



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

🌿 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.

📍 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.

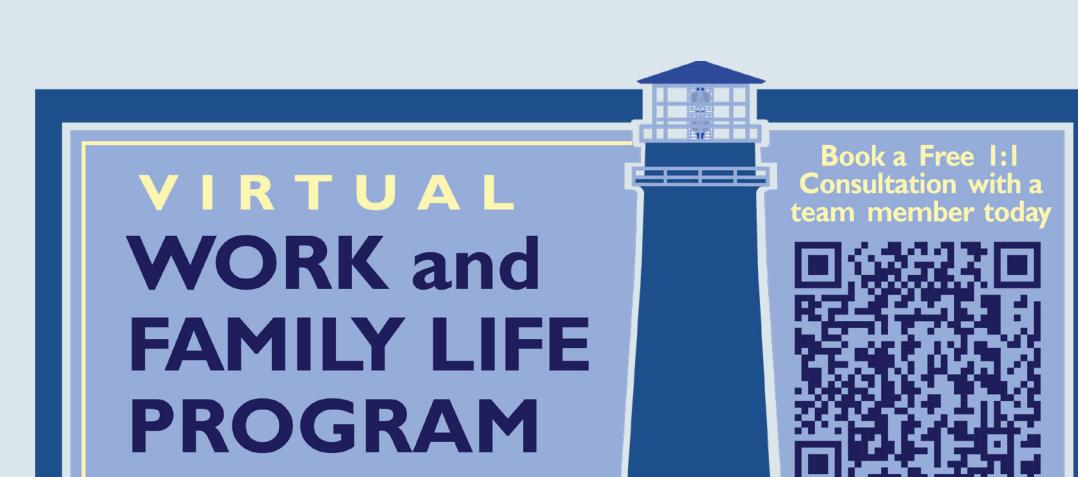
Reel Times 2 Cinema, Support Site

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.



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

