

THE ANCHOR



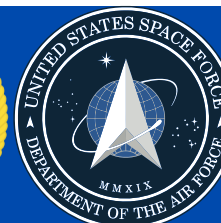
BY: FLEET AND FAMILY SUPPORT CENTER MAYPORT

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

-A Word from our Director-

This is a busy time of the year. Our kids are going back to school, some families are sending our college students to college, maybe for the first time, and of course, football is back! I hope you root for the correct teams! My folks know who I am rooting for! Our newsletter is packed again of information. My goal is to have a quick review and add a personal touch as well. Please "Save the Date" for the Tri-Base Job Fair which is scheduled for 3 SEP! 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.



TRI-BASE CAREER EXPO

NS Mayport, NSB Kings Bay, NAS Jacksonville

LITTLE ONES DREAM BIG,
SO SHOULD YOU!
YOUR NEXT CAREER AWAITS.

Date: September 3, 2025

Time: 9:00 AM to 2:00 PM

**University of North Florida -
Adam W. Herbert University Center
12000 Alumni Dr. Jacksonville, FL
32224 - 2620**

REMEMBER TO

- Set aside time to connect with leading agencies and educational institutions
- Dress in professional attire
- Carry multiple copies of your resume
- Have your Military ID, Military Affiliated ID, Veteran ID, or DD-214 on hand

ELIGIBLE JOB SEEKERS

- Active Duty Military
- Separating, Retiring, or Retired Service Members
- Military Spouses and Dependents
- National Guard and Reservists





EMPLOYEE SPOTLIGHT - Meet Dianca M.

Hobbies: SHOPPING & TRAVELING

What's your favorite genre of movies - Favorite movie in that genre?: Comedy- Coming to America... it's a classic!

What would be your dream job?: I'm currently living my dreams I've always wanted to work with the active duty or veteran community.

What is the best concert you ever attended? The incomparable BEYONCE'..... I've gone On the Run with Beyonce' and Jay-Z, travelled to the Renaissance and the Cowboy Carter Rodeo. There is no other entertainer living that can do what she does!!!

What valuable lesson have you gained from your experience at FFSC Mayport?

It costs nothing to be a listening ear and bring light when people are in dark places. Lead by example, and be the change you'd like to see in others.



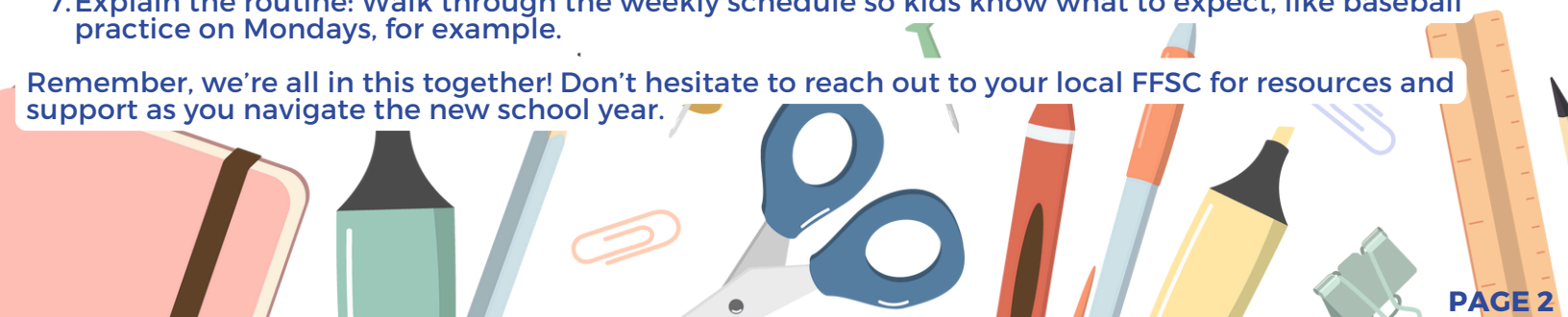
Navigating Back to School: A Military Family Guide to Costs and Transitions Written by: Laura Reynolds and Melissa Harper

As the new school year approaches, our military families may experience a mix of emotions and challenges. Soon, our kids will be adjusting to earlier bedtimes, early mornings, packing lunches, after-school activities, homework, and navigating friendships. For parents, this time of year often brings additional expenses—think school supplies, clothing, sports fees, and before-and after-care costs.

To help ease these transitions, we've put together some helpful tips:

1. Create a comprehensive spending plan to cover all potential school-related expenses.
2. Shop smart for school supplies: Look out for sales and tax-free weekends, stock up on essentials, review what you already have, and stick to a well-prepared list.
3. Begin adjusting schedules early: Encourage earlier bedtimes and wake-up times before school starts.
4. Simplify your mornings: Prep lunches the night before, schedule showers at bedtime, or plan outfits ahead of time to reduce stress.
5. Prioritize downtime: Make sure both kids and parents have moments to relax and recharge.
6. Encourage open communication: Let your children know it's okay to share their feelings about starting school again.
7. Explain the routine: Walk through the weekly schedule so kids know what to expect, like baseball practice on Mondays, for example.

Remember, we're all in this together! Don't hesitate to reach out to your local FFSC for resources and support as you navigate the new school year.



IMPORTANT SAFETY INFORMATION!

YOUR WELL-BEING IS OUR PRIORITY. PLEASE REVIEW THESE ESSENTIAL TIPS FOR A SAFE SEASON.

**WINDOW FALLS ARE
MORE COMMON THAN
YOU THINK BUT WITH
ANGEL LOCKS IN
PLACE,
THEY'RE COMPLETELY
PREVENTABLE.**

#SAFEWINDOWSSAFEKIDS



Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

*Heavy
Sweating*

Nausea

Weakness



Heat exhaustion can lead to heat stroke.

Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion

Dizziness

*Becomes
Unconscious*

Heat stroke can cause death or permanent disability if emergency treatment is not given.



Stay Cool, Stay Hydrated, Stay Informed!

