

Welcome to the OCTOBER edition of the Base Seattle Work-Life “News Bullets”. See a topic and click on the link or contact the POC to learn more!

- **October is Domestic Violence Awareness Month:** Find out how to support a friend or loved one who is struggling in their relationship: <https://wscadv.org/resources/friends-family-guide/>. For more information contact the Family Advocacy Specialists Troy Olson (206) 217-6612, [Troy.E.Olson@uscg.mil](mailto:Troy.E.Olson@uscg.mil) or Kristen Hutcheson (206) 217-6608, [Kristen.S.Hutcheson@uscg.mil](mailto:Kristen.S.Hutcheson@uscg.mil) Communities across the nation join together to recognize the prevalence of domestic violence and honor those who have been affected. Click here to read the Presidential Proclamation on National Domestic Violence Awareness Month, 2019: <https://www.whitehouse.gov/presidential-actions/presidential-proclamation-national-domestic-violence-awareness-month-2019/>
- **How to write a federal resume:** Come to the **10 STEPS TO A FEDERAL JOB** course. Learn about the federal hiring process: Service members, spouses, and civilian employees are invited. **Registration required.** Contact Ms. Heather Miles at [Heather.M.Miles@uscg.mil](mailto:Heather.M.Miles@uscg.mil) or (206) 217-6674.
- **What are YOUR rights in a relationship?** Follow the Center for Respect link below to learn more. <https://www.datesafeproject.org/your-sexual-rights/>. For more information contact Jennifer Parrish (206) 217-6675 [Jennifer.M.Parrish@uscg.mil](mailto:Jennifer.M.Parrish@uscg.mil)
- **Upgrade your ability to focus, concentrate & improve situational awareness:** Attend the Mindfulness Performance Enhancement, Awareness and Knowledge (mPEAK) course in Port Angeles Nov 13-15. For more information and to register, contact Ms. Kristin Cox at (206) 217-6607 [kristin.l.cox@uscg.mil](mailto:kristin.l.cox@uscg.mil).
- **Parents – Manage in-app/in-game purchases:** Video games can provide a family-friendly experience; don't let it break your budget. Check here for parental control resources <https://www.esrb.org/blog/how-parents-can-better-manage-in-game-purchases/> Contact Angela LeMaster for more Consumer Awareness information for your whole family, (206) 217-6615 or [angela.d.lemaster@uscg.mil](mailto:angela.d.lemaster@uscg.mil).

Very respectfully,  
Your Work-Life Staff

Work-Life Web Site:  
<http://cglink.uscg.mil/SeattleWorkLife>

Work-Life Web Site From Home:  
<https://www.dcms.uscg.mil/Base-Seattle/Work-Life>