

DECEMBER

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)

Dec. 4 and 5, Dec. 18 and 19

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

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

Reel Times 2 Cinema, Support Site

Cultural Assimilation trip to downtown Naples

Friday, Dec. 6 and 20 | 7:45 a.m.-2:30 p.m.

Monday, Dec. 23 | 7:45 a.m.-2:30 p.m. (all ages)



INTERCULTURAL RELATIONS

Italian at Lunch Time

(Basic Italian for beginners)

Monday, Dec. 2 and 9

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

Capodichino

Easy Italian (beginners)

Tuesday, Dec. 3, 10 and 17

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

Advanced Italian at Lunchtime

Monday, Dec. 16

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

Capodichino

Traditional Christmas

Sweets Tasting trip

Friday, Dec. 13

9 a.m.-Noon

Italian Christmas Traditions:

Seminar and Neapolitan

Tombola (Bingo)

Thursday, Dec. 19

9:30 a.m.-Noon



LIFE SKILLS

Holiday Stress Management

Wednesday, Dec. 4

10-11 a.m.

Mindfulness Meditation

Bootcamp

Friday, Dec. 6

Noon-12:30 p.m.

Fitness Forum, Support Site

Managing Grief during the Holidays

Wednesday, Dec. 11

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

Capodichino

Mind-Body Mental Fitness: Mindfulness & Meditation*

Thursday, Dec. 12

11 a.m.-Noon

FAMILY READINESS

American Red Cross Volunteer Orientation

Tuesday, Dec. 17

11:30 a.m.-Noon

Ombudsman Assembly Meeting

Tuesday, Dec. 17 | 5:30-6:30 p.m.

Reel Times 2 Cinema, Support Site



EXCEPTIONAL FAMILY MEMBER PROGRAM

EFMP Leadership Brief*

Tuesday, Dec. 3 | 1-2 p.m.

EFMP 101*

Wednesday, Dec. 4 | 3-4 p.m.

Selective Service Information Session

Tuesday, Dec. 10 | 3-4 p.m.

Sensory Friendly Story Time

Wednesday, Dec. 11 | 3-4 p.m.

Library, Support Site

TRANSITION ASSISTANCE PROGRAM

Pre-Separation Workshop

Monday-Wednesday, Dec 2-4

8 a.m.-4 p.m.

Department of Labor

Employment Workshop

Thursday and Friday, Dec. 5-6

8 a.m.-4 p.m.

Department of Labor Vocational Track (C2E)

Monday-Tuesday, Dec. 9-10

8 a.m.-4 p.m.

Capstone Event

Thursday, Dec. 12

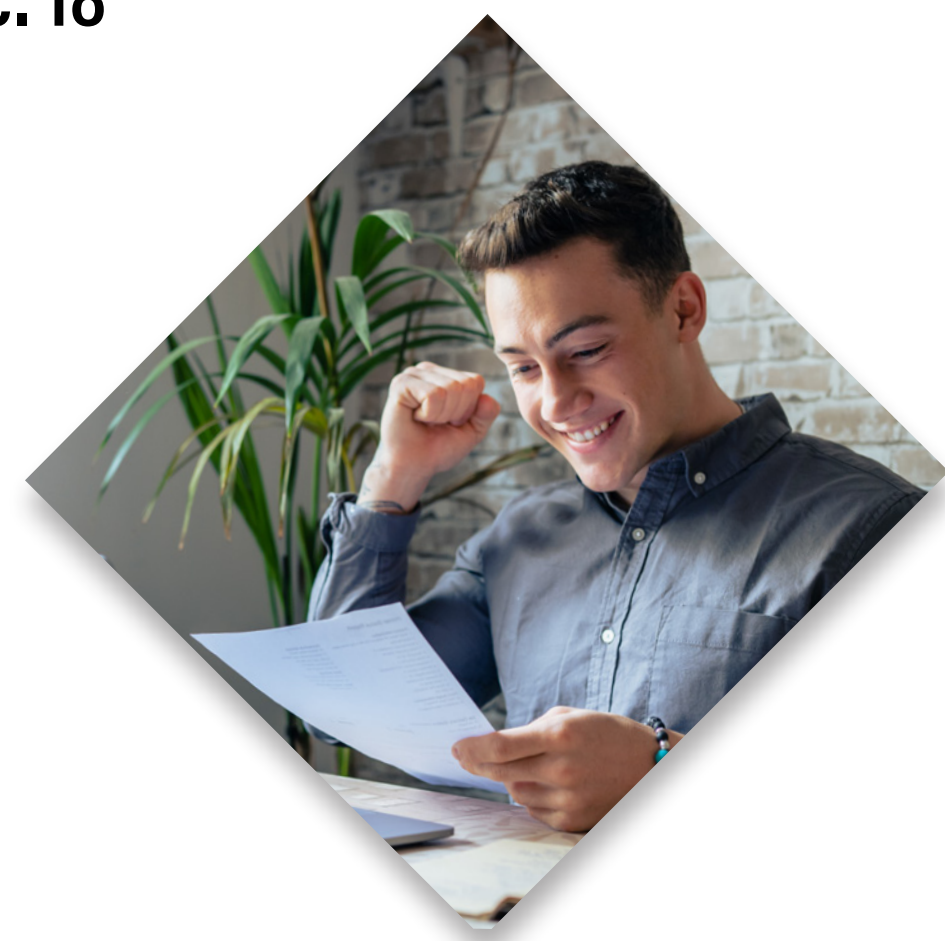
9 a.m.-Noon

FAMILY EMPLOYMENT PROGRAM

Job Search Strategies*

Wednesday, Dec. 18

Noon-2 p.m.



PERSONAL FINANCE MANAGEMENT

Credit Management*

Tuesday, Dec. 10

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

RELOCATION

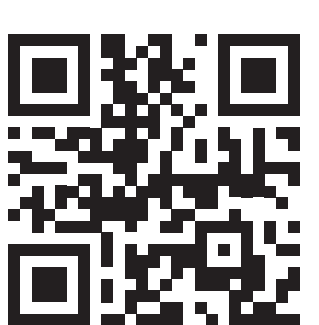
Smooth Move

Wednesday, Dec. 11

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

