## THE FLEET & FAMILY SUPPORT CENTER



Naval Air Station Patuxent River 21993 Bundy Road, Building 2090 Patuxent River, MD 20670-1154 301-342-4911 naspaxffsc@us.navy.mil



## **AUGUST 2025 WORKSHOP & EVENT SCHEDULE**

To register for a workshop, call or email FFSC. Classes are available to all with base access, unless otherwise noted.

	FFSC CLASSROOM	
JULY 28- AUGUST 1	COMMAND FINANCIAL SPECIALIST (CFS) TRAINING	0800-1600
AUGUST 4-6	TRANSITION ASSISTANCE PROGRAM (TAP) (Active Duty Only)	0800-1600
AUGUST 5	HOME BUYING (Teams)	1000-1130
AUGUST 6	MIND BODY MENTAL FITNESS: MINDFULNESS & MEDITATION	0900-1000
AUGUST 7	PRESEP (Active Duty Only)	0900-1130
AUGUST 7	SPONSOR TRAINING (Teams)	1000-1100
AUGUST 7	ONE LOVE WORKSHOP	1300-1600
AUGUST 9	BACK TO SCHOOL BASH (Outdoor Pool)	1100-1300
AUGUST 11	EFFECTIVE COMMUNICATION	0800-0900
AUGUST 12	PRESEP (Active Duty Only)	1000-1230
AUGUST 13	INTERVIEW SKILLS	1000-1130
AUGUST 14	JOB SEARCH STRATEGIES	1000-1130
AUGUST 14	PETS ARE FAMILY TOO – LINKING ANIMAL & DOMESTIC ABUSE (MyNavyFamily)	1300-1400
AUGUST 14	SAVING AND INVESTING	1400-1530
AUGUST 15	MIND BODY MENTAL FITNESS: LIVING CORE VALUES (Teams)	1100-1200
AUGUST 18- 22	TRANSITION ASSISTANCE PROGRAM (TAP) (Active Duty Only)	0800-1600
AUGUST 19	ANGER MANAGEMENT	1000-1100
AUGUST 20	DEPLOYMENT SUPPORT	1230-1330
AUGUST 21	EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) 101	1000-1100
AUGUST 21	DEVELOPING YOUR SPENDING PLAN	1400-1530
AUGUST 27	OMBUDSMAN ASSEMBLY & ADVANCED TRAINING	1100-1300
AUGUST 27	SURVIVOR BENEFIT PLAN	1300-1430
AUGUST 28	SUICIDE PREVENTION AWARENESS KICKOFF (NEX)	1100-1300

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