

# Anchors Aweigh

A **CORE** program provided by  
**Naval Services FamilyLine**

[www.nsfamilyline.org](http://www.nsfamilyline.org)



*Anchors Aweigh* is an orientation program created for new Navy spouses by experienced Navy spouses. It was designed to help you easily access the most useful information, provide perspectives and tips, and hopefully answer some of your most pressing initial questions. Find it in **MyNavy Family App** under New Spouse.

## Topics of Discussion

- Navy Organization, Traditions and History
- Understanding Benefits and Privileges • Managing Personal Finance
- Moving in the Navy • Maintaining Healthy Relationships
- Dealing with Deployment • Exploring Your Community
- Overcoming Employment Challenges

**\*\*Check out the New App\*\***

## MyNavy Family



Download it at <https://www.applocker.navy.mil>

One stop shop for services and resources.

## Topics

- New Spouse Mentorship & Networking • Employment & Adult Education • Parenthood
- Special Needs Family Support • Moving & Relocation • Service Member Deployment
- Counseling Services • Recreation, Lodging, & Travel • Family Emergencies
- Transition & Retirement • Military Installation Search • MyNavy Career Center

