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My CFAY Weekly 週刊

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This Week at Fleet Activities Yokosuka











Photos by James Kimber, Sheryl Sullivan and MC2 Quinton A. Lee, CFAY Public Affairs



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CFAY Expands Access to Mental Wellness with Online Counseling Request Form

By CFAY Public Affairs

Commander, Fleet Activities Yokosuka Fleet and Family Support Center (CFAY FFSC) is streamlining access to behavioral health and family readiness support through its updated Resiliency Support Pocket Guide and an online Virtual Clinical Counseling Request Form.

Under the guiding message, "You are not alone. Support is a sign of strength," the pocket guide puts essential installation and Navy-wide support contacts into a single portable reference. A centerpiece of the guide is a scannable QR code linking directly to the Virtual Clinical Counseling Request Form, which base community members can also access online at https://forms.osi.apps.mil/Pages/ResponsePage.aspx?id=AD4z43flh0u2rUXpQt4XUMrWVnnhUkJFrB0j4Z4oE5FUNERQQ0xVRTJVQ1BMSFE1R0dETUczNFJVVyQlQCN0PWcu.

Through Commander, Navy Installations Command's (CNIC) Fleet and Family Readiness (FFR) virtual counseling initiative, the online request form connects individuals, couples, and families with licensed FFSC clinical providers via secure video conferencing from the privacy of their homes. By offering a digital intake option alongside the CNIC Virtual Work, Counseling and Family Life Program appointment line and local CFAY FFSC counseling desks, the service removes scheduling and transportation barriers for forward-deployed personnel and their families. Counseling services assist with separation, grief, deployment, relocation, relationship issues, parent-child interactions, and other challenges related to military and family life.

Beyond one-on-one clinical counseling, the Resiliency Support Pocket Guide connects the community with a multi-layered network of preventative care and peer support:

• **Skill-Building & Support Groups:** CFAY FFSC offers a Resiliency Bootcamp, Life Skills classes, and monthly courses covering deployment stages, family readiness, and active parenting, as well as online education at mynavyfamily.com. The adult Military and Family Life Counseling (MFLC) team also hosts a Monthly Spouses Support Group to strengthen emotional wellness, reduce isolation, and build resiliency.

• **Headspace App Initiative:** Building on CFAY's rollout of the U.S. Navy Headspace mental strength and wellness benefit, the pocket guide highlights free Headspace access for active-duty service members and up to five loved ones at work.headspace.com/usnavy/join. The app provides sub-clinical counseling and targeted resources for promoting restful sleep, coping with a partner's absence, keeping children grounded, managing a household solo, and preparing for reintegration.

• **24/7 & Specialized Local Care:** The guide consolidates immediate contact numbers for Chapel of Hope chaplains and after-hours emergency pastoral care, the Family Advocacy Program (FAP) and New Parent Support Home Visitation, Naval Hospital Yokosuka (NMRTC) Mental Health, and community partners including Morale, Welfare and Recreation (MWR), the Navy-Marine Corps Relief Society (NMCRS), the USO, the CFAY Ombudsman Assembly Chair, and the American Red Cross

– which also hosts group yoga-style Mindful Movement sessions.

The pocket guide complements the comprehensive Mental Health Yokosuka Safety Plan and Community Resources directory available on the official CFAY website at https://cnrj.cnic.navy.mil/Portals/80/CFA_Yokosuka/Documents/Front_Page_2025/Mental_Health_Yokosuka_Safety_Plan_and_Community_Resources_upd25AUG.pdf?ver=DsETSddOGRZrYI7nMZp17A%3d%3d. Together, these tools directly advance Chief of Naval Operations (CNO) Quality of Service priorities for Sailor well-being and CNIC's Fleet and Family Readiness mission – ensuring warfighters and military families have frictionless, confidential access to the care they need to remain resilient and mission-ready.

For more information on local resiliency programs or to request a copy of the Resiliency Support Pocket Guide, contact the CFAY Fleet and Family Support Center at DSN 243-3372, commercial 046-816-7878, or email ffscinfo@us.navy.mil.

The pocket guide may also be downloaded off the official CFAY website at https://cnrj.cnic.navy.mil/Installations/CFA-Yokosuka/.



Leadership, guests, and staff gathered for a ribbon cutting ceremony to officially unveil the rebranding of Navy Gateway Inns & Suites Yokosuka to Navy Inn Yokosuka. The newly installed Navy Inn signage stands proudly outside our lodging facility, marking a fresh chapter in how we serve our travelers. The Navy Exchange Services Command (NEXCOM) Hospitality Group is rebranding its portfolio of Navy Lodge and NGIS properties to reflect best commercial practices, elevate the guest experience, and position these locations as the preferred choice in accommodation for military personnel, civilian travelers, and their families. This modernization of base lodging facilities reflects our commitment to providing a home away from home for those who serve. (Photo by Sheryl Sullivan, CFAY Public Affairs)



Halloween Trick-or-Treating: What Families and Drivers Need to Know

By MC2 Quinton A. Lee, CFAY Public Affairs

Trick-or-treating at Fleet Activities Yokosuka runs from 4:30 to 7:30 p.m. Oct. 31 on Main Base. Womble Gate will be open for inbound traffic from 4:30 to 6:30 p.m., and guests should plan to arrive during those hours.

Safety and security officials at Commander Fleet Activities Yokosuka (CFAY) are sharing tips to help service members and their families enjoy the festivities. Officials emphasized that pedestrian awareness, high-visibility clothing and driver caution are essential to preventing accidents after sunset.

"CFAY Security Forces look forward to ensuring all our families and children have a safe and memorable Halloween," said Lt. Cmdr. Asa Calloway, Commander Fleet Activities Yokosuka security officer. "We'll have additional patrol officers and gate guards out to support the evening, but the real support always comes from within the community. It takes community involvement, looking out for one another and treating each other with dignity and respect, to keep events on the installation safe and successful."

With sunset shortly before 5 p.m., most trick-or-treating will take place after dark. Safety officials encourage families to stay visible by wearing bright costumes, adding reflective tape or carrying glow sticks and flashlights so drivers can spot them near crosswalks and intersections.

Drivers on Main Base and in Ikego Housing Area should slow down, avoid distractions and watch for children crossing between parked vehicles during trick-or-treating hours.

Adults should accompany children, and trick-or-treaters should travel in groups. Trick-or-treaters should use sidewalks, cross only at marked crosswalks and visit only homes with porch lights on.

Families should stick to well-lit areas and avoid shortcuts through dark, secluded spaces. Costumes should fit well and not drag on the ground to prevent tripping. Nontoxic face paint is a safer alternative to masks, which can block a child's vision. Everyone should watch walkways for hazards such as cords, pumpkins and lawn decorations, and residents decorating their homes should keep paths clear.

Parents should inspect all treats in a well-lit area before letting children enjoy them. They should throw away anything unwrapped, homemade or tampered with, as well as items that could trigger food allergies.

Sponsors hosting guests must complete visitor escort paperwork in advance and ensure guests carry valid identification at all times. Families can find traffic advisories and additional Halloween information on the official CFAY website and social media pages.

CFAY wishes everyone a safe and fun Halloween.



Photo by James Kimber, CFAY Public Affairs

NAVY-MARINE CORPS RELIEF SOCIETY™

NMCRS Yokosuka
CRC Building 3365 Room 313
Command Fleet Activities Yokosuka

315-243-7905
yokosuka@nmcrs.org

NMCRS offers free, confidential, nonjudgmental assistance to active duty and retired Sailors, Marines, and their families

Financial Assistance

When financial challenges happen, we can help with car repairs, out-of-pocket medical costs, PCS moves, household set up, and other unexpected expenses.

Financial Education

You don't have to wait for a financial emergency-we can help you budget and find resources for better financial stability.

Education Assistance

NMCRS aims to lighten the load of higher education costs by offering needs-based scholarships and interest-free loans to the spouses and children of active duty and retired Sailors and Marines.

Budget for Baby®

How expensive is the new family addition? We offer free workshops to help you plan and prepare for a new baby. Plus, you'll get a gift for attending!

Disaster and Critical Event Relief

Storms, power outages, fires, or other disruptions can be difficult and costly. NMCRS can help you recover with confidence.

Emergency Travel

When a serious illness or loss in your family requires you to travel, we can help get you there—fast.

Thrift Shops and Uniform Lockers

Shop sustainably for household goods, toys, and uniforms and support your community resource at the same time.

Visiting Nurse Program

Our registered nurses are here to provide you with trusted support, resources, and guidance-from pregnancy and newborn care to ongoing health and wellness, at home or virtually.

Navy-Marine Corps Relief Society
Powered by compassion

nmcrs.org

♥ YOU ARE NOT ALONE

Family Parenting Fair

An afternoon of fun, connection and support for CFAY families.

Friday, Nov 6 • 2:30–6:00 PM

Parenting tips, strategies, resources & activities for the whole family

Red Brick Area, CFAY Main Base

Meet the CFAY organizations and community partners who are here for you, with support and resources for CFAY families living overseas across the installation.

PARTICIPATING ORGANIZATIONS

- EDIS
- American Red Cross
- New Parent Support
- Fleet and Family Support
- Yokosuka Pregnancy and Infant Loss Support Group
- DoWEA
- USO
- Navy-Marine Corps Relief Society
- MWR



Contact LT Thomas for more information at allison.m.thomas22.mil@health.mil



POWERLIFTING COMPETITION

NOVEMBER 7 • 9 A.M. • NOFFS ZONE

Get ready to test your strength in our Powerlifting Competition!
Athletes will compete in squat, bench press, and deadlift categories.
For more information, visit us at the Fleet Fitness Center Office on the third floor, call 046-896-4486, email mwr_yokosuka_fitness@us.navy.mil or scan the QR code below.

MEN		WOMEN	
Lightweight	Up to 148 lbs	Lightweight	Up to 114 lbs
Middleweight	149 - 182 lbs	Middleweight	115 - 132 lbs
Middle Heavyweight	183 - 220 lbs	Middle Heavyweight	133 - 165 lbs
Heavyweight	221 lbs & above	Heavyweight	166 lbs & above

1° OF SEPARATION

"1 Degree of Separation" is not your average mental health talk — this one comes with punchlines.

Blending real talk with big laughs, it brings tough topics like depression, education, and suicide prevention into the spotlight. Come for the laughs, stay for the feels — it's comedy that hits... and heals.

All shows are **FREE**.



MWR Website

Fleet Theater • November 3

MWR CFA YOKOSUKA | The Fleet & Family Support Center

Show times will be posted on the MWR website.

CFAY Trick or Treat

Saturday, October 31



4:30pm to 7:30pm

CFAY Main base and Ikego Housing Area

Wishing you a Safe and Happy Halloween

Halloween Safety Tips

Stay Visible: Wear bright costumes, reflective tape, or carry glow sticks and flashlights

Travel in Groups: Children should be accompanied by adult and travel in groups

Stick to Well-Lit Areas: Avoid shortcuts through dark secluded areas

Keep Costumes Safe: Make sure costumes fit well to avoid tripping

Inspect Treats Before Eating: Parents should check all treats before letting children enjoy them.

Be Cautious with Decorations: Be mindful or trip hazards like cords, pumpkins, and lawn decorations on walkways.

Wishing you a Safe and Happy Halloween



MWR Clubs HALLOWEEN Specials

Monster Mash Costume Contest
October 31 • 6:30 – 8 p.m. • CPO Club Cove Bar

Show off your creativity and compete for some tasty prizes! Winners will be selected in the following categories:

- **Best Original Costume**
  - Free Saturday Brunch (1)
- **1st Place – Best in Costume**
  - Free Beef Brisket Dinner (1)
- **2nd Place – Best in Costume**
  - Free Lunch Buffet (1)
- **3rd Place – Best in Costume**
  - Free Lunch Buffet (1)

All contestants must be present to win their prize.

Haunted Club A
October 31 • 5 p.m. • Sharky's Roadhouse (1F)

Featuring live music, a costume contest beginning at 7 p.m., and prizes! Sharky's Killer Wings menu items will be available for purchase. **Open to guests aged 20 and older.**

Halloween Party with DJ
October 31 • 7 p.m. – midnight
Club Takemiya Lounge • Adults only
Halloween Social Hour • 9 – 11 p.m.

Show off your best costume! The winner will be determined by audience vote, with the final decision made by club staff. The contest winner will receive a $25 gift voucher.

Halloween Bingo
October 31 • 4:30 – 8:30 p.m. • Officers' Club

Enjoy homemade Halloween cookies and Vampire Red Velvet Hot Chocolate during our bingo session.

Halloween Bowling Pin Decorating Contest
October 1 – 25 • Bowling Center

Parents can pick up the bowling pins at Yokosuka Bowling Center beginning October 1. Pins can be decorated with any Halloween theme and must be turned in by October 25. Four winners will receive family bowling and pizza passes. One winner is guaranteed to be a contestant aged 5 or under. Winners will be announced at the Bowling Center on October 31 at 1 p.m. during the Spooky Fun Halloween Bowling.

Spooky Fun Halloween Bowling
October 31 • 11 a.m. – 5 p.m. • Bowling Center

Enjoy one hour of bowling, one individual-sized pizza and a drink for each child in grades K – 12. Come in costume and receive a gift. All children will receive a goody bag! **$10 per child**
$5 per parent who bowls with children (rental shoes included)

Spooky Fun Halloween Cosmic Bowling
October 31 • 6 – 11 p.m. • Bowling Center

Price includes all-you-can-bowl and one individual-sized pizza per person. Come in costume and receive a gift. **$20 per person**

YOKOSUKA FRIENDSHIP DAY

SAVE THE DATE

Sunday, November 15
Gates Open • 9 a.m.



Ship Visit • Live Entertainment • Food • Games

BEYOND THE GATE



Hakone Daimyo Procession

Nov. 3 (Tuesday)

11:30 a.m. to 3 p.m. | Hakone Yumoto Area (Odakyu Hakone Yumoto Station, OH-51)

Samurai warriors, dancing girls, marching bands the daimyo are the main draws of the Hakone Daimyo Procession. There will also be marching bands, demonstrations of feudal activities, and dance performances to check out along the way.

Windsurfing World Cup

Oct. 31 (Saturday) - Nov. 4 (Wednesday)

10 a.m. to 5 p.m. | Tsukuihama Beach (5-minute walk from Keikyu Tsukihama Station, KK-70)

This international tournament will crown the 2026 season champion. The venue features a European-style market, gourmet Japanese food, and a new sweets festival. Opening on Saturday, Oct. 31, Halloween-themed decorations and face painting await visitors.

Culture Day (Japanese Holiday)

Nov. 3 (Tuesday)

Culture Day is a national holiday dedicated to celebrating Japanese culture, arts, freedom, and peace. Museums and galleries hold special events, some with free entry. Schools and communities host festivals. Public transport runs on a holiday schedule.



Ikebukuro Halloween Cosplay Festival

Oct. 31 (Saturday) - Nov. 1 (Sunday)

10 a.m. to 6 p.m. | Around Ikebukuro Sunshine City Area (8-minute walk from JR Ikebukuro Station, JY-13, JS-21/ Tokyo Metro Higashi Ikebukuro Station, Y-10)

As one of Japan's major hubs for anime culture, Ikebukuro offers a uniquely Japanese take on this annual festival that originated overseas. Rather than traditional spooky Halloween costumes, you'll see plenty of cosplayers dressed as their favorite manga and anime characters. In addition to the cosplayers filling the streets, the event features a variety of attractions, including stage performances, a parade, hands-on cosplay activities, and a stamp rally. All of these activities can be enjoyed without a ticket.



Tokyo Comic Convention

Dec. 11 (Friday) - 13 (Sunday)

11 to 7 p.m. (Fri), 10 a.m. to 7 p.m. (Sat), 10 a.m. to 6 p.m. (Sun) | Makuhari Messe (3-minute walk from the north exit of JR Kaihin Makuhari Station, JE-14)

Comic Con started out in 1970 in San Diego as the Golden State Comic Book Convention. Holding a sister event in the home of manga was long overdue and Tokyo Comic Con finally came in 2016 attracting about 50,000 visitors. Advance tickets not necessary but preferable. What celebrities will be there? Nicolas Cage, Melissa Benoist, Daniel Logan and John Cena! Ticket: https://tokyocomiccon.jp/en/ticket

NEWS AND NOTICES

HEADS UP, FOOD HANDLERS!

If you're preparing, handling, or serving food to the public – for a fund raiser, volunteer activity, or special event – you must complete the Basic Food Handler's Course in accordance with Navy policy. Questions? Contact USNMRTC Vokosuka Preventive Medicine DSN: 243-2649, dha.nmrtcy_prevmed@health.mil

Date	Time	Location
Nov. 20	1-2 p.m.	Building E22, Room 201 Registration via QR Code
Dec. 18	1-2 p.m.	Building E22, Room 201 Registration via QR Code

FLU SHOT SEASON IS HERE

USNH Yokosuka will offer flu vaccines during mass vaccination events this October and November for all SOFA-status individuals.

Fleet Recreation Center Gym, 4th Floor

- Nov. 5–6, 1–6 p.m.
- Nov. 7, 10 a.m.–2 p.m.

Ikego Elementary School

- Oct. 30, 2:30–6 p.m.
- Oct. 31, 10 a.m.–2 p.m.

Flu vaccines are available for everyone ages 6 months and older, with high-dose vaccines available for patients age 65 and older. Personnel and family members must be registered as patients at USNH Yokosuka before attending. Flu vaccines will not be available at the Immunization Clinic until all mass vaccination events conclude, except for elderly individuals, people with disabilities, or those with extenuating circumstances. Questions or concerns? Call 243-5521. Protect yourself, your family, and our community this flu season!

PATIENT AND FAMILY PARTNERSHIP COUNCIL

Have a question, concern or idea to help improve your experience at USNH Yokosuka? USNH Yokosuka wants to hear from you. Join the next Patient and Family Partnership Council (PFPC) meeting on Nov. 3, 11:45 a.m.–12:45 p.m., Command Auditorium, 3rd Floor. The PFPC brings together patients, family members and hospital leadership to discuss healthcare services, answer questions and gather feedback that helps shape the future of patient care. Whether you have feedback from a recent visit or ideas for improving the services, your voice matters. Tentative schedule for the remainder of 2026 (locations subject to change):

- Dec. 1: 11:45 a.m.–12:45 p.m., Command Auditorium, 3rd Floor

If there's a specialty clinic or member of the medical team you'd like to hear from, let USNH Yokosuka know before the meeting. You can also submit questions in advance by emailing: dha.yokosuka.yokosuka-nh.list.pfpc@health.mil.

OFF INSTALLATION TRAFFIC RESTRICTIONS

Traffic congestion is expected on National Route 134 between Tsukuihama and Miura Kaigan during the Windsurfing World Cup 2026 (Oct. 31-Nov. 4).

CONSTRUCTION AND CLOSURES

Yokosuka: All vehicle traffic at Womble Gate will secure on Oct. 31 starting at 3:30 p.m. Pedestrian traffic will not be affected until 6:30 p.m. At 6:30 p.m., inbound pedestrian traffic will secure.

- Vehicle traffic at Gridley Lane will secure to non-tenants from 3 to 9 p.m. Posted security will open road blocks as needed for tenant traffic. Pedestrian traffic will not be affected. Tenants may enter and exit Gridley Lane, using direction of traffic shown on diagram (southwest/towards Gridley CDC).
- Ongoing, traffic lane modification from 5 to 8:30 a.m. Outbound traffic merges into one lane in front of the CPO Club. Inbound traffic will shift to the two middle lanes creating a two lane inbound pattern in front of Bldg. 1997.
- The parking lot in front of ATG Western Pacific is secured through 2027 in support of the Navigation, Seamanship and Shiphandling Trainer construction.

Ikego: Imattumi Road partial closure until Dec. 30.