#31 OCTOBER 2026
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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-

October is always a busy month for the Fleet and Family Support Center. Frankly, every month has been busy this year. When we are busy, that means that we are supporting our sailors and our military families which is our privilege. These are the things we get to do versus the things we have to do. We have many families whose sailor is deployed at this time. Another great reminder, we have a virtual Deployment Support Group, bi-weekly, and it's open for all family members. That includes husbands, wives, mothers, fathers, sisters, etc. If you are not deployed currently, but maybe you are in the "pre" or "post" stage, we got you too, please join as well. If you are interested, please call the Fleet and Family Support Center at 904-270-6600. Our "Annual Halloween Spook-Tacular" event is on October 15th. This is a FREE event. Come in costume and bring your candy bag! I hope to see you and your family! 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.

HAPPY ANNIVERSARY COMMANDER, NAVY INSTALLATIONS COMMAND!

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★ FLEET ★ FIGHTER ★ FAMILY

THANK YOU FOR 23 YEARS OF SERVICE TO THE FLEET, FIGHTER, AND FAMILY!

October Spotlight - Baby Sleep Safety

Written by: LaShanté Francis - Current

In October, we would like to bring awareness to Infant Safe Sleep. Every year, thousands of babies lose their lives due to sleep-related causes. In an effort to reduce these losses, we want to share how to protect the children in your life.



It is as simple as ABC:

A...lone in the crib, on their

B...ack, in a

C...rib.



Keep in mind that 90% of sleep-related deaths happen before a baby is 6 months old. Always put your baby to sleep in products made for sleep, like cribs, bassinets, or portable play yards with a firm mattress. Swaddling is safe until your baby can roll over, then it's time to stop. Pacifiers are also safe during sleep if they don't have a tether.

If you have questions about safe sleep or parenting, please visit the Fleet and Family Support Center and talk with our New Parent Support Home visitors.

October Spotlight - Exceptional Family Member Program (EFMP) AWARENESS MONTH!

Written by: Jacqueline Rodriguez

At Naval Station Mayport, we recognize that every family's needs are different. The Exceptional Family Member Program (EFMP) is here to support active-duty service members and their families when a dependent—child or adult—has special medical, educational, developmental, or emotional needs.

EFMP Exceptional Family Member Program

Since its establishment by the Department of the Navy in September 1987, EFMP has helped families connect with the support and resources they need. Next year, the program will celebrate its 40th anniversary!

When your family enrolls in EFMP, you are not navigating the process alone. An EFMP Case Liaison at the Fleet and Family Support Center (FFSC) is assigned to help answer questions, guide you through enrollment and benefits, and connect you with resources that fit your family's situation.

Stop by NS Mayport FFSC in Building 1 Massey Avenue, to meet with one of the 4 EFMP Case Liaisons and learn how we can support your family.

CY2026 EFMP Awareness Month Events at FFSC MAYPORT





October Spotlight - National Domestic Violence Awareness and Prevention Month

Written by: Makenzie Groff

October is National Domestic Violence Awareness and Prevention Month (DVPAM). Domestic violence impacts approximately 1 in 3 women and 1 in 4 men in their lifetime across the United States (CDC, 2026).



The Department of War themes for DVPAM are "United Against Domestic Abuse" and "Pause". The "United Against Abuse" campaign encourages community members to speak up and rally behind unity, safety, and accountability (war.gov). This theme highlights the importance of standing alongside victims and survivors. The "Pause" campaign focuses on accountability and encourages self-awareness for individuals who are concerned about their own harmful behavior. This campaign encourages healthy relationships, boundaries, and self- reflection to reduce and prevent harm and abuse.

The goal of DVPAM is to unite advocates and allies to honor and support victims and survivors of domestic violence, provide education on domestic violence, link communities with local resources, and to work together in efforts of prevention to end domestic violence.

With these national campaigns in mind, Mayport's Fleet and Family Support center will participate and host events throughout the month aimed at coupling awareness with action and highlighting how common domestic violence is. Whether we are aware of it or not, we all know someone who has been intimately impacted by domestic violence.

CY2026 National Domestic Violence Awareness and Prevention Month Events at FFSC MAYPORT

10/01/2026: DVPAM Proclamation Signing at the Quarterdeck @1200
10/08/2026: "Chalk the Walk" Uplifting Messages to Raise Awareness and Support Survivors outside NMCRS @0900
10/22/2026: Boundaries and Board Games at the Liberty Center from 1100-1500

ON THURSDAYS WE WEAR PURPLE: 10/01, 10/08, 10/15, 10/22, 10/29

SOURCES:
CDC. (2026, AUGUST 19). ABOUT INTIMATE PARTNER VIOLENCE. CENTERS FOR DISEASE CONTROL AND PREVENTION. HTTPS://WWW.CDC.GOV/INTIMATE-PARTNER-VIOLENCE/ABOUT/INDEX.HTML

WAR.GOV. (N.D.). OCTOBER'S DOMESTIC VIOLENCE AWARENESS EVENTS CALL FOR UNITY TO END ABUSE. U.S. DEPARTMENT OF WAR. HTTPS://WWW.WAR.GOV/NEWS/RELEASES/RELEASE/ARTICLE/3546015/OCTOBERS-DOMESTIC-VIOLENCE-AWARENESS-EVENTS-CALL-FOR-UNITY-TO-END-ABUSE/

EMPLOYEE SPOTLIGHT - Meet David F.



Hobbies: "Collecting, I collect so many things. Star Wars 6" figures, Alabama, Music, and Movie memorabilia. Oh, and Shoes."

What is the best concert you ever attended? "Hard to narrow it down to just one, but theatrical? Lady Gaga, Vocal ability? Celine Dion, Best overall? No Doubt in the Sphere!"

Favorite Food and where do you like to get it here in Jacksonville?: "Favorite food would be Chicken Parmesan and I would recommend Enza's!"

What's a small thing that always makes you smile?: "A baby's smile, can there be anything more pure and good in the world? I think not."

What are your favorite sports teams?: "ALABAMA CRIMSON TIDE!"



How do you make a positive impact and difference in our military family's lives? :

"I put my heart into being here. It takes a lot to come here and ask for help. So if it's TAP, sponsorship, it doesn't have to be my program, whatever they need, I do my best to provide it. I hope that with all that is on our service members' and their families plates, that I can make it just a little easier."

Fleet and Family Support Center Mayport Fiscal Year 2026 Recap!

