

THE FLEET & FAMILY SUPPORT CENTER



Naval Air Station Patuxent River
21993 Bundy Road, Building 2090
Patuxent River, MD 20670-1154
301-342-4911



OCTOBER 2023 WORKSHOP & EVENT SCHEDULE

To register for a workshop, call FFSC at 301-342-4911. Classes are available to all with base access.

	FFSC CLASSROOM	
OCT. 2-6	TAP CLASS	0800-1600
OCT. 5	MIND BODY MENTAL FITNESS – STRESS RESILIENCE (Teams)	1100-1200
OCT. 5	LIGHT UP THE NIGHT 5K WALK/RUN	1800-2000
OCT. 10 & 11	SPONSOR TRAINING (Teams)	1300-1400
OCT. 10	OMBUDSMAN ASSEMBLY & ADVANCED TRAINING	1700-1900
OCT. 11	THRIFT SAVINGS PLAN	1400-1500
OCT. 11 & 18	COLLEGE 101 SERIES	1700-1800
OCT. 12	JOB SEARCH STRATEGIES	1000-1200
OCT. 12	THE FIVE LOVE LANGUAGES (Virtual - LMS)	1000-1100
OCT. 16	EFFECTIVE RESUME WRITING	1000-1200
OCT. 17	FAP KEY PERSONNEL TRAINING	1300-1500
OCT. 18	INTERVIEW SKILLS (Teams)	1300-1500
OCT. 18	CFS QUARTERLY FORUM (Teams)	1300-1400
OCT. 19	EFMP 101	1300-1400
OCT. 20	DOMESTIC VIOLENCE AWARENESS CLOTHING DRIVE (NEX)	1100-1500
OCT. 23-27	SAPR 40 HOUR TRAINING	0800-1630
OCT. 25	NAVIGATING FEDERAL EMPLOYMENT	1000-1200
OCT. 25	MIND BODY MENTAL FITNESS – PROBLEM SOLVING (Teams)	1300-1400
OCT. 25	COLLEGE 101 SERIES – PAYING FOR COLLEGE	1700-1900
OCT. 26	MIND BODY MENTAL FITNESS – CONNECTIONS (Teams)	1000-1100
OCT. 26	MIND BODY MENTAL FITNESS – FLEXIBILITY (Virtual – LMS)	1300-1430
OCT. 26	DEPLOYMENT REUNION (Teams)	1000-1200
OCT. 30	G. I. BILL	1700-1800
OCT. 30-NOV.1	TAP CLASS	0800-1600
OCT. 31	QUARTERLY SUICIDE PREVENTION COORDINATOR MEETING	1300-1430

Note: Classes are subject to change. Please call for the most updated schedule.