



COMPASS is our team-mentoring program developed by spouses for spouses. Available in many fleet concentration areas through in-person sessions or globally in a virtual format, the program spans 12 hours delivered over three days. Whether in-person or virtual, COMPASS aims to equip new Navy spouses with essential tools and information for navigating the challenges of sea service life. Any Navy spouse, new or seasoned, is welcome to attend at any time during their Navy journey. While the course content remains standardized across locations, each mentor contributes a unique perspective and insights specific to their team's area. COMPASS covers topics such as Naval History, customs and traditions, benefits and services, finances, moving, deployment, healthy communication, and exploring your community. For more information, locations, and how to register for a session visit www.nsfamilyline.org/compass.



CORE, our Continuum of Resources and Education program, delivers independent programming that encompasses localized events tailored to specific areas and global events through virtual courses or recorded content. Local teams support the FamilyLine mission by organizing and facilitating seminars, workshops, and presentations on topics of importance to sea service spouses. Virtual offerings have featured recorded sessions such as a three-part Mustang Spouse Symposium designed for spouses of newly commissioned officers with prior enlisted service, as well as an Emergency Preparedness webinar. Consider this program essential to the core of your Navy journey and use it to “shore up your core!” For more information on upcoming events visit www.nsfamilyline.org/core.



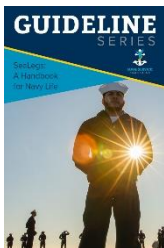
The Naval Spouse Leadership Course is a Navy funded course offered to spouses of first time XO, CO, CMC, COB and Command Senior Chiefs en route to their first command tour. This class is held in Newport, Rhode Island. FamilyLine and its Naval Spouse Leadership Course Steering Committee works with the Naval Leadership and Ethics Command to provide mentors and tailor the course material to best support these Triad Spouses, in keeping with our “by spouses for spouses” legacy. In the 25 years this course has existed, the Steering Committee has supported over 300 classes. This team also provides regional and community mentors to all spouses of Triad members, regardless of course attendance. For more information visit www.nsfamilyline.org/leadership-courses.



Our Navy Life podcast is the newest program from FamilyLine. The goal of the podcast is to host real conversations with real spouses and offer real resources that Navy families can use to help them better navigate this Navy life. Each podcast episode serves a sound byte to feel more connected to the triumphs and challenges that we all face when charting our family's course. As a highly adaptive medium, the podcast addresses important and timely issues affecting Navy families by presenting content that is both relevant and resourceful. Listeners can expect to hear about Navy life basics, such as PCSing, TRICARE and deployments; interviews with inspiring spouses; policy changes and advocacy wins; and snippets of our naval history and heritage. Each episode and the voices you will hear are intended to reflect the richness and diversity of our Navy and its families. For more information and to listen to the latest episode visit www.nsfamilyline.org/our-navy-life.



Anchors Aweigh is our online resource program designed to provide spouses, parents and loved one's pertinent information to help them navigate and understand the Navy lifestyle. Within this program you will be able to find different modules that cover relevant topics that you can learn at your own pace with the flexibility that best fits your schedule. For more information visit www.nsfamilyline.org/anchors-aweigh.



Guideline Publication Series is our original spouse resource/information program that has evolved into eight guideline books. These publications address everything from understanding naval traditions and customs to planning for career milestones as well as preparing for emergencies. These resources have been an invaluable tool for generations of Navy spouses. Our Guideline Series publications may be ordered or downloaded at www.nsfamilyline.org/shop.



MyNavy Family Application is an official U.S. Navy mobile application and a one stop shop for services/resources that covers a wide variety of topics. The app is the first tool by the U.S. Navy developed for Navy spouses and families and combines authoritative information from more than 22 websites into a single, convenient application. It was developed by Navy spouses, the Ombudsman at Large, Navy organizations that provide services to Navy families, and several nonprofit organizations. Available for download at www.applocker.navy.mil, and on iOS and Android devices.