

▲ AREA ORIENTATION

Area Orientation (Mandatory for Newcomers)
Sept. 30 and Oct. 1, Oct. 14 and 15, and Oct. 28 and 29
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. 2, 16 and 30 | 7:45 a.m.-2:30 p.m.

♥ NEW PARENT SUPPORT
HOME VISITATION PROGRAM

Postpartum Support Group
In partnership with Navy-Marine Corps Relief Society
Wednesday, Oct. 7 and 21 | 10-11:30 a.m.
Family Housing Community Center, Support Site

🌱 FAMILY ADVOCACY
PROGRAM (FAP)

Command Lunch and Learn Classes:

Technology-Facilitated Abuse
Friday, Oct. 2 | 11:30 a.m.-12:30 p.m.
Capodichino FFR Conference Room

The Male Victim
Friday, Oct. 16 | 11:30 a.m.-12:30 p.m.
Capodichino FFR Conference Room

Children, Pets and Domestic Violence
Friday, Oct. 23 | 11:30 a.m.-12:30 p.m.

Capodichino FFR Conference Room

Domestic Violence Warning Sign Wednesdays:

Warning Signs for the Overseas Dependent
Wednesday, Oct. 7 | 11 a.m.-12 p.m.
Capodichino FFR Conference Room

Warning Signs with Jealousy and Possessiveness
Wednesday, Oct. 14 | 11 a.m.-12 p.m.
Capodichino FFR Conference Room

Warning Signs with Whirlwind Romance and Love Bombing
Wednesday, Oct. 21 | 11 a.m.-12 p.m.
Capodichino FFR Conference Room

Warning Signs with Blame and Manipulation
Wednesday, Oct. 28 | 11 a.m.-12 p.m.
Capodichino FFR Conference Room

🌐 INTERCULTURAL RELATIONS

Intermediate Italian at Lunch Time
Monday, Oct. 5 | 11 a.m.-12:30 p.m.
Capodichino FFR Conference Room

Italian Social Etiquette
Wednesday, Oct. 7 | 9-11 a.m.

Easy Italian (Beginners)
Tuesday, Oct. 13, 20 and 27 | 10:30 a.m.-12:30 p.m.

Intercultural Relations Trip: Pozzuoli Walking Tour
Thursday, Oct. 15 | 9 a.m.-2:30 p.m.

💰 PERSONAL FINANCIAL
MANAGEMENT

Gambling Awareness
Wednesday, Oct. 7 | 1-2 p.m.

Investing in Your Thrift Savings Plan
Thursday, Oct. 15 | 11 a.m.-12 p.m.

♥ EXCEPTIONAL FAMILY
MEMBER PROGRAM (EFMP)

Please see EFMP events flier on FFSC Facebook page for details.

Group Meditation
Thursday, Oct. 1 | 11:30 a.m.-12 p.m.
Capodichino FFR Conference Room

Thursday, Oct. 1 | 3-3:30 p.m.
FFSC, Support Site

Open House
Wednesday, Oct. 7 | 9:30-10 a.m.
Capodichino FFR Conference Room

Wednesday, Oct. 7 | 2:30-3 p.m.
FFSC, Support Site

Chair Yoga
In partnership with MWR Fitness
Thursday, Oct. 15 | 10-11:30 a.m.
Support Site Fitness Center

Family Craft Hour
Tuesday, Oct. 20 | 3-4 p.m.

LoFi and Coloring
Wednesday, Oct. 21 | 11:30 a.m.-12:30 p.m.
Capodichino FFR Conference Room

Caregiver Support Group*
Thursday, Oct. 29 | 10-11 a.m.



👤 SEXUAL ASSAULT
PREVENTION AND RESPONSE
(SAPR)

SAPR trainings are subject to change.

Command Duty Officer/Watch Stander Training
Thursday, Oct. 1 | 12-2 p.m.

Victim Advocate Refresher Training
Thursday, Oct. 15 | 12-2 p.m.

Victim Advocate Refresher Training
Thursday, Oct. 29 | 12-2 p.m.
Capodichino FFR Conference Room

Italian at Lunch Time (Basic Italian for beginners)
Monday, Oct. 19 and 26 | 11 a.m.-12:30 p.m.
Capodichino FFR Conference Room

Italian Coffee Culture
Wednesday, Oct. 21 | 10 a.m.-12:30 p.m.

Intermediate Italian
Thursday, Oct. 29 | 11 a.m.-12:30 p.m.

🌿 LIFE SKILLS

Mind-Body Mental Fitness at Midday: Problem Solving
Friday, Oct. 16 | 12:30-1:30 p.m.

Mind Body Mental Fitness at Midday: Connection
Friday, Oct. 23 | 12:30-1:30 p.m.

Let's Talk About It: Suicide Prevention
Wednesday, Oct. 28 | 2-3 p.m.
Capodichino FFR Conference Room

📍 RELOCATION

Smooth Move
Thursday, Oct. 22 | 9 a.m.-12 p.m.



📦 TRANSITION
ASSISTANCE PROGRAM (TAP)

Must be registered for workshops by Command Career Counselor.

TAP Education Workshop
Thursday and Friday, Oct. 15 and 16 | 8 a.m.-2 p.m.

Pre-Separation Workshop
Monday-Wednesday, Oct. 26-28 | 8 a.m.-4 p.m.

Department of Labor Employment Workshop (DOLEW)
Thursday and Friday, Oct. 29 and 30 | 8 a.m.-4 p.m.

🏠 FAMILY READINESS

Ombudsman Basic Training (OBT)
Tuesday-Thursday, Oct. 6-8 | 8:30 a.m.-3:30 p.m.

Ombudsman Assembly
Tuesday, Oct. 20 | 5:30-6:30 p.m.
Reel Times 2 Cinema, Support Site

♥ FAMILY EMPLOYMENT
READINESS PROGRAM (FERP)

10 Steps to Federal Hiring
Thursday, Oct. 1 | 9 a.m.-1 p.m.

*Virtual class

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.

