

OCTOBER

# FLEET AND FAMILY SUPPORT CENTER

Classes are held at the Fleet and Family Support Center, Bldg. 2072B, Support Site, unless otherwise stated.

## ▲ AREA ORIENTATION

**Area Orientation** (mandatory for newcomers)

Oct. 1 and 2 • Oct. 15 and 16 • Oct. 29 and 30

Wednesday, 7:45 a.m.-2 p.m.

Thursday, 7:45 a.m.-3 p.m.

Reel Times 2 Cinema, Support Site

**Cultural Assimilation trips to downtown Naples**

Friday, Oct. 3, 17 and 31 | 7:45 a.m.-2:30 p.m.

Monday, Oct. 27, (all ages) | 7:45 a.m.-2:30 p.m.



## INTERCULTURAL RELATIONS

**Easy Italian** (beginners)

Tuesday, Oct. 7, 14 and 21 | 10:30 a.m.-12:30 p.m.

**Italian at Lunchtime**

(Basic Italian for beginners)

Tuesday, Oct. 7 and 14 | 11 a.m.-12:30 p.m.

FFR Conference Room, Capodichino

**Italian Social Etiquette seminar**

Wednesday, Oct. 8 | 10-11:30 a.m.

**Citta' della Scienza Museum for**

**Kids trip** (School break activity)

Friday, Oct. 10 | 9 a.m.-2:30 p.m.

**Advanced Italian at Lunchtime**

Tuesday, Oct. 21 | 11 a.m.- 12:30 p.m.

FFR Conference Room, Capodichino

**Intermediate Italian**

Wednesday, Oct. 22 | 10:30 a.m.-Noon

**Italian Coffee Culture experience**

Thursday, Oct. 30 | 9:30 a.m.-Noon



## LIFE SKILLS

**Mind-Body Mental Fitness:**

**Stress Resiliency**

Wednesday, Oct. 15 | 11 a.m.-12:30 p.m.

**Mind-Body Mental Fitness:**

**Mindfulness and Meditation**

Wednesday, Oct. 29 | 11 a.m.-12:30 p.m.



## FAMILY READINESS

**Ombudsman Assembly**

Tuesday, Oct. 21 | 5:30-6:30 p.m.

Reel Times 2 Cinema, Support Site



## RELOCATION

**Smooth Move**

Thursday, Oct. 23 | 9 a.m.-Noon



## EXCEPTIONAL FAMILY MEMBER PROGRAM

**Point of Contact Training\***

Thursday, Oct. 2 | 11 a.m.-Noon

**Leadership Brief\***

Tuesday, Oct. 7 | 3-4 p.m.

**Healthy Caregiving**

Tuesday, Oct. 21 | 2-3 p.m.



## SEXUAL ASSAULT PREVENTION AND RESPONSE

*Dates and times subject to change*

**Command Duty Officer**

**Training**

Tuesday, Oct. 7 | 10 a.m.-Noon

**Victim Advocate Refresher**

**Training** (CEU)

Thursday, Oct. 16 | Noon-2 p.m.

FFR Conference Room, Capodichino

**Initial Victim Advocate**

**Training** (40 hours)\*

Monday-Friday, Oct. 20-24 | 8 a.m.-5 p.m.

Bella Napoli Conference Room,

Capodichino

**Administrative Unit Victim**

**Training**

Thursday, Oct. 30 | 1-3 p.m.

FFR Conference Room, Capodichino



## TRANSITION ASSISTANCE PROGRAM

*Must be registered by Command Career Counselor*

**Managing Your (MY) Education\***

(Education track)

Thursday and Friday, Oct. 2 and 3

8 a.m.-4 p.m.

**Pre-Separation Workshop**

Monday-Wednesday, Oct. 6-8

8 a.m.-4 p.m.

**Department of Labor**

**Employment Workshop**

Thursday and Friday

Oct. 9 and 10 | 8 a.m.-4 p.m.

**Boots to Business**

(Entrepreneurship track)

Monday and Tuesday, Oct. 20 and 21

8 a.m.-4 p.m.

**Capstone Event**

Wednesday, Oct. 22 | 9 a.m.-Noon



## COUNSELING ADVOCACY AND PREVENTION

**Healthy Relationship Walk**

Saturday and Sunday, Oct. 18 and 19

Carney Park

Walk the self-paced, one-mile route

and read the healthy relationship tips

along the way.



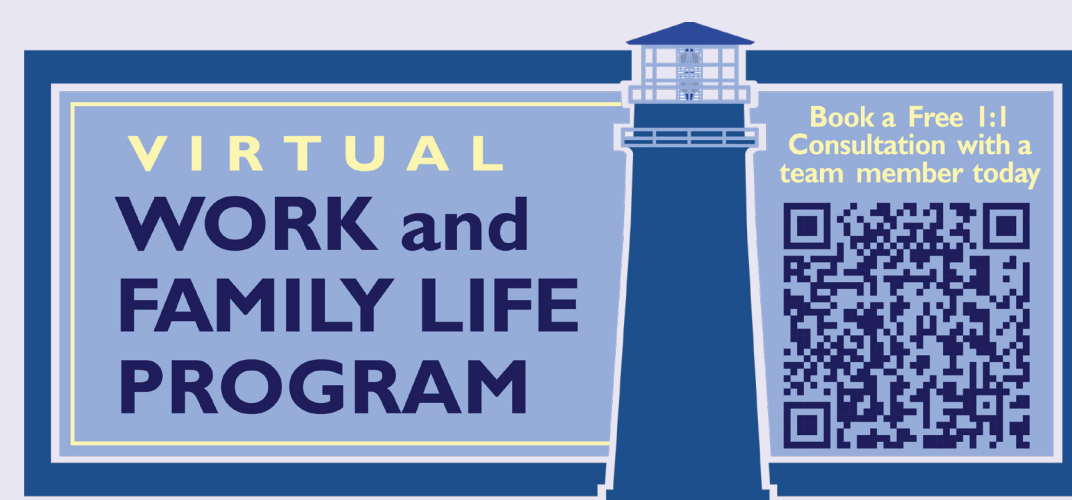
## VIRTUAL WORK AND FAMILY LIFE PROGRAMS

The following program currently is being offered virtually. Visit [mynavyfamily.com](https://mynavyfamily.com) to create an account and access virtual classes and online resources.



## PERSONAL FINANCE MANAGEMENT

Scan the QR code below to book a 1:1 consultation with a team member.



\*Virtual Class



To register for a class:

- Call 081-811-6372 | DSN 629-6372
- Email [NSANaplesFFSC@us.navy.mil](mailto:NSANaplesFFSC@us.navy.mil) and include the class title, your name, email address, phone number, sponsor's rank and command



NSA Naples  
**FLEET & FAMILY**  
SUPPORT CENTER