



Survivor's Link

COMMUNICATING INFORMATION AND RESOURCES



Spring is a Time for Renewal

By Susanna Del Llano, NAS Corpus Christi Gold Star Coordinator

The death of a loved one is arguably one of the greatest sources of grief and can turn your world upside down. It can leave you feeling lifeless, it can rob you of peace, joy and happiness. The loss of a loved one might leave you feeling more alone and helpless than you ever have felt before. Grieving for a loved one helps us cope and deal. So, how do we move on, or should I say, keep going?

When you think of springtime, what do you imagine? The pretty flowers, the fresh leaves on the trees, the growing grass, a sense of renewal, or quite possibly, self-renewal? So, how can you create your own inner springtime - self-renewal?

Allow me to share with you one of the key components to self-renewal; it begins with being gentle and patient with yourself while going through the process. The truth is there is hope, and there is actually a good chance that you can come out on the other side with a renewed spirit and a laser focus that will lead you to having a purpose-filled life.

Have some patience with yourself and with your newfound direction. Sometimes little ideas can turn into big things. Remember that your future is not governed by your past. No matter what has happened in your life, you can find a way to make things a little better for yourself and hopefully for those around you as well. Having to start over is different from choosing to start over. It's okay to give yourself a little time to moderate or stop something that's

hurting you. Truly live life on your terms by doing things that bring you joy and happiness. Practice constant self-renewal by letting your old self change in order to make way for a rebirth.

Change can be either good or bad, but it's how we approach it that makes the difference. If we use it for good, we can achieve great things. It is important to take care of yourself and treat yourself well both physically and mentally. Nurture your body with a good diet, exercise and try to get a good night's sleep. Starting to care for yourself will reinforce your worth.

Grief and tragedy literally shocks us to our senses. Grief provides that opportunity to really turn those things around. Prayer and meditation are an essential part of spiritual growth. You cannot compare your journey to others; everyone has a different path. Outline a personal mission for yourself or you will endlessly compare yourself to others, which will not only be a major distraction, it will make you miserable.

Taking stock of your wants and goals is essential to your holistic well-being. It's even more important to be honest about whether or not your current daily actions are aligned with your aspirations. Regaining confidence in life can be a slow process, but it can be a forward-moving process when you take good care of yourself. As difficult as your loss may be, it is possible to move forward with hope for the future.

Survivor's Link is published quarterly by Navy Gold Star Program.

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Disclaimer: It is the mission of the Navy Gold Star Program to provide Survivors with information on resources available to them. Survivor's Link is one of several tools used to accomplish that mission and from time to time will include information (including phone numbers and websites) for various non-governmental resources. The Department of the Navy does not warrant or endorse these entities, products or services.

Spotlight on Resources

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Believe With Me

Believe With Me is a 501(c)(3) nonprofit organization dedicated to bringing hope and help to America's families of fallen service members. They send gifts to thousands of Gold Star kids at Christmas, help restore Gold Star families to home ownership after catastrophic loss and grief, and provide grateful Americans the opportunity to serve those who have paid the ultimate price for our freedom. The organization has done everything from making mortgage payments, literally saving the family farm, to purchasing/renovating homes, cars, and even hosting a baby shower for a recently widowed new mom. Visit believewithme.com for more information.

Children of Fallen Patriots

The mission of the Children of Fallen Patriots Foundation is to provide college scholarships to every military child who has lost a parent in the line of duty, including casualties from combat, illness, training accidents and suicides, from all branches and components of the armed forces. Visit <https://www.fallenpatriots.org/> for more information.

A Soldier's Child Foundation

A Soldier's Child (ASC) Foundation serves Gold Star children of fallen service members from all U.S. military branches. ASC acknowledges all deaths that occur while the member is on active duty and any deaths post-military service that are due to service-related injuries or illnesses. This includes suicides from PTSD-related deaths. ASC offers love to the child left behind, honor for the memory of the fallen and a hope for the children to live a courageous life. ASC does this with yearly birthday celebrations, summer camps, mentorship programs, and facilitating secondary/college scholarships. Visit <https://asoldierschild.org/> for more information.

Folds of Honor

Folds of Honor provides educational scholarships to spouses and children of America's fallen and disabled service members. Scholarships are used to subsidize the costs of tuition, school books, fees, on-campus room and board, tutoring and other approved educational expenses that a student's school may deem appropriate. Folds of Honor offers two types of scholarships. The Higher Education scholarships are awarded to the spouses and children currently attending or recently accepted into a two- or four-year degree program at an institution of

higher education or a vocational/certificate program. The Children's Fund scholarships seek to provide support for dependent(s) enrolled in grades K-12. Funds may be used for private school tuition, educational tutoring, an approved/accredited homeschooling curriculum, required books and school uniforms. Visit www.foldsofhonor.org for more information.

Folded Flag Foundation

The Folded Flag Foundation is a 501(c)(3) organization that serves to honor the legacy of, and pay tribute to, the brave men and women who have given their lives in defense of our country. The Folded Flag Foundation's mission is to provide educational scholarships and support grants to the spouses and children of U.S. military and government personnel who died as a result of hostile action or in an accident related to U.S. combat operations. Scholarships and grants are available to qualifying spouses of fallen heroes and their children under the age of 26 to help provide a pathway to success by covering a wide range of living expense and educational needs, from kindergarten to college/trade school. Visit <https://www.foldedflagfoundation.org> for more information.

Freedom Alliance

The mission of Freedom Alliance is to advance the American heritage of freedom by honoring and encouraging military service, defending the sovereignty of the United States and promoting a strong national defense. Freedom Alliance offers college scholarships for children of service members who were killed in action or in a training accident. Applications are accepted on a rolling basis and funds can be used to tuition, books, room and board, transportation and fees. For more information, please visit <https://freedomalliance.org/programs/scholarship-fund/>.

Tuesday's Children

Tuesday's Children's Military Initiative provides programs that help guide families of the fallen beyond grief into the next steps toward a lifetime of healing. Youth Mentoring is designed to encourage and support mutually beneficial relationships between adult role models and children ages 6-18. These relationships enable children to grow emotionally and socially, build resilience and develop coping skills while encouraging them to make healthy choices. Career Mentoring Programs offer educational and career guidance for teens, pre-teens and adults. Career mentors are trained professionals who volunteer their time to give career advice and support, in addition to workshops, seminars and network-building

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Gold Star Awareness Month

By Stephanie Hunter, Navy Gold Star Program Analyst

Each year thousands of military personnel make selfless sacrifices to defend our country and the freedoms in it. Our strong and patriotic military-affiliated families understand the importance of and the commitment it takes to serve, as they stand with the men and women who serve so valiantly.

As a country, we support and thank those men and women for their service, as we should; however, our support should not end there. Every year we lose hundreds of service members because of suicide, combat, training accidents, accidental occurrences, illness or homicide. In 2018 alone, the Navy lost 184 active-duty Sailors, leaving behind loved ones - our Gold Star families.

While the nation has become more familiar with the term "Gold Star," many still do not realize the difference between the pins' designation. The Gold Star recognition originally appeared on flags in 1918, when families would pin a gold star over the blue service star hanging in their window to indicate that their loved one had been killed overseas while serving in the U.S. military.

Spotlight on Resources

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opportunities to assist single-parent families. The Creative Insight Program enables individuals who have experienced the loss of a service member to build their self-esteem, encourages innovative problem-solving, and provides the tools needed to face challenges and experience more fulfilling lives. Heart to Heart, a therapeutic healing program, fosters long-term healing. These retreats are offered to military widows and Gold Star mothers. Visit <https://www.tuesdayschildren.org/programs/military-initiative/> for more information.

In 1947, Congress approved the design, manufacture and distribution of the official Gold Star lapel button. The Gold Star lapel button consists of a gold star on a purple background, bordered in gold and surrounded by gold laurel leaves. It is designated for eligible Survivors of service members who have lost their lives in combat operations. The lapel button for the next of kin of deceased personnel, featuring a gold star on a gold background surrounded by laurel leaves, was introduced in 1973, and symbolizes active-duty service members who lost their lives in non-combat operations.

Honor in military service is associated with recognizing the worth of someone's courage and commitment - to highly value something, to appreciate and cherish it. This is why the Navy Gold Star Program has declared the month of May as Gold Star Awareness Month. This designation gives the program an opportunity to host events that pay tribute to the service members we have lost and provide their surviving family members with opportunities to connect with one another. It also allows us and the community to honor and recognize these heroes and the Gold Star families left behind so they know their service member will never be forgotten.

While the debt of gratitude can never be repaid to our lost heroes, we can recognize their service and sacrifice by helping their families carry on their memories. Anytime you see someone wearing the Gold Star or next-of-kin lapel pin, remember that he or she has lost a loved who selflessly served our nation, and take that moment to honor and remember all of our Gold Star families who have committed and sacrificed so much for our great nation. Behind every Gold Star pin there are stories of fallen service members and strong survivors.

Post-Traumatic Stress Disorder (PTSD): The Monsters Under My Bed

By Kathy Sheehey, Gold Star Mother of LT Matthew Klopfer

I am a pediatric nurse and have seen the loss of children for more years than I can remember, both peaceful and traumatic, parents calm and parents hysterical. When I wondered about the grief of parents, I stopped myself before I delved too deeply; I was afraid I would go into the darkness and not emerge. I was so grateful I was not a member of the tribe of parents who lost a child. Then on June 13, 2012, I was plunged into the darkness. I was unprepared, it was unexpected, and I lost all of my innate strength and resilience. When I talk to others who experienced the loss of a loved one, it is described in many ways: emptiness, a sense of unreality, depression, despair, feeling crazy, angry. I was educated in the era of Kubler-Ross' five stages of grief, which always made sense to me in practice; however, now describing grief as stages, or phases, only made me feel more out of sync with the world. We humans attempt to simplify things we cannot understand, and the term "grief" does not describe this complex experience.

Grief made no sense to me; the term had no reasonable definition. I was not angry at Matt dying; I had seen a lot of death in my life, I am a realist, and I know you cannot cheat death when it comes. But I was angry - angry at the circumstances, the lack of accurate information I received, and

feeling invisible and unimportant by investigators. I felt law enforcement treated me and Matt unfairly. We were unimportant, invisible and not heard. Why was I not seen by the investigators, why did my voice not matter? The Navy was amazing; my experience with his commander and squadron lifted me up, and we bonded over the trauma, the confusion and the loss of a valued son. The squadron was traumatized and I was traumatized.

I love the work of Daniel Kahneman, noted psychologist, economist and Nobel Memorial Prize recipient (2002). He speaks to happiness as a real experience that we can use our minds to change. In one of his Ted Talks, he reveals how our two selves, the "remembering self" and the "experiencing self," can perceive happiness differently. Now, I am not trying to compare the concept of happiness with the emotions surrounding Matt's death, but I am saying there is value in using your mind to alter your perceptions. I have also come to understand that my overarching experience was driven by PTSD, not grief. Yes, my heart is unstable, misshapen, and delicate from the trauma and the absence of Matt from my life. But the anxiety, the nervousness, the need to run away, the monsters under my bed, were controlling me.

I have transformed my monsters into the diagnosis of PTSD, and now I know I can be fixed through my own mind's work. I have swept the monsters out from under the bed of my mind through practicing mindfulness techniques, yoga and reading interesting books, but most importantly, through the use of Eye Movement Desensitization and Reprocessing (EMDR). It is a psychotherapy that allows healing of symptoms and emotional distress



that are the result of disturbing life experiences. Just like the body can heal from physical trauma, the mind can heal from emotional trauma. I now realize that I have been experiencing PTSD this whole time and grief was not my main issue. PTSD can be treated here and now, while I believe grief continues until our hearts beat again as one.

My journey has been long and I could write a novel, but I think there would only be one reader - me. What I offer here are my thoughts on how I strengthened myself and how I allowed others to help strengthen me. More important than the loss we feel is the connection we have to our amazing loved ones; they lived with a zest for life, a love of family and friends, and a devotion to country. They are brothers, sisters, husbands, wives, partners, parents, nephews, nieces, cousins, and friends. They are humanitarians who left us, but in doing so, left us better people - broken, but better people. I leave you with my thoughts and suggestions for how I was able to sweep the monsters out from under the bed.

The loss of a child is unique, a physical connection, like nerves, that I believe keeps us connected by a reverse umbilical cord. This connection is never lost, just waiting for the reverse birth, which ends the grief. I feel Matt is still connected to me.

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The Monsters Under My Bed

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Here are some suggestions:

Try and feel your son or daughter and watch for the “signs.” The signs are there; you just need to be watchful. No one’s loss is any greater than another’s in terms of suffering. Loss of a child seems the greatest, but some people do not have children. The loss of a most cherished loved one is a significantly individual experience.

I try not to think my loss is the greatest of all losses, as there are cherished souls across the world. Let people love you. People cannot pull you out of the “hole,” but they can get down inside of it with you.

Connect with someone who does not know your story and begin to share. Read, explore the thinking of others and take away what is meaningful to you. We do not all fit into stages and phases

Use books, audio, Ted Talks and blogs. I like “Broken Wide Open” by Elizabeth Lesser, “Holy Longing” by Ronald Rolheiser, and “Falling Into Grace” by Adyashanti. Experiment with mindfulness. Living in the “experiencing” self, finding pleasure in small things, and appreciating those who love and support you can lead to a better outlook. The NIH has a great website to try, but there are all types of videos online too (<https://nccih.nih.gov/>).

Wake up and be mindful of three people/things for which you are grateful. Meet all the people your loved one knew. Stay connected. There is a little bit of him/her in every person they befriended, whether it’s the love of music, the love of books, the love of adventure – little pieces of them are within his/her friends.

Reach out; it is never too late. Look up people and say you would like to hear a story. I still post on Matt’s Facebook page. Tell stories. I come from a long line of storytellers. Take even the traumatic memories and try to find the positive “experiencing” moments. I remember sitting on my front step,

crying on the phone with a friend, and a butterfly landed on a flower. I took that moment to absorb the beauty and the meaning of rebirth, and now that memory is about the butterfly.

Take one unpleasant moment and try to find something lovely, nice, sentimental or kind in it. Forgive yourself. I do not feel guilty, and I am not one for dwelling on guilt. What I have is regret; however, that is not easy to overcome either. To help with my regret, I requested all records, interfaced as much as possible with law enforcement (sheriff and NCIS), and then determined I had done all I could do. In the end, I still felt I had lost, but then I remembered what I learned from Matt. When Matt would lose at something (basketball tryout, school election), I would ask him if he felt bad about losing. He would say, “Mom, it is not about losing, but trying and losing fairly.” I had to accept I lost fairly within my ability, although the circumstance still seemed unfair.

Get whatever information you need to answer the questions you need answered, and then agree to “lose fairly,” which means you tried your



best. Live as your loved one would want you to live. Matt was like a comet moving quickly through life, old soul and young soul, leaving a trail of accomplishments, love and devotion behind him. I celebrate him daily, sometimes with tears, sometimes with laughter, and I know he would want me to continue to enjoy life as I taught him. In my mind I always hear, “Mom this is just life, lose fairly.”

Do one thing every week that he/she would know you loved to do, or do something he/she loved to do, and be mindful of him/her in the moment. Be a storyteller. You are healing every time you share your stories, whether traumatic or happy. They become woven within you, strengthening your heart, a string lifting your soul like a kite.

Tell your stories to anyone who will listen. Say his/her name out loud, multiple times, as you tell them. You are not crazy. If you feel grief is going on too long, it will; accepting it is not failure. There is no real endpoint in this lifetime. But if you feel monsters are under the bed, consider seeing someone and being evaluated for PTSD. I am a resilient person. I blamed myself for not getting better. Now I know that I didn’t know how to get better because I did not know what was wrong.

Go for an evaluation. It is not a weakness to have monsters under your bed.



Living in the Moment: Taking Nothing for Granted

By CNIC Force Chaplain's Office

Living in the moment and taking nothing for granted is the important message that comes from two sources that are inspiring: The Holy Bible, chapter 3 of the Book of Ecclesiastes, and a 1973 contemporary song, "The Way We Were."

There is a common life rhythm set in place for us all. In The Holy Bible, the Book of Ecclesiastes, chapter 3, talks about a time and season for everything. It marks the significant, life-changing events and contrasting life situations in our lives: birth-death; planting-reaping; killing-healing; tearing down-building up; crying-laughing; grieving-dancing; scattering-gathering; embracing-turning away; keeping-throwing away; tearing up-mending; solitude-talking; loving-hating; and making war-making peace. These experiences pretty much cover any person's life span!

The hit song "The Way We Were" contains lyrics and a melody that lulls the listener into personal reflections on past circumstances. There is also a challenge for listeners in this song to consider the past, present and future with a grateful heart. It is hard to take anything for granted when we are gracefully living in the moment, appreciating the past, and leaning in hope for the future. The opening stanza sets the tone for reflection: "Memories light the corners of my mind, misty watercolor memories, of the way we were; scattered pictures of the smiles we left behind, smiles we gave to one another, for the way we were."

This melodic song was such a hit that just about every contemporary singer who can carry a great tune recorded their version, including Barbara Streisand, Aretha Franklin, Perry Como and Gladys Knight. Each put their own artistic spin on this great song that calls on us to remember and to yet lean forward. The Streisand version sets the standard. If you are not familiar with the song, Google it and you will be in for a treat.

The message in both sources reminds us that God has set in place for us all a time and season for all things. Whatever is our present reality will change. The memories certainly mark "The Way We Were." The lesson from both sources is clear: Live in the moment with gratitude. Take nothing for granted.

Navy's Bay Bridge Run/Walk Welcomes Gold Star Families

By Sabrina Griffin, CNRSW Gold Star Coordinator

The Navy Region Southwest Morale, Welfare and Recreation (MWR) Program will host the Navy's 33rd Bay Bridge Run/Walk on May 19. The unique 4-mile run/walk



has a one-of-a-kind spectacular panoramic view as participants make their way to Coronado's beautiful Tidelands Park from downtown San Diego over the Coronado Bay Bridge.

The Navy's 33rd Bay Bridge Run/Walk is proud to partner with the Navy Gold Star Program to honor surviving family members of service members who lost their lives while on active duty. You too can show your appreciation for their sacrifice by participating in this year's "I Run to Remember" campaign. Write the name of a fallen service member on the space provided on your race bib or honor all fallen service members with a tribute. Then run/walk to support Navy Gold Star families as well as active-duty military personnel and their families.

"Run to Remember" your fallen loved one – registration is open. Special pricing is available for Gold Star families and

friends. Contact your Gold Star coordinator today for your PROMO code. Can't make the trip to San Diego? A virtual run option is also available!

During the finish line celebration, runners will receive a finisher's medal and event T-shirt, and the opportunity to visit sponsor booths. Plus, all participants are eligible for drawing prizes and complimentary transportation back to downtown via bus or ferry.

Visit <https://www.navybaybridgerun.com> to register and for more information on the Navy's 33rd Bay Bridge Run/Walk. Follow us on Facebook for race tips and tricks, and to win prizes @navybridgerun. Follow us on Instagram at #navybridgerun.



My Child Refuses to Talk to Me

By CNRNW Gold Star Program

Something mysterious happens to children around the age of 12. Their previously never-ending verbal skills seem to have become nonexistent in the blink of an eye. They transform from their storytelling, inquisitive selves into privacy-coveting beings who often answer questions in the form of grunts or sighs. On a good day, they may even produce an “ok,” “fine,” or “nothing.” On a really good day, this could even evolve into two or more words, such as “I don’t know,” or “I don’t want to go.”

As a parent, you may wonder where your articulate, engaging child, who used to talk without ceasing, has gone and why she has been replaced by this sullen, distanced version of her previous self. The good news is that while you may not be having the most riveting of conversations with your child, her behavior is culturally and developmentally normal. Preadolescent children, or pre-teens, generally withdraw from and have less communication with their parents. If parents can wait out this developmental stage and exercise immense self-control, then usually children will begin to engage more again during late adolescence.

If you are a parent in the thick of this developmental stage, try not to take your child’s behavior personally; this is easier said than done. Let’s take a closer look at some of the developmental aspects of pre-teens that can make this age group a challenge for parents. A shift occurs in the preteen years where the child’s focus begins to move from family to friends. While parents still heavily impact the child, their peers take a more influential role in shaping the child’s feelings, decisions and values. Children may fear their parent’s disapproval as they develop some independence in their thoughts about the world and their place in it; this can limit the communication the child is willing to have with the parent. Additionally, preteen children become highly preoccupied with their privacy, which can make communication even more of a challenge. During this time of introspection, they often prefer to talk to their peers rather than adults.

That being said, all hope is not lost. This developmental stage will eventually come to an end and your child wanting to talk to you again is a distinct possibility. Here are some tips to help encourage your child to talk with you:

- If your child is willing, ask him to sit down on the couch with you each evening because you need some time just to be with him. During this time, don’t ask any questions, just be present; hold the space for your child to talk if he wants to. Most importantly, show unconditional love and acceptance.
- Hold family meetings and treat them as opportunities for your child to develop communication and problem-solving skills. When your child does talk, listen

attentively. Demonstrate that you hear and understand your child by using active listening skills. Avoid judging or attempting to shape your child’s thoughts, as these are sure ways to shut down communication.

- Make yourself available to listen without intervening or talking; this is done by hanging out where your kids are. By being there but silent, you create the space for your child to talk. When you do speak, use open-ended questions to encourage more communication, such as “What do you think about that?” “What about that bothers you?” or “Could you tell me more?”
- Pre-teens talk to parents more when they feel validated; the more that they feel listened to, taken seriously, and that their thoughts and feelings are supported, the more they tend to communicate. Validating and supporting your child does not mean that you agree with everything he or she says. Rather, it involves taking the time to help them feel understood without judgement. Even when parents disagree with their children’s thoughts, parents can listen to them and take them seriously, which builds healthy self-esteem. An additional benefit to listening to our children is that it makes them far more likely to listen to us in return.



Parenting and Teen Stress

By Military OneSource

Teens juggle many things: fitting in at school, managing classwork and clubs, the daily tidal wave of hormones, and the ups and downs of high school romances. Military teens add frequent moves and deployment to their list. A loving parent helps her or his teen to manage stress in healthy ways. Here are some tips for recognizing stress in your teen and ways to help your teen handle it effectively.

Teens and stress: recognizing the signs

Learn the signs of stress and keep an eye out. Your teen likely won't come straight out and tell you he or she is stressed. Everybody reacts to stress differently, but here are some general signs to look out for:

- Headaches, backaches, stomachaches and muscle tension
- Skipping meals or overeating
- Smoking, drinking alcohol or using drugs
- Irritability, anxiety, frequent crying
- Trouble sleeping or sleeping too much
- Withdrawing from friends or family
- A change in peer group
- Lack of energy or excessive boredom
- Slipping grades

Helping your teen manage stress

Here are some strategies to help your teen deal with stress effectively:

Listen without judgment. If you want your teen to feel comfortable coming to you, make sure they know you're there to listen, not to judge. Sometimes all they need is somebody to talk with so they can think the problem through.

Tell them your own experiences. A great way to let your teen know that stress is totally conquerable is to share a similar story from when you were a stressed-out teenager and how you dealt with it at the time.

Recognize avoidance activities. Hanging out with friends, playing video games, and binging on Netflix can all be healthy distractions to make stress more manageable. But still, you can't let your teen rely on those things to avoid the real problems.

Talk about the role of negative thinking in stress. One of the first thoughts that may come to mind for a stressed teenager is "my life is over." That feeds other negative thoughts, and down the rabbit hole he or she goes. With a little awareness that this is happening, your teen can catch himself or herself, and begin to think more positively.

Take the situation seriously. It's really easy to brush off teenage worries as trivial and silly, but these are real concerns for your teen. They are causing real stress, and you should treat them with respect.

Set realistic expectations. We want the best for our kids. We're always pushing them to do better and do more. However, pushing them to bring home straight As may burden them with too much stress. Encourage them to do better, but don't push them so hard they burn out.

Tackle stress at the source. No doubt: The absolute best way to deal with stress is to face it head-on. If your teen is stressed about a test, for instance, encourage him or her to get extra help with studying to feel more prepared and confident. You can either sit around and stress, or you can do something and feel great.

Getting help

Stress is a pretty normal part of adolescence and life in general. But sometimes it's a little more serious than that. It can become chronic or lead to emotional problems if not addressed soon enough. If you're concerned about your teenager's emotional or physical well-being, you can get help immediately from a professional such as your pediatrician or a counselor. You can also get free confidential, non-medical counseling through Military OneSource or military and family life counselors:

Call Military OneSource at 800-342-9647. OCONUS/International? [Click here for calling options.](#)

Contact military and family life counselors. Find them through your installation's Military and Family Support Center.

Get support by talking with your unit's chaplain. Find contact information locally through your Military and Family Support Center.

If you feel as though your teen is in crisis, you can contact the Military Crisis Line 24 hours a day (1-800-273-8255 and Press 1). You can also start a conversation via online chat or text (838255).

You can't protect your kids from stress or manage it for them, but you can help them learn ways to handle it. Your teenager needs your help identifying sources of stress and figuring out how to reduce it. If you learn to develop a subtle, nonjudgmental and genuine approach, you can be one of your teen's most important stress-management resources.

Navy Gold Star Program Directory

Name	Phone	Address
NAVY REGION SOUTHWEST REGIONAL COORDINATOR	619-532-2886	FFSP / 937 N HARBOR DR BOX 53 SAN DIEGO CA 92132-0058
NB VENTURA COUNTY INSTALLATION COORDINATOR	805-982-6018	FFSC / 1000 23RD AVE BLDG 1169 CODE N91 PORT HUENEME CA 93041
NAVBASE CORONADO INSTALLATION COORDINATOR	619-767-7225	FFSC / BUILDING G SAUFLEY RD SAN DIEGO CA 92135-7138
NB SAN DIEGO INSTALLATION COORDINATOR	619-556-2190	NB SAN DIEGO FFSC 3005 CORBINA ALLEY STE 1 BLDG 259 SAN DIEGO CA 92136-5190
NAVY REGION NORTHWEST REGIONAL COORDINATOR	360-396-2708	FFSC / 610 DOWELL ST BLDG 35 KEYPORT WA 98345
SMOKEY POINT SUPPORT COMPLEX INSTALLATION COORDINATOR	425-304-3721	SMOKEY POINT SUPPORT COMPLEX 13910 45TH AVE NE SUITE 857 MARYSVILLE WA 98271
NAVY REGION SOUTHEAST REGIONAL COORDINATOR	904-542-5712	FFSC / BLDG 919 LANGLEY ST NAS JACKSONVILLE FL 32212-0102
NAS JACKSONVILLE INSTALLATION COORDINATOR	904-542-5706	FFSC / 554 CHILD ST NAS JACKSONVILLE FL 32212
NSA MID-SOUTH INSTALLATION COORDINATOR	901-874-5017	FFSC / 5722 INTEGRITY DR BLDG 456 MILLINGTON TN 38054-5045
NCBC GULFPORT INSTALLATION COORDINATOR	228-871-4569	FFSC / 5301 SNEAD ST GULFPORT MS 39501-5001
NAS CORPUS CHRISTI INSTALLATION COORDINATOR	361-961-1675	FFSC / 11001 D ST CORPUS CHRISTI TX 78419-5021
NAVAL DISTRICT WASHINGTON REGIONAL COORDINATOR	202-433-3059	FFSC / 2691 MITSCHER RD SW BLDG 414 WASHINGTON DC 20373
NAVAL DISTRICT WASHINGTON INSTALLATION COORDINATOR	410-293-9345	FFSC / 168 BENNION RD ANNAPOLIS, MD 21402
NAVY REGION MID-ATLANTIC REGIONAL COORDINATOR	757-445-3073	FFSC / 7928 14TH ST SUITE 209 NORFOLK VA 23505-1219
NWS EARLE INSTALLATION COORDINATOR	732-866-2110	FFSC / 201 RT 34 BLDG C59 COLTS NECK NJ 07722
NAVSTA GREAT LAKES INSTALLATION COORDINATOR	847-688-3603 ext 127	FFSC / 525 FARRAGUT AVE STE 300 BLDG 26 GREAT LAKES IL 60088
NB NORFOLK INSTALLATION COORDINATOR	757-322-9182	FFSC / 7928 14TH ST SUITE 102 NORFOLK VA 23505-1219
SUBASE NEW LONDON INSTALLATION COORDINATOR	860-694-1257	FFSC / BLDG 83 BOX 93 GROTON CT 06349-5093
NAS OCEANA INSTALLATION COORDINATOR	757-492-8282	FFSC / 1896 LASER RD STE 120 VIRGINIA BEACH VA 23460-2281

*When communicating with your coordinator via mail, please add NAVY GOLD STAR PROGRAM and contact column info to all mailing addresses to ensure delivery.