

FLEET AND FAMILY SUPPORT CENTER NSA NAPLES



FEBRUARY 2024 CLASS SCHEDULE

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

Feb.14-15, 28-29

Wed: 1200-1630 Thur: 0800-1630

Friday: Feb 2, 16 Mar 1. 0800-1430

Mon: Feb. 26 0800-1400

TIME

INTERCULTURAL RELATIONS (ICR)

Driving in Italy

Feb. 8

1000-1130

Easy Italian (Italian language for Beginners @ SS)

Feb. 13,20,27

1030-1230

Intermediate/ Advance Italian @SS

Feb. 15

1000-1130

RELOCATION

Smooth Move

Feb. 22

0900-1200

LIFE SKILLS

Understanding Your Anger

Feb. 5

1000-1200

Mind Body Mental Fitness

Feb. 6

1000-1200

Stress Management

Feb. 7

1400-1500

Stress Management*(Virtual)

Feb. 12

1000-1200

Anger Management*(Virtual)

Feb. 13

1400-1500

Culinary Fitness Boot camp

Feb. 21

1500-1600

Mind Body Mental Fitness @ Capo

Feb. 26

1000-1100

FAMILY READINESS PROGRAM

Ombudsman Assembly Meeting

Feb. 20

1700-1830

Ombudsman Basic Training

Feb. 20-23

1700-2000

Red Cross Volunteer Orientation* (Virtual)

Feb. 27

1130-1200

Active Duty Volunteer Connection Program Orientation* (Virtual)

Feb. 28

1100-1130

TRANSITION ASSISTANCE PROGRAM

Transition Assistance Program (TAP) Pre-Separation Workshop

Feb. 12-14

0800-1600

(TAP) Department of Labor Employment Workshop (DOLEW)

Feb. 15-16

0800-1600

(TAP) Entrepreneurship Transition Track: Boots to Business

Feb. 26-27

0800-1600

Transition Assistance Program (TAP) Capstone Event

Feb. 29

0900-1200

FAMILY EMPLOYMENT PROGRAM

Job Search Strategies

Feb. 7

1200-1300

USA Jobs 101 * (Virtual)

Feb. 14

1300-1500

Back to Basics Resume Writing * (Virtual)

Feb. 15

1000-1200

PERSONAL FINANCE

Developing Your Spending Plan

Feb. 8

0900-1030

Credit Management* (Virtual)

Feb. 28

1000-1200

EXCEPTIONAL FAMILY MEMBER PROGRAM

Exceptional Family Member Program Support Group

Feb. 6

1000-1200

Navigating EFMP for Family Members

Feb. 28

1000-1100

NEW PARENT SUPPORT

Tenacious 2's & Trying 3's @ SS

Feb. 7

0930-1030

5 Love Languages of Postpartum @ SS

Feb. 14

0930-1030

Nurturing Bedtime Routine @ SS

Feb. 21

0930-1030

Baby Care @ SS

Feb. 28

0930-1030

For New Parent Support classes on Capo please see separate flyer for more information.

To register, call or email FFSC: 081.811.6372, DSN 629.6372, NSANaplesFFSC@us.navy.mil

Visit @NaplesFFSC on Facebook for more information.

Classes are in-person except where noted with an * (Virtual)