



THE ANCHOR



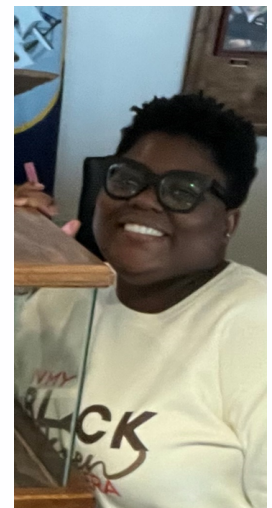
BY: FLEET AND FAMILY SUPPORT CENTER MAYPORT

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 April and we look forward to seeing you for the next issue!

-A Word from our Director-

There are moments throughout life, when you stop, and realize again, that life is precious. Sadly, one of the Fleet and Family Support Center staff members passed away unexpectedly. Shaquita McKinney was one of our Integrated Prevention Coordinators. Shaquita was a military spouse and leaves two beautiful, young children. Shaquita was pursuing her Master's degree for social work from Florida State University. Shaquita also had a part time job as 988 suicide prevention hotline provider. We were proud to have the privilege to work with Shaquita. Shaquita chose a career of helping others which is inspiring. I always end my "corner" by saying, "Our sailors and our families deserve the best". We got the best while working with Shaquita. Condolences for her husband, her children, and her family. You can call me at 904-270-6600 ext. 1602 or e-mail me at amie.m.mckague.civ@us.navy.mil.



LET'S IMPROVE YOUR FINANCIAL LITERACY!

Written by: Laura Reynolds

Think of a time later in your life and picture yourself there. Some might choose short term goals (leaving active duty or buying a house) while others might envision retirement. Are you working towards those visualizations? In April, our goal is to get as many service-members as possible financially educated. This may include TSP/saving for retirement, it may be home buying or car buying, or it might be the basics on developing a spending plan. No matter what financial topic we teach the purpose is always to give you the power to have choices and stability in the future.

Come and see your Mayport Personal Financial Managers (Doug McBride and Laura Reynolds) for one-on-one counseling or more info on how to get financially fit!

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BEYOND THE UNIFORM: RECOGNIZING THE STRENGTH OF MILITARY CHILDREN

Written by: Megan Kahn

April acknowledges our military children as well as the extremely hard work of parenting our next generation. The New Parent Support team & Fleet and Family Support Center honor our incredible military children who overcome the unique challenges that come with having an Active Duty parent.

These include frequent PCSes, long periods of separation from a parent, big feelings involving their parents safety, the adjustment of reuniting back at home as a family unit, amongst others. Additionally, being a parent has immense challenges that come with the job. When we talk about changing the world we may forget the impact that parenting our little ones has, however they are our future. Being a child or a parent of a military family is often a thankless job- and we mean it when we say it:

Thank you for all that you do!!!

Little Ones Park Play Group

10 APR & 24 APR 2025 - 0900 - 1100

South Beach Park and Sunshine Playground
2514 S Beach Pkwy, Jacksonville Beach, FL 32250

Come out, play, and meet other parents and kiddos during this play group hosted by New Parent Support.

Family Play Group at Jacksonville Zoo & Gardens

05 APR 2025 - 0900

Jacksonville Zoo & Gardens
370 Zoo Pkwy, Jacksonville, FL 32218

Please join us for a family day out at the Jacksonville Zoo & Gardens.

We will meet at the entrance at 0900. Each family is responsible for their own expenses. Please call FFSC to register!

Family Fitness Class

12 APR, 19 APR, & 26 APR 2025 - 1030 - 1130

Mayport Fitness Center
1391 Bailey Ave, Jacksonville, FL 32228

New Parent Support has partnered with the Mayport Fitness Center team to offer this special family workout class!

All ages welcome!

Child Abuse Prevention Proclamation Signing

02 APR 2024 - 1000

Child Development Center BLDG 1960 -
1137 Cove Landing Dr, Atlantic Beach, FL 32233

The proclamation signing acknowledges April as Child Abuse Prevention Month, highlighting our ongoing battle against child abuse. The event will take place at the CDC, followed by a parade showcasing the children.

Safety in the Park

30 APR 2024 - 1430 - 1630

Lake Wonderwood Park

Meet Your Mayport Fleet and Family Support Center Staff, The Fire Department, Base Security, MWR, and more!

Activities Include:

Fire Truck Demonstrations
Police Dog Demonstrations
Alligator Safety Brief
Crafts, Bubbles, and Family Fun

April Spotlight - Celebrating the Beauty That Surrounds Us



EMPLOYEE SPOTLIGHT - Meet Greg

Hobbies: Cruising (Motorcycle), Fishing, Golfing, Foot Reflexology

What are your favorite sports teams?

Washington Redskins, Washington Commanders, Jacksonville Jaguars, Washington Wizards, Washington Nationals, VT, UVA

Favorite Actor and Movie they have starred in:

Denzel Washington - Remember the Titans

Favorite Food and where do you like to get it here in Jacksonville?:

Crab and Seafood Boil - The Tanner Restaurant

Best place you have ever visited and why?

Dubai, UAE - one of the richest and wealthiest cities in the Middle East, the detailed modern Architecture (\$\$\$), Scenery (\$\$\$), Superstructures and Skyscrapers (\$\$\$), Automobiles (\$\$\$)

What's the best part about working at FFSC Mayport?

"I enjoy that "ONE STOP ONE SHOP" motto identified with the Fleet and Family Support Center (FFSC). Great opportunity to give back to our Military Service members and their Families. I appreciate the FFSC Staff experience, dedication, and devotion to better the lives of the Military Members across the board, and not just the Navy alone. We are truly that "Shining Light" reflecting from the shore for all to see. I've been working here at FFSC MYPT, for coming up 15 years, and I continue to witness the Growth and Professionalism from our entire STAFF. Thank you, for what you do on a daily basis for sure. "



"STEP FORWARD. Prevent. Report. Advocate"

Written by: Melissa Tambor

Since 2004, the Department of Defense (DoD) has observed Sexual Assault Awareness and Prevention Month (SAAPM) each April, recognized by both military and civilian communities. The 2025 theme is "STEP FORWARD. Prevent. Report. Advocate."

Sexual assault is a crime, and everyone has a role in its prevention. The STEP FORWARD campaign enhances awareness of sexual assault in the military, provides resources, and shares actionable steps to prevent and counter sexual assault. The Department of Defense remains dedicated to fostering a culture that eliminates sexual assault and requires a personal commitment from all service members.

To mark the beginning of SAAPM 2025, a proclamation signing will take place on April 1st at 0830 in Building 1 at the quarterdeck with the Installation Commander.

In support of sexual assault awareness and prevention, all personnel are encouraged to wear teal on Tuesdays throughout April.

The following events are scheduled to promote awareness and prevention efforts:

- Spin Class
- Silent Walk
- Display Tables
- Bowling Event

The Sexual Assault Prevention and Response (SAPR) Team at the Fleet and Family Support Center (FFSC) encourages participation from all commands assigned to Naval Station Mayport. Your engagement in these activities supports a culture of prevention, advocacy, and reporting, reinforcing the commitment to eliminating sexual assault within our military community.



SAPR Silent Walk

22 APR 2025 - 0900 - 1000

Location: Start: Massey Ave BLDG 1

This event involves a walk to showcase Naval Station Mayport's unified stance against Sexual Assault in our military.

Stand Up and Strike!

30 APR 2025 - 1100 - 1300

Location: Pinz Bowling Center

Come out and play in the SAPR Bowling Tournament! Teams are highly encouraged; participants are responsible for payment of their shoes and bowling.

SAPR Spin Class

03 APR 2024 - 1130 - 1230

Location: Behind the MWR - Fitness Center

Join us in raising awareness and supporting survivors through a collaborative biking effort. Prepare to sweat, feel empowered, and help create a safer community.