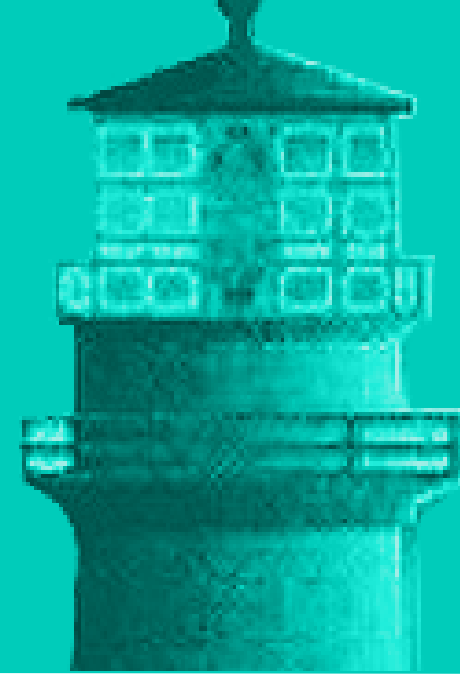




SEPTEMBER

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)
Sept. 2 and 3, Sept. 16 and 17, Sept. 30 and Oct. 1
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, Sept. 4 and 18 | 7:45 a.m.-2:30 p.m.

 LIFE SKILLS

Focus Forward:
Time Management and Goal Setting
Thursday, Sept. 10 | 10-11 a.m.

Mind Body Mental Fitness at MIDDAY:
Living Core Values
Friday, Sept. 11 | 12:30-1:30 p.m.

Fostering Wellness:
Self Care, Stress Management and Healthy Relationships
Thursday, Sept. 24 | 10-11 a.m.

Mind Body Mental Fitness at MIDDAY:
Flexibility
Friday, Sept. 25 | 12:30-1:30 p.m.

 NEW PARENT SUPPORT HOME VISITATION PROGRAM

Postpartum Support Group
Wednesday, Sept. 2 and 16 | 10-11:30 a.m.
Family Housing Community Center, Support Site

 SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

SAPR trainings are subject to change.
Victim Advocate Refresher Training
Thursday, Sept. 10 | Noon-2 p.m.
Capodichino FFR Conference Room

Resident Advisor Training
Tuesday, Sept. 15 | Noon-2 p.m.
Capodichino FFR Conference Room

Common Military Training (CMT)
Thursday, Sept. 24 | 11 a.m.-1 p.m.

Step Forward for Prevention
5k run/1.5k walk
Suicide, sexual assault and domestic violence awareness

*In partnership with MWR
Supported by American Red Cross, Stars and Stripes and USO*

Wednesday, Sept. 30 | 4-5:30 p.m.
Central Park, Support Site

Open to the NSA Naples community.

***Virtual class**

 INTERCULTURAL RELATIONS

Easy Italian (Beginners)
Tuesday, Sept. 1, 8 and 15 | 10:30 a.m.-12:30 p.m.

Intercultural Relations Trip:
Winery Tour with Grape Stomping
Thursday, Sept. 10 | 9:30 a.m.-2:30 p.m.

Italian at Lunch Time (Basic Italian for beginners)
Monday, Sept. 14 and 21 | 11 a.m.-12:30 p.m.
Capodichino FFR Conference Room

 PERSONAL FINANCIAL MANAGEMENT

Paying for Higher Education
Thursday, Sept. 3 | 10-11 a.m.

Emergency Money Management
Thursday, Sept. 17 | 1-2 p.m.

 FAMILY EMPLOYMENT READINESS PROGRAM (FERP)

LinkedIn Profiles
Wednesday, Sept. 2 | 9-11 a.m.

Federal Hiring Basics
Wednesday, Sept. 2 | 11:30 a.m.-1 p.m.



 FAMILY READINESS

Volunteer Orientation with American Red Cross*
Wednesday, Sept. 16 | 1:30-2:30 p.m.

Ombudsman Appreciation Luncheon
Friday, Sept. 18 | 12-3 p.m.

Ombudsman Coffee Resource Roundtable
Tuesday, Sept. 22 | 9-10 a.m.

 EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP 101 for Family Members
Tuesday, Sept. 1 | 9:30-10:30 a.m.

Command POC Training*
Thursday, Sept. 10 | 11 a.m.-12 p.m.

Introduction to IFSPs, IEPs and 504 Plans
Wednesday, Sept. 16 | 10 a.m.-12 p.m.

Moving with your Exceptional Family
Friday, Sept. 25 | 3-4 p.m.

Intercultural Relations Trip:
Al Supermercato
Tuesday, Sept. 22 | 9:30 a.m.-2 p.m.

Advanced Italian at Lunch Time
Monday, Sept. 28 | 11 a.m.-12:30 p.m.
Capodichino FFR Conference Room

 RELOCATION

Sponsorship Training
Thursday, Sept. 24 | 9 a.m.-12 p.m.
Command Conference Center, Capodichino

 FAMILY ADVOCACY PROGRAM

Lunchtime Learning for Leadership:
Working with Victim Advocates
Friday, Sept. 11 | 11:30 a.m.-12:30 p.m.
Capodichino FFR Conference Room

Recognizing and Eradicating Emotional Abuse
Friday, Sept. 18 | 11:30 a.m.-12:30 p.m.
Capodichino FFR Conference Room

 TRANSITION ASSISTANCE PROGRAM

Must be registered by Command Career Counselor

Pre-Separation Executive TAP Workshop
Monday-Wednesday, Sept. 14-16 | 8 a.m.-4 p.m.

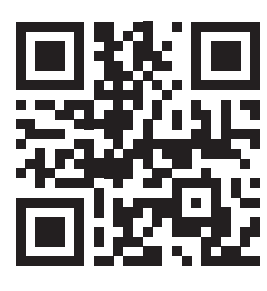
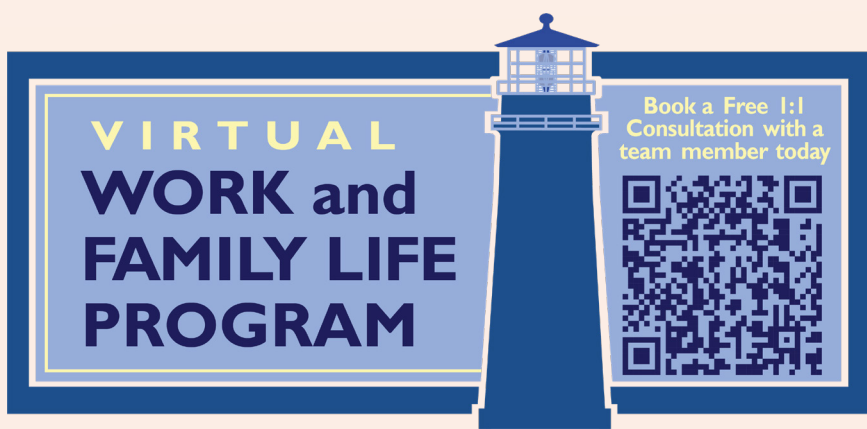
Department of Labor Employment Workshop (DOLEW)
Thursday and Friday, Sept. 17 and 18 | 8 a.m.-4 p.m.

Capstone Event
Tuesday, Sept. 29 | 9 a.m.-12 p.m.

VIRTUAL WORK AND FAMILY LIFE PROGRAMS

Visit mynavyfamily.com to create an account and access virtual classes and online resources.

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



To register for a class:

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

