

JANUARY

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. 8 and 9, Jan. 22 and 23

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. 10 and 24 | 7:45 a.m.-2:30 p.m.

Monday, Jan. 27 | 7:45 a.m.-2:30 p.m. (all ages)

FAMILY READINESS

Ombudsman Assembly Meeting

Tuesday, Jan. 21 | 5:30-6:30 p.m.

Reel Times 2 Cinema, Support Site

Deployment Readiness*

Thursday, Jan. 23

1-2 p.m.

SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

Victim Advocate Refresher

Thursday, Jan. 23

1-3 p.m.

SAPR Common Military Training (Train the Trainer)

Thursday Jan. 23

1-3 p.m.

Capodichino

Administrative Unit Victim Advocate Training

Tuesday, Jan. 28

11:30 a.m.-1:30 p.m.

Capodichino

TRANSITION ASSISTANCE PROGRAM

Pre-Separation Workshop

Monday-Wednesday, Jan. 6-8 | 8 a.m.-4 p.m.

Department of Labor Employment Workshop

Thursday and Friday, Jan. 9-10 and Jan. 30-31

8 a.m.-4 p.m.

Pre-Retirement

Monday-Wednesday, Jan. 27-29

8 a.m.-4 p.m.

* Virtual Class

INTERCULTURAL RELATIONS (ICR)

Easy Italian (beginners)

Tuesday, Jan. 7, 14 and 21

10:30 a.m.-12:30 p.m.

Intermediate Italian

Wednesday, Jan. 8

10:30 a.m.-Noon

Italian at Lunchtime

(Basic Italian for beginners)

Tuesday, Jan. 14 and 21

11 a.m.-12:30 p.m.

Capodichino

Italian Coffee Culture

Wednesday, Jan. 15

9 a.m.-Noon

ICR trip: Navigating Local Public Transportation

Monday, Jan. 20 (MLK Jr. Birthday)

8:30 a.m.-2:30 p.m.

Intermediate Italian

at Lunchtime

Tuesday, Jan. 28

11 a.m.-12:30 p.m.

Capodichino

LIFE SKILLS

New Year Reboot: Relax and Recharge Zone with USO

Tuesday, Jan. 7 | 3-5 p.m.

NEX Food Court, Support Site

Mind Body Mental Fitness: Mindfulness and Meditation Bootcamp with MWR

Friday, Jan. 10 | Noon-12:30 p.m.

Fitness Forum, Support Site

Resolution Reset: Goal Setting

Wednesday, Jan. 15 | 11 a.m.-Noon

Capodichino

Mind-Body Mental Fitness: Stress Resiliency*

Wednesday, Jan. 22

11 a.m.-12:30 p.m.

Managing your Anger*

Tuesday, Jan. 28

4-5 p.m.

Mind Body Mental Fitness: Living Core Values*

Wednesday, Jan. 29

11 a.m.-12:30 p.m.

EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP Leadership Brief*

Wednesday, Jan. 8 | Noon-1 p.m.

Manage Your Moments: An EFMP Productivity Workshop

Wednesday, Jan. 8 | 2-3 p.m.

Capodichino

EFMP POC Training*

Thursday, Jan. 9 | 11 a.m.-Noon

Path to Progress: EFMP Goal-Setting Kickoff

Tuesday, Jan. 14 | 1-2 p.m.

New Year, New Calm: EFMP Wellness Workshop

Tuesday, Jan. 28

11:30 a.m.-12:30 p.m.

PERSONAL FINANCE MANAGEMENT

Saving and Investing*

Wednesday, Jan. 15

1-2 p.m.

Thrift Savings Plan*

Wednesday, Jan. 22

1-2 p.m.

Developing Your Spending Plan*

Wednesday, Jan. 29

1-2 p.m.

RELOCATION

Sponsorship Training

Thursday, Jan. 16

9 a.m.-Noon

Reel Times 2 Cinema, Support Site

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

