

JULY CLASSES

Classes are held at the Fleet and Family Support Center, Bldg. 2072, Support Site, unless otherwise stated.

AREA ORIENTATION

Area Orientation (mandatory for newcomers)

July 10-12, July 17-19 or July 31-Aug. 2

Wednesday, Noon-4:30 p.m.

Thursday, 8 a.m.-4:30 p.m.

Reel Times 2 Cinema, Support Site

Cultural Assimilation trips to downtown Naples

Friday, July 12, July 19 and Aug. 2 (ages 12 years and older)

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

Monday, July 29 (all ages) | 8 a.m.-2 p.m.

INTERCULTURAL RELATIONS

Intermediate Italian

Tuesday, July 9 and 16

10:30 a.m.-Noon

Aversa

Shopping in Shoe Alley and country

lunch trip

Thursday, July 18 | 9:30 a.m.-2 p.m.

Beginning Italian at lunch

Capodichino

Tuesday, July 23 | 11 a.m.-12:30 p.m.

Advanced Italian

Tuesday, July 30 | 10:30 a.m.-Noon

Intermediate Italian at lunch

Capodichino

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

LIFE SKILLS

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

Capodichino

Tuesday, July 2 | 11:30 a.m.-12:30 p.m.

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

Capodichino

Tuesday, July 9 | 11:30 a.m.-12:30 p.m.

Anger Management*

Wednesday, July 10 | 3-4 p.m.

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

Capodichino

Tuesday, July 16 | 11:30 a.m.-12:30 p.m.

**Mind-Body Mental Fitness:
Flexibility**

Capodichino

Tuesday, July 23 | 11:30 a.m.-12:30 p.m.

**Time Management
and Goal Setting**

Wednesday, July 24 | 10-11:30 a.m.

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

Capodichino

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

FAMILY EMPLOYMENT PROGRAM

Career Assessment

Monday, July 1 | 1-3 p.m.

Job Search Strategies*

Thursday, July 11 | 9-11 a.m.

Effective Resume Writing

Capodichino

Wednesday, July 17 | 10 a.m.-1 p.m.

USAJobs 101*

Tuesday, July 23 | 11 a.m.-2 p.m.

**Ten Steps to
Federal Employment***

Wednesday, July 24 | Noon-3 p.m.

Acing the Interview

Capodichino

Thursday, July 25

11 a.m.-1 p.m.



PERSONAL FINANCE MANAGEMENT

Million Dollar Sailor

Wednesday and Thursday

July 10 and 11 | 8 a.m.-4 p.m.

**Command Financial
Specialists Forum***

Wednesday, July 17 | 1-2 p.m.

**Command Financial
Specialists Refresher***

Tuesday, July 23 | 8 a.m.-4 p.m.

Understanding Your Military Pay*

Wednesday, July 24 | 11:30 a.m.-1 p.m.

Developing Your Spending Plan*

Thursday, July 25 | 11:30 a.m.-12:30 p.m.

**How to Survive the Holidays
Financially**

Tuesday, July 30 | 9-11 a.m.

Vacation Planning

Wednesday, July 31 | 9-11 a.m.

RELOCATION

Sponsorship Training

Thursday, July 25 | 9 a.m.-Noon

Reel Times 2 Cinema, Support Site

TRANSITION ASSISTANCE PROGRAM

TAP: My Education

Monday and Tuesday

July 8 and 9 | 8 a.m.-4 p.m.

Preparing for Capstone

Capodichino

Thursday, July 11 | 11 a.m.-1 p.m.

Pre-Separation Workshop

Monday-Wednesday

July 15-17 | 8 a.m.-4 p.m.

**Department of Labor
Employment Workshop**

Thursday and Friday

July 18 and 19 or July 25 and 26 | 8 a.m.-4 p.m.

Pre-Retirement Workshop*

Monday-Wednesday

July 22-24 | 8 a.m.-4 p.m.

Capstone Event

Wednesday, July 31 | 1-4 p.m.

* Virtual Class

EXCEPTIONAL FAMILY MEMBER PROGRAM

PCS/Moving with an

Exceptional Family Member*

Tuesday, July 2 | 10-11 a.m.

Command POC Training*

Tuesday, July 9 | 11:30 a.m.-Noon

**Healthy Caregiving for Families
with Special Needs**

Thursday, July 11 | 11 a.m.-Noon

Family Connections:

Family Support Network

Tuesday, July 16 | 2-3:30 p.m.

Resource Meeting*

Tuesday, July 30 | 11 a.m.-Noon

FAMILY READINESS

Ombudsman Assembly Meeting

Tuesday, July 16 | 5:30-6:30 p.m.

Reel Times 2 Cinema, Support Site

American Red Cross

Volunteer Orientation

Tuesday, July 30 | 11 a.m.-Noon



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

