

**What our participants
are saying about
COMPASS...**

“My favorite part was that we could ask questions that are not judged and that you care enough about us all to put all this time and work into helping people you don’t even know.”

“I loved meeting other spouses and hearing from experienced spouses.”

“The whole class was awesome! I learned so much.”

“Informative and professionally done.”



Education,
Resources and
Mentoring for
Today’s
Navy Spouse.

1043 Harwood Street SE
Ste. 100, Bldg 154
Washington Navy Yard, DC
20374-5067



<https://nsfamilyline.org>



info@nsfamilyline.org

COMPASS
**“A Course for
Navy Life”**



NAVAL SERVICES
FAMILYLINE
COMPASS

SPOUSE TEAMS
MENTORING SPOUSES

Chart Your Course with COMPASS

Our curriculum is
standardized and each
Session covers:

U.S. Navy
History & Traditions of
the Navy

Navigating the Maze
Benefits and Services
For Military Spouses

I\$ That All There I\$
Reading an LES &
Financial Responsibility

Changing Ports
Moving/PCS

Local Insights
Exploring Your
Community

Anchors Aweigh
Dealing with
Deployment

Getting Along
Healthy Communication

Who Can Take COMPASS?

- COMPASS is FREE and open to all Navy, Marine Corps, and Coast Guard spouses!
- Both new and experienced spouses are welcome and can learn something at COMPASS!

Why Should YOU Take COMPASS?

- Make new friends
- Learn about the Navy lifestyle from experienced spouse mentors
- Acquire the knowledge and develop the skills to successfully meet the challenges ahead
- Develop realistic expectations, adaptability and a positive attitude

Current Team Locations

- California: Lemoore & San Diego
- Connecticut: Groton
- Florida: Greater Jacksonville (serves Mayport, NAS JAX & Kings Bay, GA)
- Hawaii: Pearl Harbor
- South Carolina: Charleston
- Virginia: Norfolk
- Washington: Pacific Northwest (serves Everett, Kitsap & Bangor) & Whidbey Island
- Global Virtual: bringing COMPASS to you anywhere in the world!

Scan to find a team and register
for a session!

