

# FLEET AND FAMILY SUPPORT CENTER NSA NAPLES

## AREA ORIENTATION (AO)

Base Area Orientation (Mandatory for Newcomers)

 Day 1 & 2 AO Support Site Theater

 Day 3 Cultural Assimilation Trip to Downtown Naples

 Day 3 Cultural Assimilation Trip to Downtown Naples(All Ages)

## DATE

## TIME

Jan 4-5, 18-20

Wed: 1200-1630 Thurs:0800-1630

Fri: Jan 13, 20, 27 0800-1430

Mon: Jan 30 0800-1430

## INTERCULTURAL RELATIONS (ICR)

Survival Italian Lessons (Capodichino Room G38-G39)

Jan 9, 23, 30

1130-1230

Italian Language Lessons (Support Site FFSC)

Jan 10, 17, 24

1000-1200

Gricignano Open Air Market

Jan 12

0900-1100

Al Supermercato (How to Shop in an Italian Supermarket)

Jan 31

0900-1430

## LIFE SKILLS

Emotional Grit (Capo American Red Cross) ★ **New Class**

Jan 5

1130-1230

Resiliency in Naples Workshop (Support Site FFSC) ★ **New Class**

Jan 11

0900-1000

Stress Solutions (Capo American Red Cross) ★ **New Class**

Jan 19

1130-1230

Managing Stress Workshop (Support Site FFSC) ★ **New Class**

Jan 25

0900-1000

## RELOCATION

Sponsorship Training (Support Site FFSC)

Jan 17

0900-1200

## FAMILY READINESS PROGRAM

Ombudsman Assembly Meeting

Jan 17

1700-1800

Deployment Brief

Jan 30

1300-1400

## TRANSITION ASSISTANCE PROGRAM

Pre-Retirement Workshop (TAP)

Jan 9-11

0800-1600

Department of Labor Employment Workshop (DOLEW)

Jan 12-13

0800-1600

Capstone Event

Jan 17

1300-1600

Pre-Separation Workshop (TAP)

Jan 23-25

0800-1600

Department of Labor Employment Workshop (DOLEW)

Jan 26-27

0800-1600

TAP Transition Track: Managing Your (My Education)

Jan 30-31

0800-1400

## FAMILY EMPLOYMENT PROGRAM

Human Resources Office (HRO) Brief\*

Jan 10

0900-1000

Resume Clinic

Jan 12

1200-1400

10 Steps to Federal Employment

Jan 18

0900-1200

Networking: Job Search\*

Jan 26

0900-1100

Volunteer Orientation with American Red Cross\*

Jan 31

1130-1215

## PERSONAL FINANCE

Developing Your Spending Plan

Jan 11

1300-1400

Debt Management with NFCU\* ★ **New Class**

Jan 18

1300-1400

Tax Preparation 101\* ★ **New Class**

Jan 25

1300-1400

## NEW PARENT SUPPORT

Parenting Self-Care and Stress Management

Jan 10

1030-1130

Postpartum Support Group

Jan 11

1030-1200

Parenting After Trauma (Children's and Parent's)

Jan 17

1030-1130

Breastfeeding Prep, Basics and Support

Jan 24

1030-1130



NSA Naples  
**FLEET & FAMILY**  
SUPPORT CENTER

Visit @NaplesFFSC on Facebook for class descriptions.

To register, call or email FFSC: 081.811.6372,

DSN 629.6372, FFSCNSANaplesItaly@eu.navy.mil

Classes are in-person except where noted with an \*