

MILITARY AND FAMILY SUPPORT CENTER LOCATIONS

NSA ANNAPOLIS

Monday-Friday: 0800 - 1630

168 Bennion Road (410) 293-2641
Annapolis, MD 21402 DSN: 281-2641

NSA BETHESDA

Monday-Friday: 0730 - 1600

9045 Beale Road, Bldg. 11 (301) 319-4087
Bethesda, MD 20889 DSN: 285-4087

NSF DAHLGREN AND NSF INDIAN HEAD

Monday, Tuesday, Thursday and Friday: 0730-1600

Wednesday: 1000 - 1600 (Dahlgren)

Wednesday: 1000 - 1500 (Indian Head)

6027 School House Lane, Suite 208 (540) 653-1839
Dahlgren, VA 22448-5126 DSN: 249-1839

FFSC FORT MEADE

Monday-Friday: 0730 - 1600

2212 Chisholm Ave. (301) 677-9014/17/18
Fort Meade, MD 20755 DSN: 622-9014

NAS PATUXENT RIVER

Monday-Thursday: 0730 - 1630 | Friday: 0730-1600

21993 Bundy Road, Bldg. 2090 (301) 342-4911
Patuxent River, MD 20670 DSN: 342-4911

NSA WASHINGTON

Monday-Friday: 0730 - 1600

1043 Harwood St., SE, Bldg. 154 (202) 685-0229
1411 Parsons Avenue, SW, Bldg. 101 DSN: 325-0229
Washington, DC 20374



NAVAL DISTRICT WASHINGTON FLEET AND FAMILY SUPPORT REGIONAL PROGRAM

Joint Base Anacostia-Bolling
2691 Mitscher Road, SW, Bldg. 414
Washington, DC 20373
(202) 433-5911, DSN: 288-5911

Naval District Washington

MILITARY

AND FAMILY

SUPPORT CENTER



*Serving Military Personnel
and their Families*

Naval District Washington MILITARY AND FAMILY SUPPORT CENTER

Services and Programs

The Military and Family Support Program promotes self-reliance and resiliency to strengthen the military and its family members, supports mission readiness and assists commanders in planning for and responding to family readiness needs.

It aims to deliver the best services at the right time and in the right place. The program's vision relies upon the delivery of products and services to customers as the provider of choice, while building a strong network of services through community outreach and partnerships. The program strives to anticipate change and maintain an adaptive organization that meets the ongoing needs of Navy families to enhance family resilience and decrease the stigma associated with the use of its programs and services.

Clinical Counseling

Professional therapists provide individual, family, marital and group counseling. Crisis counseling and support groups also are available. This service is free and confidential.

Deployment Support

Provides deployment support to commands, Sailors and their families throughout the deployment cycle, as well as training and support to command Family Readiness Groups (FRG).

Emergency Response

Coordinates and provides disaster assistance in support of Navy personnel and their families during times of crisis. When necessary, establishes an Emergency Family Assistance Center (EFAC), a central location where Navy families can access assistance and resources needed following a disaster.

Exceptional Family Member

Customized support, including information and referral, systems navigation, and non-medical case management, to meet the needs of EFM families.

Family Advocacy Program

Addresses the prevention, identification, reporting, evaluation, intervention and follow-up of allegations of child abuse/neglect and domestic abuse.

Family Employment Readiness

Workshops on career exploration, collateral/outreach, how to dress for success, the federal employment system, goal setting, job search strategies, keys to job fair success, military spouse employment partnership, portable careers, resume writing, self-employment and volunteerism.

Life Skills Education

Life skills are all about self-discovery and exploring new ways to think, interact and solve problems. These workshops focus on communication skills, parenting strategies, conflict management, stress and anger management, as well as suicide prevention.

Navy Gold Star

This program provides long-term support for Survivors by offering information related to resiliency and recovery, connecting Survivors to each other through events and groups, and assisting with counseling, financial planning and information and referral.

New Parent Support Program

Assists military families who are expecting or who have young children (under the age of four) adjust to parenthood and thrive as healthy families.

Ombudsman Support

Personalized support, including resource referrals and information to command families, as well as training support and assistance to commands and ombudsmen. To contact your ombudsman, visit <https://ombudsmanregistry.cnic.navy.mil/>

Personal Financial Management

Individualized assistance, workshops and educational seminars to stimulate a change in personal financial behavior to promote financial responsibility and accountability, leading to financial independence, sound money management, debt avoidance and long-term financial stability.

Relocation Assistance

Relocation services include information, workshops and guidance for CONUS and OCONUS permanent change of station (PCS) moves. Access to computer-based technology resources to research new installations or locations.

Sailor Assistance and Intercept for Life (SAIL)

The Sailor Assistance and Intercept for Life (SAIL) program is an outreach effort that provides rapid assistance, ongoing clinical case management, care coordination and reintegration assistance for Sailors identified as having experienced a suicide-related behavior (SRB). SAIL case managers initiate and provide continuous caring contacts with Sailors as well as maintain a collaborative relationship with health care providers and command leadership.

Sexual Assault Prevention and Response Program

Supports commanding officers in creating a command climate of prevention that promotes installation-wide sexual assault awareness efforts and management of sexual assault cases, including victim advocacy and support services.

Transition Assistance Program

Provides career and transition support services to all eligible service members and spouses, including career readiness workshops and career counseling. The five-day Transition Assistance Program workshops include briefs from the VA, Department of Labor, two day career tracks, and the Capstone Event.

Volunteer Program

Provides active-duty service members, family members and retirees an opportunity to learn and develop job skills in a professional and supportive environment while giving back to their military community.

