



# AUGUST CALENDAR

Classes are held at the Fleet and Family Support Center, Bldg. 2072B, Support Site, unless otherwise stated.

## AREA ORIENTATION

**Area Orientation** (mandatory for newcomers)

July 31 and Aug. 1 - Aug. 28 and 29

Wednesday, 8:15 a.m.-2 p.m.

Thursday, 8 a.m.-4:30 p.m.

Reel Times 2 Cinema, Support Site

**Cultural Assimilation trips to downtown Naples**

Friday, Aug. 2 and 30 | 8 a.m.-2:30 p.m.

Monday, Aug. 26, (all ages) | 8 a.m.-2 p.m.



## INTERCULTURAL RELATIONS

**Basic Italian at lunch** (beginners)

Capodichino

Monday, Aug. 5 | 11 a.m.-12:30 p.m.

**Easy Italian** (beginners)

Tuesday, Aug. 6, 20 and 27

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

**San Gaudioso Catacombs and Sanità trip**

Thursday, Aug. 8 | 9 a.m.-2:30 p.m.

**Advanced Italian**

Wednesday, Aug. 21 | 10-11:30 a.m.

**Intermediate Italian at lunch**

Capodichino

Monday, Aug. 26 | 11 a.m.-12:30 p.m.



## LIFE SKILLS

**Mind-Body Mental Fitness: Connection**

Capodichino

Tuesday, Aug. 6 | 11:30 a.m.-12:30 p.m.

**Mind-Body Mental Fitness: Stress Resiliency\***

Tuesday, Aug. 13 | 10:30 a.m.-Noon

**Mind-Body Mental Fitness: Mindfulness and Meditation\***

Tuesday, Aug. 20 | 10:30 a.m.-Noon

**Mind-Body Mental Fitness: Living Core Values\***

Tuesday, Aug. 27 | 10:30 a.m.-Noon

**New Military Spouses in Naples: Making the Transition**

Capodichino

Thursday, Aug. 29 | 10 a.m.-Noon

## EXCEPTIONAL FAMILY MEMBER PROGRAM

**Leadership Brief\***

Thursday, Aug. 8 | 2-3 p.m.

**Transition Planning**

Tuesday, Aug. 13 | 2:30-3:30 p.m.

**Point of Contact Training**

Thursday, Aug. 15 | 2-3 p.m.

**EFMP and Selective Service**

Wednesday, Aug. 21 | 1:30-2 p.m.

**EFMP 101**

Wednesday, Aug. 28 | 10-11 a.m.



## PERSONAL FINANCE MANAGEMENT

**Raising Financially Fit Kids**

Wednesday, Aug. 7 | 9-11 a.m.

**Developing Your Spending Plan\***

Thursday, Aug. 8 | Noon-2 p.m.

**Understanding Your Thrift Savings Plan\***

Wednesday, Aug. 14 | 11:30 a.m.-12:30 p.m.

**Command Financial Specialist Training\***

Monday-Friday, Aug. 19-23 | 8 a.m.-4 p.m.

## FAMILY READINESS

**Mission Readiness Brief**

Thursday, Aug. 8 | 9-11 a.m.

**American Red Cross Volunteer Orientation**

Tuesday, Aug. 20 | 11 a.m.-Noon

**Ombudsman Assembly Meeting**

Tuesday, Aug. 20 | 5:30-6:30 p.m.

## FAMILY EMPLOYMENT PROGRAM

**Career Assessment Strategies**

Thursday, Aug. 1 | 9-11 a.m.

**Job Search Strategies\***

Wednesday, Aug. 7 | 11 a.m.-1 p.m.

**Effective Resume Writing**

Wednesday, Aug. 14 | 10 a.m.-1 p.m.

**USAJobs 101\***

Thursday, Aug. 15 | Noon-3 p.m.

**Navy Spouses in Transition\***

Wednesday, Aug. 21 | 10-11:30 a.m.

**Acing the Interview**

Thursday, Aug. 22

Noon-2 p.m.



## TRANSITION ASSISTANCE PROGRAM

**Pre-Separation Workshop**

Monday-Wednesday

Aug. 5-7 | 8 a.m.-4 p.m.

**Department of Labor Employment Workshop**

Thursday and Friday

Aug. 8 and 9 | 8 a.m.-4 p.m.

**Preparing for Capstone**

Capodichino

Thursday, Aug. 8 | 11 a.m.-1 p.m.

**Boots to Business**

Monday and Tuesday

Aug. 12 and 13 | 8 a.m.-4 p.m.

**Capstone Event**

Thursday, Aug. 15 | 9 a.m.-Noon

\* 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

