

SEPTEMBER

# 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)

Sept. 11 and 12 - Sept. 25 and 26

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, Sept. 13 and 27 | 8 a.m.-2:30 p.m.

Monday, Sept. 30, (all ages) | 8 a.m.-2 p.m.

## INTERCULTURAL RELATIONS

**Al Supermercato**

Wednesday, Sept. 4 | 9 a.m.-2:30 p.m.

**Italian at Lunch Brownbag**

(beginners)

Capodichino

Monday, Sept. 9, 16 and 23

11 a.m.-Noon

**Intermediate Italian**

Tuesday, Sept. 17 | 10-11:30 a.m.

**Advanced Italian**

Wednesday, Sept. 18 | 10-11:30 a.m.

**Private vineyard and lunch trip**

Thursday, Sept. 26 | 8:30 a.m.-2:30 p.m.



## LIFE SKILLS

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

Thursday, Sept. 5 | 11:30 a.m.-1:30 p.m.

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

Thursday, Sept. 12 | 11:30 a.m.-1:30 p.m.

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

Thursday, Sept. 19 | 11:30 a.m.-1:30 p.m.



**Enhancing Communication Skills\***

Tuesday, Sept. 24 | 11 a.m.-Noon

**Mind-Body Mental Fitness: Flexibility**

Thursday, Sept. 26 | 11:30 a.m.-1:30 p.m.

## EXCEPTIONAL FAMILY MEMBER PROGRAM

**Leadership Brief\***

Wednesday, Sept. 4 | 10-11 a.m.

**Point of Contact Training**

Thursday, Sept. 12 | 2-3 p.m.

**EFMP and Selective Service**

Tuesday, Sept. 17 | 10-11 a.m.

**EFMP Meet and Greet with Q&A**

Thursday, Sept. 26 | 2-3:30 p.m.



## RELOCATION

**Sponsorship Training**

Tuesday, Sept. 24 | 9 a.m.-Noon

## PERSONAL FINANCE MANAGEMENT

**Developing Your Spending Plan\***

Wednesday, Sept. 11 | 9:30-11:30 a.m.

**Understanding Your Thrift Savings Plan\***

Thursday, Sept. 19 | 9-11 a.m.

**Credit Management\***

Wednesday, Sept. 25 | 1-3 p.m.

## FAMILY READINESS

**Ombudsman Appreciation Luncheon**

Friday, Sept. 13 | Noon-3 p.m.

**American Red Cross Volunteer Orientation**

Tuesday, Sept. 17 | 11:30 a.m.-Noon

**Mission Readiness Brief\***

Tuesday, Sept. 24 | 9-11 a.m.

## FAMILY EMPLOYMENT PROGRAM

**Career Assessment Strategies**

Wednesday, Sept. 4 | 9-10 a.m.

**Department of Labor Flexible Job Options**

Thursday, Sept. 5 | 10 a.m.-Noon

**Job Search Strategies\***

Monday, Sept. 9 | 9-11 a.m.

**Navy Spouses in Transition\***

Tuesday, Sept. 17 | 1-2:30 p.m.

**Effective Resume Writing**

Thursday, Sept. 19 | 11 a.m.-2 p.m.

**USAJobs 101**

Monday, Sept. 23 | 9 a.m.-Noon

**Acing the Interview\***

Wednesday, Sept. 25 | 9-11 a.m.



## TRANSITION ASSISTANCE PROGRAM

**Pre-Separation Workshop**

Monday-Wednesday, Sept. 9-11

8 a.m.-4 p.m.

**Department of Labor Employment Workshop**

Thursday and Friday

Sept. 12 and 13 - Sept. 26 and 27

8 a.m.-4 p.m.

**Preparing for Capstone**

Capodichino

Thursday, Sept. 12 | 11 a.m.-1 p.m.

**Vocational Career and Credential Exploration**

Monday and Tuesday

Sept. 16 and 17 | 8 a.m.-4 p.m.

**Capstone Event**

Wednesday, Sept. 18 | 1-4 p.m.

**Executive TAP Workshop**

Monday-Wednesday, Sept. 23-25

8 a.m.-4 p.m.

**\*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

