

MARCH

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)

March 4 and 5, March 18 and 19

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, March 6 and 20 | 7:45 a.m.-2:30 p.m.

FAMILY READINESS

Ombudsman Advanced Training

Tuesday, March 17 | 5-5:25 p.m.

Reel Times 2 Cinema, Support Site

Ombudsman Assembly

Tuesday, March 17 | 5:30-6:30 p.m.

Reel Times 2 Cinema, Support Site

Ombudsman Round Table*

Tuesday, March 24 | 5-5:30 p.m.

LIFE SKILLS

Mind-Body Mental Fitness:

Stress Resilience*

Wednesday, March 4 | Noon-1:30 p.m.

Mind-Body Mental Fitness:

Mindfulness and Meditation*

Wednesday, March 11 | Noon-1:30 p.m.

Mind-Body Mental Fitness:

Living Core Values*

Wednesday, March 18 | Noon-1:30 p.m.

Mind-Body Mental Fitness:

Flexibility*

Wednesday, March 25 | Noon-1:30 p.m.

Get a Grip: Managing Anger

Tuesday, March 3 | Noon-1 p.m.

RELOCATION

Sponsorship Training

Thursday, March 12

9 a.m.-Noon

*Virtual Class

INTERCULTURAL RELATIONS

Italian @ Lunch Time

(Basic Italian for beginners)

Monday, March 2 and 9 | 11 a.m.-12:30 p.m.

FFR Conference Room, Capodichino

Easy Italian (beginners)

Tuesday, March 10, 17 and 24

10:30 a.m.-12:30 p.m.

Intermediate Italian

@ Lunch Time

Monday, March 16 | 11 a.m.-12:30 p.m.

FFR Conference Room, Capodichino

House Cleaning Seminar and Trip

Wednesday, March 25 | 10 a.m.-2 p.m.

Intermediate Italian

Thursday, March 26 | 11 a.m.-12:30 p.m.

Spring Break Event: Little Chef

(cooking class for children)

Tuesday, March 31 | 10 a.m.-2 p.m.

Coop. Fabula, Succivo

TRANSITION ASSISTANCE PROGRAM

Must be registered by Command Career Counselor

Executive TAP Pre-Separation Workshop

Monday-Wednesday, March 2-4

8 a.m.-4 p.m.

Pre-Separation Workshop

Monday-Wednesday, March 16-18

8 a.m.-4 p.m.

Department of Labor Employment Workshop (DOLEW)

Thursday and Friday, March 5 and 6

8 a.m.-4 p.m.

or

Thursday and Friday, March 19 and 20

8 a.m.-4 p.m.

Career and Credential Exploration (Vocational Track)

Monday and Tuesday, March 9 and 10

8 a.m.-4 p.m.

Capstone Event

Wednesday, March 11

9:30 a.m.-12:30 p.m.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

Healthy Caregiving

Wednesday, March 4 | 9-10 a.m.

Leader Brief*

Thursday, March 5 | 3-4 p.m.

Command Point of Contact Training*

Thursday, March 12 | 11 a.m.-Noon

FAMILY EMPLOYMENT READINESS PROGRAM (FERP)

LinkedIn Profiles

Monday, March 23 | 9-11 a.m.

LinkedIn Job Searches

Monday, March 23 | Noon-2 p.m.

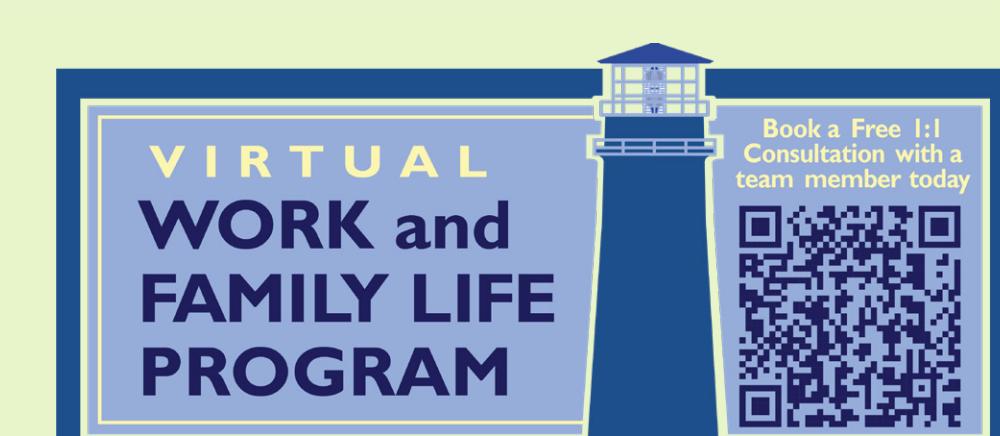
VIRTUAL WORK AND FAMILY LIFE PROGRAMS

The following program currently is being offered virtually:

PERSONAL FINANCE MANAGEMENT

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

