



FFSC HIGHLIGHTS September 2026

SEPT



SEPTEMBER: OMBUDSMAN APPRECIATION MONTH:



We proudly honor our Naples area Ombudsmen—the true heart of Navy family support. We are incredibly grateful for your dedication to linking families and command while providing guidance to those in need. Thank you for your unwavering commitment and the countless ways you strengthen our entire military community!

TUE 22



TOTAL SAILOR: FIT TO FIGHT (TSFTF) WORKSHOPS : 0900-1530 Capo Command Conference Center

TSFTF philosophy supports **TOTAL** fitness --mental, physical, spiritual and social. U.S. Fleet Forces Command representatives will lead sessions focusing on building resilient people, leaders, and teams. Morning expert speaker panel followed by afternoon command program-specific break out groups. Group details and breakout locations forthcoming.

WED 30

STEP FORWARD FOR PREVENTION 5K RUN/WALK: 1600-1745 Central Park, Support Site

Lace up your sneakers and show support for preventing suicide, sexual assault, and domestic violence. Your choice to run (5K) or walk (1.5K) while seeing friends, meeting new people and maybe win a prize.



PREVENTION, RESILIENCE & SUPPORT CONNECT

**FOR MORE
INFORMATION:**

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