

JANUARY 2026

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)
Jan. 7 and 8 or Jan. 21 and 22
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, Jan. 9 and 23 | 7:45 a.m.-2:30 p.m.

📦 TRANSITION ASSISTANCE PROGRAM

Must be registered by Command Career Counselor

Managing Your (MY) Education (Education Track)
Thursday and Friday, Jan. 8 and 9
8 a.m.-4 p.m.

Pre-Separation Workshop
Monday-Wednesday, Jan. 12-14
8 a.m.-4 p.m.

Department of Labor Employment Workshop
Thursday and Friday, Jan. 15 and 16 or Jan. 29 and 30
8 a.m.-4 p.m.

Capstone Event
Thursday, Jan. 22
9 a.m.-Noon

Pre-Retirement Workshop
Monday-Wednesday, Jan. 26-28
8 a.m.-4 p.m.

👤 SEXUAL ASSAULT PREVENTION AND RESPONSE

Dates and times subject to change

Victim Advocate Refresher Training (CEU)
Thursday, Jan. 15 | 1-3 p.m.

Resident Advisor Training
Thursday, Jan. 22 | 1-3 p.m.
Capodichino FFR Conference Room

Initial Victim Advocate Training
Monday-Friday, Jan. 26-30 | 8 a.m.-5 p.m.
Location to be determined

🌐 INTERCULTURAL RELATIONS

Easy Italian (beginners)
Tuesday, Jan. 13 and 20 and Monday, Jan. 26
10:30 a.m.-12:30 p.m.

Italian at Lunch Time
(basic Italian for beginners)
Tuesday, Jan. 13 and 20 | 11 a.m.-12:30 p.m.
Capodichino FFR Conference Room

Intermediate Italian
Wednesday, Jan. 14 | 10-11:30 a.m.

Intercultural Relations Trip: Navigating Public Transportation
Monday, Jan. 19 | 8:30 a.m.-2:30 p.m.

Italian at Lunch Time (Intermediate)
Tuesday, Jan. 27 | 11 a.m.-12:30 p.m.
Capodichino FFR Conference Room

Italian Social Etiquette
Wednesday, Jan. 28 | 10-11:30 a.m.

👨‍👩‍👧‍👦 EXCEPTIONAL FAMILY MEMBER PROGRAM

Leader Brief*
Thursday, Jan. 8 | 3-4 p.m.

Command Point of Contact Training*
Thursday, Jan. 22 | 11 a.m.-Noon

📍 RELOCATION

Sponsorship Training
Thursday, Jan. 15
9 a.m.-Noon
Command Conference Center, Capodichino

🏠 FAMILY READINESS

Ombudsman Advanced Training
Tuesday, Jan. 20 | 5-5:30 p.m.
Reel Times 2 Cinema, Support Site

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

🏠 FAMILY EMPLOYMENT READINESS PROGRAM

Navy Spouse in Transition
Wednesday, Jan. 21
9 a.m.-Noon

🌱 LIFE SKILLS

Starting Out Right, Mind-Body Mental Fitness: Building Stress Resilience
Tuesday, Jan. 6 | 11:30 a.m. -12:30 p.m.

Wednesday, Jan. 21 | 11:30 a.m.-12:30 p.m.
Capodichino FFR Conference Room

Get a Grip: Managing Anger
Thursday, Jan. 8
11:30 a.m.-12:30 p.m.
Capodichino FFR Conference Room

Thursday, Jan. 22 | 10-11 a.m.

La Dolce Vita, Mind-Body Mental Fitness: Finding Balance through Mindfulness and Meditation
Wednesday, Jan. 14
11:30 a.m.-12:30 p.m.
Capodichino FFR Conference Room

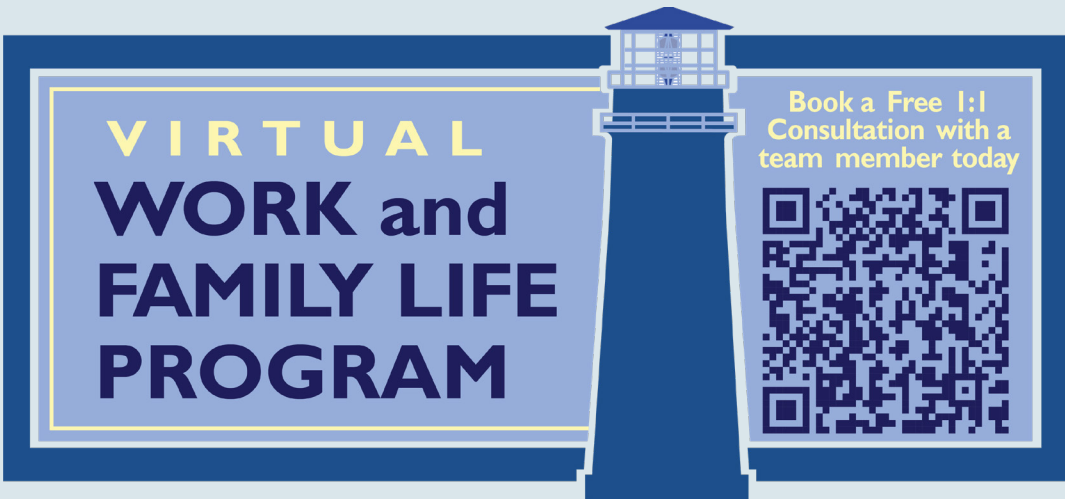
Tuesday, Jan. 20 | 11:30 a.m.-12:30 p.m.

VIRTUAL WORK AND FAMILY LIFE PROGRAMS

The following program currently is being offered virtually. Visit mynavyfamily.com to create an account and access virtual classes and online resources.

💰 PERSONAL FINANCE MANAGEMENT

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

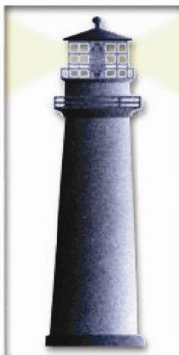


*Virtual Class



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



NSA Naples
FLEET & FAMILY
SUPPORT CENTER