



OCTOBER

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)

Oct. 9 and Oct. 10, Oct. 23 and Oct. 24

Wednesday, 8:15 a.m.-2:30 p.m.

Thursday, 8:15 a.m.-3 p.m.

Reel Times 2 Cinema, Support Site

Cultural Assimilation trips to downtown Naples

Friday, Oct. 11 and 25 | 7:45 a.m.-2:30 p.m.

Monday, Oct. 28 (all ages) | 7:45 a.m.-2:30 p.m.



INTERCULTURAL RELATIONS

Easy Italian (beginners)

Tuesday, Oct. 1, 8 and 22

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

Italian Coffee Culture Seminar

Capodichino

Friday, Oct. 4 | 9 a.m.-Noon

Italian at Lunch Time

(beginners)

Capodichino

Monday, Oct. 7, 16 and 28

11 a.m.-Noon

ICR TRIP: Educational

Farm Trip

Thursday, Oct. 10 | 9 a.m.-2:30 p.m.

ICR TRIP: San Gregario

Armeno (Christmas Alley)

Wednesday, Oct. 30 | 8:45 a.m.-2:30 p.m.



LIFE SKILLS

Mind-Body Mental Fitness: Problem-Solving

Thursday, Oct. 3 | 11:30 a.m.-1:30 p.m.

Mind-Body Mental Fitness: Connection

Thursday, Oct. 10 | 11:30 a.m.-1:30 p.m.

Mind-Body Mental Fitness: Stress Resilience

Capodichino

Wednesday, Oct. 16 | 11 a.m.-12:30 p.m.

Mind-Body Mental Fitness: Living Core Values

Tuesday, Oct. 22 | 11 a.m.-12:30 p.m.

Managing Your Anger*

Tuesday, Oct. 29 | 3-4 p.m.

Mind-Body Mental Fitness: Mindfulness and Meditation

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

EXCEPTIONAL FAMILY MEMBER PROGRAM

Leadership Brief

Wednesday, Oct. 2 | 9-10 a.m.

Command Point of Contact Training

Wednesday, Oct. 9 | 11 a.m.-Noon

Healthy Caregiving for Families with Special Needs

Tuesday, Oct. 15 | 10-11 a.m.

PCSing with an Exceptional Family Member

Tuesday, Oct. 22 | 3-4 p.m.



FAMILY READINESS

Ombudsman Basic Training

Tuesday-Thursday, Oct. 1-3 | 8:30 a.m.-3:30 p.m.

Certified Ombudsman Basic Training

Monday-Wednesday, Oct. 7-9 | 8:30 a.m.-3:30 p.m.

Ombudsman Assembly Meeting

Tuesday, Oct. 15 | 5:30-6:30 p.m.

Reel Times 2 Cinema, Support Site

Red Cross Volunteer Orientation

Wednesday, Oct. 16 | Noon-12:30 p.m.

Mission Readiness Brief*

Thursday, Oct. 17 | 10 a.m.-Noon

PERSONAL FINANCE MANAGEMENT

Saving and Investing*

Tuesday, Oct. 22 | 11 a.m.-12:30 p.m.

RELOCATION

Smooth Move

Tuesday, Oct. 15 | 9 a.m.-Noon

FAMILY EMPLOYMENT PROGRAM

USAJobs 101

Friday, Oct. 4 | 9-11 a.m.

Acing the Interview

Tuesday, Oct. 8 | Noon-2 p.m.

Job Search Strategies*

Thursday, Oct. 17 | Noon-2 p.m.

Ten Steps to Federal Employment

Friday, Aug. 18 | 9 a.m.-Noon

Effective Resume Writing

Tuesday, Oct. 22 | 1-3 p.m.

Navy Spouses in Transition

Thursday, Oct. 24 | 1-2:30 p.m.

TRANSITION ASSISTANCE PROGRAM

Capstone Event

Thursday, Oct. 10 | 9 a.m.- Noon

Managing Your Education

Wednesday and Thursday, Oct. 16 and 17
8 a.m.- 4 p.m.

Pre-Separation Workshop

Monday-Wednesday, Oct. 21-23
8 a.m.-4 p.m.

Preparing for Capstone

Capodichino

Thursday, Oct. 24 | 11 a.m.-1 p.m.

Department of Labor

Employment Workshop

Thursday and Friday, Oct. 24 and 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

