

FLEET AND FAMILY SUPPORT CENTER NSA NAPLES



MAY 2024 CLASS SCHEDULE

AREA ORIENTATION (AO)

Base Area Orientation (Mandatory for Newcomers)

Day 1 & 2 AO Support Site Theater

Day 3 Cultural Assimilation Trip to Downtown Naples

Day 3 Cultural Assimilation Trip to Downtown Naples(all ages)

INTERCULTURAL RELATIONS (ICR)

Italian at Lunch (Italian language for beginners)@Capo

Easy Italian (Italian language for beginners)

Intermediate Italian

Cooking Class: Lemon Delight

Trip to: Quartieri Spagnoli (Spanish Quarters)

RELOCATION

Sponsorship Training

LIFE SKILLS

Navigating Stress During PCS

Regulating Your Emotions*(Virtual)

Enhancing Communication Skills

FAMILY READINESS PROGRAM

Ombudsman Assembly Meeting

Active Duty Volunteer Connection Program Orientation*(Virtual)

American Red Cross Volunteer Orientation

TRANSITION ASSISTANCE PROGRAM

(TAP) Pre-Separation Workshop

(TAP) Department of Labor Employment Workshop

(TAP) Pre-Retirement Workshop

Preparing for Capstone@ Capo

(TAP) Department of Labor Employment Workshop

(TAP) Transition Track: Boots to Business

(TAP) Capstone Event

FAMILY EMPLOYMENT PROGRAM

Job Search Strategies*(Virtual)

DOL Teams Workshops

PERSONAL FINANCE

Developing Your Spending Plan @Capo

Understanding Your TSP @Capo

Emergency Financial Preparedness

Paying Off Student Loans*(Virtual)

Gambling Awareness*(Virtual)

EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP Resource Meeting *(Virtual)

Exceptional Family Members Program Support Group

Navigating EFMP for Family Members

NEW PARENT SUPPORT(Services are also provided on Capo)

BabyCare@ SS

We're Pregnant: What's Next?@ SS

My Baby is One (Toddler Development)@ SS

DATE

TIME

May. 8-9, 22-23

Wed: 1200-1630

Friday: May. 10, 24

Wed: May. 29

Thur: 0800-1630

0800-1430

0800-1400

May. 6,13,20

May. 7,14,21

May. 15

May. 23

May. 28

1100-1200

1030-1230

1000-1130

0900-1200

0900-1430

May. 16

0900-1200

May. 8

May. 21

May. 29

1000-1100

1100-1200

1100-1200

May. 21

May. 20

May. 28

1700-1830

1130-1200

1130-1200

May. 6-8

May. 9-10

May. 13-15

May. 16

May. 16-17

May. 20-21

May. 28

0800-1600

0800-1600

0800-1600

1100-1300

0800-1600

0800-1600

1300-1600

May. 21

May. 29-31

1200-1500

0800-1600

May. 9

May. 9

May. 22

May. 23

May. 29

0800-0900

1200-1300

1000-1130

1200-1300

1130-1230

May. 1

May. 13

May. 14

1100-1200

1000-1200

1430-1530

May. 1

May. 8

May. 15

0900-1030

0930-1030

0930-1030



To register, call or email FFSC:081.811.6372, DSN 629.6372, NSANaplesFFSC@us.navy.mil
Please include name, email address, phone number, sponsors rank/command. Visit @NaplesFFSC on
Facebook for more information. Classes are in-person except where noted with an *(Virtual)