

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



JUNE 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		
JUNE 2-4	TRANSITION ASSISTANCE PROGRAM (TAP) (Active Duty Only)	0800-1600
JUNE 2	OMBUDSMAN TRAINING – BEST PRACTICES FOR COMMAND TRIADS	1300-1400
JUNE 3	SMOOTH MOVE WITH EXCEPTIONAL FAMILY MEMBERS	1300-1400
JUNE 4	ANGER MANAGEMENT (Teams)	1000-1100
JUNE 4	OMBUDSMAN TRAINING – FILLING OUT WORKSHEETS (Teams)	1100-1200
JUNE 5	NAVIGATING FEDERAL EMPLOYMENT	1000-1200
JUNE 5	EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) 101	1200-1300
JUNE 5	RAISING FINANCIALLY FIT KIDS	1400-1530
JUNE 6	PRESEP (Active Duty Only)	0900-1130
JUNE 6	MIND BODY MENTAL FITNESS – STRESS RESILIENCE	1000-1100
JUNE 9-13	SAPR 40 HR TRAINING (Active Duty Only)	0800-1700
JUNE 9	NEW SPOUSE ORIENTATION	0900-1000
JUNE 9	INTERVIEW SKILLS	1300-1400
JUNE 10	DEVELOPING YOUR SPENDING PLAN	1000-1130
JUNE 11	EFFECTIVE RESUMES	1000-1200
JUNE 12	INTERVIEW SKILLS	1000-1200
JUNE 12	RUCK CLUB FOR RESILIENCE	1000-1200
JUNE 12	PETS ARE FAMILY TOO – LINKING ANIMAL & DOMESTIC ABUSE (MyNavyFamily)	1300-1400
JUNE 13	MIND BODY MENTAL FITNESS – MINDFULNESS & MEDITATION (Teams)	1100-1200
JUNE 14	CASTING HOPE – SUICIDE PREVENTION AWARENESS FISHING EVENT (West Basin Marina)	1400-1600
JUNE 16	MIND BODY MENTAL FITNESS – LIVING CORE VALUES	0900-1000
JUNE 16	JOB SEARCH STRATEGIES (Teams)	1000-1130
JUNE 17	PRESEP (Active Duty Only)	1000-1230
JUNE 18	OMBUDSMAN ASSEMBLY/ADVANCED TRAINING	1100-1300
JUNE 18	RENTING	1400-1530
JUNE 19	JUNETEENTH – FFSC CLOSED	0730-1600
JUNE 20	MIND BODY MENTAL FITNESS – FLEXIBILITY	1000-1100
JUNE 23-27	TRANSITION ASSISTANCE PROGRAM (TAP) (Active Duty Only)	0800-1600
JUNE 24	EFFECTIVE COMMUNICATION	1100-1200
JUNE 25	HOME BUYING (Teams)	1000-1130
JUNE 26	SPOUSE EMPLOYMENT 360 (Teams)	1000-1200
JUNE 26	RUCK CLUB FOR RESILIENCE	1000-1200
JUNE 27	MIND BODY MENTAL FITNESS – PROBLEM SOLVING (Teams)	1100-1200
JUNE 30	ADMINISTRATIVE UVA TRAINING (AUVAs Only)	1000-1200
JUNE 30	MIND BODY MENTAL FITNESS – CONNECTION	1000-1100

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