

NOVEMBER

# 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)

Nov. 6 and 7, Nov. 20 and 21

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 trip to downtown Naples**

Friday, Nov. 8 and 22 | 7:45 a.m.-2:30 p.m.

Monday, Nov. 25 | 7:45 a.m.-2:30 p.m. (all ages)



## INTERCULTURAL RELATIONS

**Italian at Lunch Time** (beginners)

Monday, Nov. 4 and Tuesday, Nov. 12

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

Capodichino

**Easy Italian** (beginners)

Tuesday, Nov. 5, 12 and 19

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

**Driving in Italy**

Thursday, Nov. 7

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

**Ercolano Archaeological Park**

Monday, Nov. 11 | 8:30 a.m.-2:30 p.m.



Veterans Day

**Intermediate Italian**

Monday, Nov. 18

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

Capodichino

**Advanced Italian**

Thursday, Nov. 21

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

**Italian Social Etiquette**

Tuesday, Nov. 26

9:30 a.m.-11 a.m.

## LIFE SKILLS

**Mind-Body Mental Fitness:  
Flexibility**

Wednesday, Nov. 6 | 11 a.m.-12:30 p.m.

Capodichino

**Mind-Body Mental Fitness:  
Problem Solving**

Wednesday, Nov. 13 | 11 a.m.-12:30 p.m.

Capodichino

**Time Management  
and Goal Setting**

Friday, Nov. 15

10-11:30 a.m.

**Mind-Body Mental Fitness:  
Connection**

Wednesday, Nov. 20 | 11 a.m.-12:30 p.m.

Capodichino

## FAMILY READINESS

**Ombudsman Assembly Meeting**

Tuesday, Nov. 19 | 5:30-6:30 p.m.

Reel Times 2 Cinema, Support Site

**Retiree and Veteran Meet and Greet**

Thursday, Nov. 14 | 1-4 p.m.

**Red Cross Volunteer Orientation**

Tuesday, Nov. 19 | 11:30 a.m.-Noon

## EXCEPTIONAL FAMILY MEMBER PROGRAM

**Point of Contact Training**

Tuesday, Nov. 5 | 1-2 p.m.

**Resource Meeting\***

Thursday, Nov. 7 | Noon-1 p.m.

**Healthy Caregiving for Families  
with Special Needs**

Wednesday, Nov. 13 | 11 a.m.-Noon

**Leadership Brief\***

Monday, Nov. 18 | 1-2 p.m.

**EFMP 101**

Wednesday, Nov. 20 | 10:30-11:30 a.m.

Capodichino

**Meet and Greet**

Wednesday, Nov. 20 | 11:30 a.m.-1 p.m.

Capodichino

**Transition Planning\***

Tuesday, Nov. 26 | 11 a.m.-Noon

\* Virtual Class

## TRANSITION ASSISTANCE PROGRAM

**Pre-Separation Workshop**

Monday-Wednesday, Nov. 4-6

8 a.m.-4 p.m.

**Department of Labor**

**Employment Workshop**

Thursday and Friday, Nov. 7 and 8 or

Thursday and Friday, Nov. 21 and 22

8 a.m.-4 p.m.

**Preparing for Capstone**

Thursday, Nov. 7

11 a.m.-1 p.m.

Capodichino

**Capstone Event**

Wednesday, Nov. 13

1-4 p.m.

**Pre-Retirement Workshop**

Monday-Wednesday, Nov. 18-20

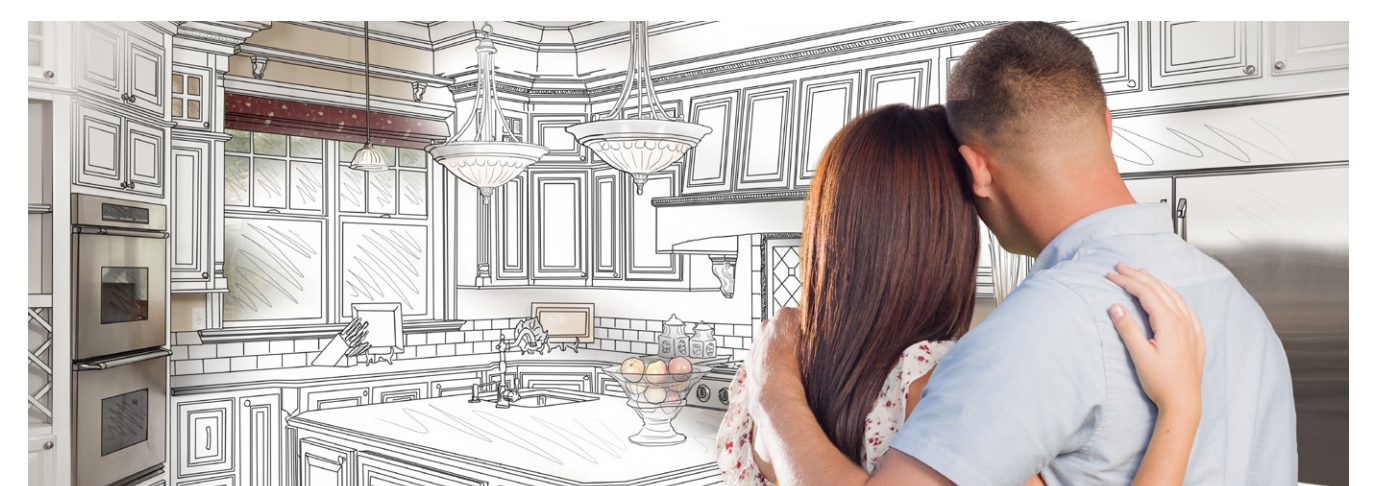
8 a.m.-4 p.m.

## FAMILY EMPLOYMENT PROGRAM

**USAJobs 101\***

Tuesday, Nov. 12

1-3 p.m.



## RELOCATION

**Sponsorship Training**

Thursday, Nov. 14 | 9 a.m.-Noon

Reel Times 2 Cinema, Support Site

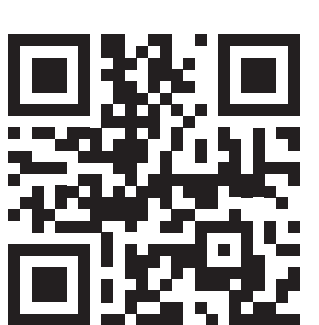
## PERSONAL FINANCE MANAGEMENT

**Understanding Your**

**Thrift Savings Plan\***

Thursday, Nov. 5

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



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

