

# NAVY FAMILY EMERGENCY HUB



READY TO SUPPORT YOU DURING A GOVERNMENT SHUTDOWN

It offers three key resources designed to keep you and your family strong, supported, and prepared:

**Personalized Support:** One-on-one assistance from accredited financial counselors for financial concerns, plus access to non-medical clinical counselors to support emotional well-being

**Practical Resources:** Financial and food security programs to help bridge any gaps and ensure your family's basic needs are met.

**Learning Opportunities:** Webinars and discussion groups tailored for this moment—covering topics like spotting early signs of youth distress, supporting your family through change, protecting your finances, strengthening resilience, and preparing for the unexpected.

## BOOK NOW

Virtual Non-Medical Counseling call:  
1-855-205-6749

In person visit your local Fleet and Family Support Center

Financial concerns click or scan the QR code to book a virtual appointment



In person visit your local Fleet and Family Support Center

Find your FFSC at:  
<https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory/>



MyNavyFamily.com