPORT

## Welcome to Our Newsletter

Welcome to our newsletter where we share insights into our programs and exciting projects. Keep an eye out for upcoming workshops and events. We hope you have a fantastic October and we look forward to seeing you for the next issue!

### -A Word from our Director-

These months have been so fast! Closing the fiscal year and soon we will be closing the calendar as well. October is one of our biggest months, all circling around an important topic: Domestic Violence. I have worked with families, children, survivors, and offenders who were impacted by domestic violence for almost thirty years. Domestic Violence touches most of our programs with the Fleet and Family Support Center. This could be victim advocacy, counseling, financial, parenting, deployment, etc. Please know that we are here to support. We have a lot of events during the month of October, from bowling, Halloween, and groups. We hope to see you! Our sailors and our families deserve the best. You can call me at 904-270-6600 ext. 1602 or e-mail me at [amie.m.mckague.civ@us.navy.mil](mailto:amie.m.mckague.civ@us.navy.mil).

### Fleet and Family Support Center Mayport Fiscal Year 2024 Recap!



## October Spotlight: Domestic Violence Awareness Month

**FFSC Mayport was asked to reflect on the following prompt: “In what ways do you hold space for trauma survivors in your workplace, community, and family?”, here is some of their answers:**

“Be present and listen, be non-judgmental and accepting. Be supportive.... Most of all check in with people i.e. family, co-workers.”

“As a clinician I always felt part of my role was to bear witness. If someone could survive something traumatic, then I could survive listening to it. I felt if I could stay grounded, then I would give the client the experience of stillness and safety in the moment, in my office, even if it seemed to them that the rest of the universe was spinning out of control.”

“Holding space for trauma survivors means creating an environment where they feel safe, understood, and supported. It's about offering compassion and empathy without judgment.”

“I listen. I provide consent about limits of confidentiality and a respectful, non-judgment environment to process what they have been through. I always remember that what may be a “trauma” to me, may not be to you and that not everybody reacts in the same way to a trauma. I also always keep in mind that memory is often not working well post-trauma and that it may take a few times of providing education/resources for people to understand or utilize them- patience and compassion is crucial.”

“I create a space for meditation, calmness, and quietness. A safe place to experience peace and vulnerability.”

“To support trauma survivors, just be there for them. At work, create a vibe where people can talk about mental health openly and offer resources. In your community, make safe spaces for sharing stories and connecting. With family, listen actively and let them know their feelings matter. Simple actions like these can really help in their healing journey.”

**Stop by Fleet and Family Support Center Mayport and sign the pledge AGAINST Domestic Violence:**

**“Take action to end all forms of violence with love, compassion and without judgment. Stand with courage, lead with conviction, and speak out to promote non-violence as the norm. Take action to end domestic violence and all forms of violence.”**

## October Spotlight: Exceptional Family Member Program

**Written by: Jackie Rodriguez and Ciara Bundrige - Gross**

The Department of the Navy's Exceptional Family Member Program (EFMP) was established in 1987. The program is mandatory for active duty service members. Enrollment in the EFMP ensures service members are assigned only to those geographic areas where the medical (physical, developmental, and/or mental health) and/or educational needs of their family member(s) can be met. Respite Care was established in 2008, which is a short-term care service that gives caregivers a break from their primary caregiving responsibilities available for qualifying families. Extended Care Health Option provides financial assistance to TRICARE beneficiaries with special needs. ECHO also provides additional financial assistance to help cover the cost of services and supplies beyond what TRICARE plans offer for qualifying families.



# FFSC MAYPORT TRICK OR TREAT WALKTHROUGH

Bring your kiddos in costume to FFSC Mayport for a trick or treat walkthrough in our center!

## TIME SLOTS:

**NEWBORN TO TODDLERS:**  
10:00 - 11:00 AM

**EFMP FAMILIES:**  
3:00 - 4:00 PM

**ALL AGES:**  
4:00 - 6:00 PM

24 October 2024

Location: FFSC Mayport,  
Bldg 1 Massey Ave

TRICK OR TREAT

FFSC  
WALKTHROUGH

FUN DECOR



FLEET AND FAMILY SUPPORT CENTER  
NAVAL STATION MAYPORT  
(904) 270 - 6600 X 1700/1701

HOURS OF OPERATION:  
M-TH: 0730 - 1600 F: 0730 - 1500



## EMPLOYEE SPOTLIGHT - Meet Jackie R.



**What are your hobbies? What's your go-to way to unwind and recharge after a long work week?** "We have a very active social life! Weekends are for sleeping in and catching up with housework all while playing a variety of music. We take full advantage of living in Florida: Tailgating, Jaguars games, play sports, birthday parties, theme parks, visit family in Orlando, short cruises, movies, attend mass, bible study, explore springs, lakes, etc."

**Do you have a favorite quote or motto to live by?** "Favorite quote: "When you learn, teach, when you get, give." - Maya Angelou  
Motto: "Don't forget to breathe.""

**Favorite Food and where do you like to get it here in Jacksonville?:** "Authentic Puerto Rican food! When do I get it? Visiting other Puerto Rican families or preparing it myself. However, if I am in Orlando, Crocante Restaurant is one of the excellent Puerto Rican restaurants."

**Are you watching any good TV right now? What's your favorite show?** "I just watched the first episode of Brilliant Minds! I enjoyed it. My favorite show is Everybody Loves Raymond reruns. I love comedy!"

### What valuable life lessons have you gained from your experience at FFSC Mayport?

"I have learned more about Sailors and what they go through to accomplish their Command's mission. I am astonished to see how many military families are going through life changing issues and require our assistance. As a retired navy wife and parent of sons with special needs, who utilized FFSC programs, I am able to apply the knowledge I gained for many years. I am grateful and honored to pay it forward."