



WHO WE ARE & WHAT WE DO

NAVAL SERVICES FAMILYLINE is a non-profit organization of Navy family volunteers whose mission is to empower sea service families to meet the challenges of a military lifestyle with information, resources, and mentoring. FamilyLine provides the following courses, workshops, and publications free-of-charge to Navy commands and families.

COMPASS is a team mentoring program developed by spouses, for spouses. It is held several times a year in locations worldwide. This unique course helps spouses understand and meet the challenges of the Navy lifestyle. This program provides spouses with a more realistic understanding of what they can expect as a Navy Spouse.

COMMAND SPOUSE LEADERSHIP COURSE was designed to capitalize on the positive impact spouses have on Commanding Officers. This five day course includes lessons in situational leadership, values, ethics, conflict resolution, stress and crisis management. In addition to in-depth discussions of the Ombudsman Program and the Command Support Team, attendees also have an opportunity to learn from the real-life experiences of former Commanding Officers and spouses.

COMMAND MASTER CHIEF SPOUSE LEADERSHIP COURSE was designed exclusively for spouses of senior enlisted personnel. Modeled after the Command Spouse Leadership Course, this course provides lessons in situational leadership, values, ethics, conflict resolution, stress and crisis management. Command Support Team, attendees also have an opportunity to learn from the real-life experiences of former Command Master Chiefs and their spouses.

CONTINUUM OF RESOURCE EDUCATION (CORE) is a network of seminars, workshops, classes and people dedicated to empowering the Navy spouse; educating the Navy family and promoting the Navy lifestyle. CORE is flexible in its use of resources, topics and styles of presentation adapting to a variety of locations and community populations.

FREE RESOURCES FOR NAVY FAMILIES

GUIDELINE SERIES PUBLICATIONS

SEA LEGS: A HANDBOOK FOR
NAVY LIFE AND SERVICE

SOCIAL CUSTOMS AND
TRADITIONS

ARE YOU READY? GUIDELINES
FOR NAVY FAMILY
EMERGENCY PREPAREDNESS

GUIDELINES FOR THE SPOUSES
OF CHIEF PETTY OFFICERS

GUIDELINES FOR THE SPOUSES
OF COMMAND MASTER
CHIEFS AND CHIEFS OF THE
BOAT

GUIDELINES FOR THE SPOUSES
OF COMMANDING OFFICERS
AND EXECUTIVE OFFICERS

GUIDELINES FOR NAVY
RESERVE FAMILIES

FREE AND EASY TO ORDER AT

WWW.NSFAMILYLINE.ORG/SITE/
PUBLICATIONS



NAVAL SERVICES FAMILYLINE - A MENTORING LIFELINE SINCE 1965
1043 HARWOOD STREET SE, SUITE 100, WASHINGTON NAVY YARD, DC 20374
1-877-673-7773 | DSN: 288-2333 | FAX: 202-433-4622
WWW.NSFAMILYLINE.ORG | INFO@NSFAMILYLINE.ORG

FamilyLine Publications

Naval Services FamilyLine is a registered 501(c)(3) non-profit organization. Publications are provided free-of-charge to Navy commands and families. Visit www.nsfamilyline.org/site/publications to order or download PDF versions.

Sea Legs: A Handbook for Navy Life and Service

Sea Legs contains useful information on matters such as family support services, benefits and privileges; healthcare, social customs and protocol; changing duty stations and deployments. The Navy's history including its mission and structure, a naval terms glossary and a very useful list of resources are also included.

Are You Ready? Guidelines for Navy Family Emergency Preparedness

Written with the support of CNIC and Ready Navy, this handbook includes valuable information on what to do before, during and after various types of emergency situations. Additionally, there is information on creating a Family Emergency Plan, completing Emergency Contact Cards and compiling a Basic Emergency Supply Kit.

Social Customs and Traditions of the Sea Services

This book acquaints spouses with the social customs, traditions and organizations that are part of the sea service communities. It also addresses sea service etiquette, entertaining, ceremonies and attire guidelines.

Guidelines for Navy Reserve Families

This guide is designed to provide Reserve members and their families with information that will assist them in preparing for their military lives. It includes helpful material written by personnel from the Fleet and Family Support Program, Navy Reserve Forces Command and experienced Reserve spouses.

Guidelines for the Spouses of Chief Petty Officers

This book is an excellent source of information for spouses of new Chief Petty Officers as they navigate their way through the CPO Initiation. It offers answers to many common questions and provides guidance on the initiation season and beyond. Although this book was written for the newest CPO spouses, this book is a valuable tool for all CPO spouses.

Guidelines for the Spouses of CO/XOs

This book is an invaluable aid in defining the spouse's role as a member of the Command Support Team. It was written by Navy spouses who have experienced the command tour. This guide is also an excellent supplement to materials provided at the Command Spouse Leadership Course.

Guidelines for the Spouses of CMC/COBs

This book helps to define the important role of the CMC/COB spouse as a member of the Command Support Team. It also includes information regarding deployments, support resources and emergency guidelines.

Guidelines for the Spouses of Navy Flag Officers

Often referred to as "The STAR Guide," this book was written to provide a forum for current and former Flag spouses to share their knowledge and experience with new Flag spouses. This guide is an excellent supplement to the materials provided to NFLEX participants. Available in print only.