

# Fleet & Family Workshops



To register for our workshops, please call 629-6372/081-811-6372

Find Us Online: <http://www.cnic.navy.mil/Naples/FleetAndFamilyReadiness> Email Us: [ffscsnaplesitaly@eu.navy.mil](mailto:ffscsnaplesitaly@eu.navy.mil)

September							2012	
Mo	Tu	We	Th	Fr	Sa	Su		
					1	2		
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
24	25	26	27	28	29	30		

## SEPTEMBER 2012

September							2012	
Mo	Tu	We	Th	Fr	Sa	Su		
					1	2		
3	4	5	6	7	8	9		
10	11	12	13	14	15	16		
17	18	19	20	21	22	23		
24	25	26	27	28	29	30		

Enrich. Empower. Educate.

### EMPLOYMENT ASSISTANCE

- **Employment Opportunities in Naples**  
Sept 05, Wed, 9:30 AM – 11:30 AM, SS FFSC
- **Effective Resume Writing**  
Sept 11, Tue, 9:30 AM – 12:30 PM, SS FFSC
- **The Federal Employment Process**  
Sept 28, Fri, 12 PM – 3 PM, SS FFSC

### RELOCATION ASSISTANCE

- **Sponsorship Training**  
Sept 18, Tue, 9:30 AM – 12 PM, SS FFSC
- **Smooth Move**  
Sept 13, Thu, 8 AM – 12:00 PM, SS FFSC  
**Note:** All non-Navy personnel may arrive at 9:30 AM. Call for details. **Registration Required.**

### INTER-CULTURAL RELATIONS

- **Easy Italian (3 Sessions)**  
Sept 04, Tue, 9 AM – 12 PM, SS FFSC (1 of 3)  
Sept 11, Tue, 9 AM – 12 PM, SS FFSC (2 of 3)  
Sept 25, Tue, 9 AM – 12 PM, SS FFSC (3 of 3)

### INTER-CULTURAL RELATIONS

- **Campania's Local Products**  
Sept 05, Wed, 10 AM – 12 PM, SS FFSC
- **Local Products: Open Air Market (JFC)**  
Sept 06, Thu, 8 AM – 2:30 PM, LEAVE FROM JFC
- **Teverola (Medi) Mall**  
Sept 13, Thu, 10:15 AM – 12:30 PM, LEAVES FROM SS  
**Requires prior purchase of 2 E1 bus tickets at ITT**
- **The Cathedral of Naples & The Miracle of San Gennaro (JFC)**  
Sept 18, Tue, 8:30 AM – 2 PM, LEAVE FROM JFC
- **The Hill of Vomero & Cameo Factory**  
Sept 20, Thu, 8 AM – 3 PM, LEAVES FROM SS  
**Requires prior purchase of 2 U3 (Unico Campania) tickets at ITT**
- **Visit A Local Vineyard**  
Sept 21, Fri, 9 AM – 2 PM, LEAVE FROM SS (CARPOOL)
- **Cultural Tips (TLA Coffee Bar)**  
Sept 24, Mon, 9 AM – 10 PM, TLA Coffee Bar
- **Italian Cooking Class**  
Sept 27, Thu, 9:45 AM – 2 PM, LEAVES FROM SS  
Cost is Euro 15,00 to be paid at the Restaurant  
**Requires prior purchase of 2 E1 bus tickets at ITT**

### Your Naples Area Fleet & Family Support Center Locations:

Naval Support Activity Naples,  
Department of Gaeta  
BLDG 752, 2<sup>nd</sup> Deck at Fleet Landing  
Hours: Mon – Fri, 8:00 AM – 4:30 PM  
629-8354/081-811-6354

Naval Support Activity Naples,  
NSA Support Site  
Navy Lodge, 1<sup>st</sup> Floor  
Hours: Mon-Fri, 7:30 AM – 4 PM  
629-6372/081-811-6372

Naval Support Activity Naples,  
Capodichino ADMIN II, 1<sup>st</sup> Floor  
Hours: Mon – Wed, CLOSED  
Thu & Fri, 7:30 AM – 4 PM  
626-3761/081-568-3761

# PERSONAL FINANCIAL MANAGEMENT

- **Coupon Club**  
Sept 04, Tue, 1 PM – 2 PM, SS FFSC
- **Developing Your Spending Plan**  
Sept 19, Wed, 9:30 AM – 11 AM, SS FFSC
- **Credit & Debt Management**  
Sept 19, Wed, 11 AM – 12:30 PM, SS FFSC
- **Retirement Planning w/TSP**  
Sept 20, Thu, 1 PM – 3 PM, SS FFSC
- **Saving & Investing**  
Sept 24, Mon, 9:30 AM – 11:30 AM, SS FFSC

# LIFE SKILLS EDUCATION

- ● ● **Choices (Managing Your Anger)**  
**(3 Sessions @ SS FFSC)**  
Sept 12, Wed, 2 PM – 4 PM, SS FFSC  
Sept 19, Wed, 2 PM – 4 PM, SS FFSC  
Sept 26, Wed, 2 PM – 4 PM, SS FFSC
- ● ● **Stress Management 101**  
Sept 04, Tue, 1:30 PM – 2:30 PM, SS FFSC
- ● ● **Stress Management**  
Sept 12, Wed, 2 PM – 4 PM, SS FFSC
- ● ● **Conflict Management (CAPO)**  
Sept 19, Wed, 2:30 PM – 3:30 PM, CAPO COLLEGE CLASSROOM
- ● ● **Communication Skills**  
Sept 24, Mon, 1:30 PM – 2:30 PM, SS FFSC

- **READY**
- **REACTING**
- **INJURED**
- **ILL**



<http://www.facebook.com/NaplesFFSC>

# FAMILY LIFE EDUCATION

## ● **Becoming a Love & Logic Parent** **(7 Sessions @ SS FFSC)**

- Sept 05, Wed, 6 PM – 8 PM, SS FFSC (2 of 7)
- Sept 12, Wed, 6 PM – 8 PM, SS FFSC (3 of 7)
- Sept 19, Wed, 6 PM – 8 PM, SS FFSC (4 of 7)
- Sept 26, Wed, 6 PM – 8 PM, SS FFSC (5 of 7)

## **Spouse Fit (10 sessions @ Fit Forum. In collaboration with USNH & MWR)**

- Sept 13, Thu, 9 AM – 10 AM, FIT FORUM (1 of 10)
- Sept 20, Thu, 9 AM – 10 AM, FIT FORUM (2 of 10)
- Sept 27, Thu, 9 AM – 10 AM, FIT FORUM (3 of 10)

## **Parents of Special Needs Children**

- Sept 19, Wed, 5 PM – 6 PM, SS FFSC

## **Al-Anon Support Group**

- Sept 04, Tue, 6 PM – 7 PM, SS FFSC
- Sept 11, Tue, 6 PM – 7 PM, SS FFSC
- Sept 18, Tue, 6 PM – 7 PM, SS FFSC
- Sept 25, Tue, 6 PM – 7 PM, SS FFSC

## **Alateen Support Group (for ages 12-18)**

- Sept 01, Sun, 9 AM – 10 AM, SS FFSC
- Sept 08, Sun, 9 AM – 10 AM, SS FFSC
- Sept 15, Sun, 9 AM – 10 AM, SS FFSC
- Sept 22, Sun, 9 AM – 10 AM, SS FFSC
- Sept 29, Sun, 9 AM – 10 AM, SS FFSC

### **Operational Stress Control: Your Command and Family Color Companion**

Look for the color dots to indicate the Operational Stress Control Continuum phase that the program supports. Green indicates a program delivered to maintain and enhance a Ready state – focused, prepared, good to go. Yellow indicates a program delivered to enhance coping strategies that will move the attendee from a Reacting phase back to Green. Orange or Red indicates a program with in-depth skill building or therapeutic assistance for worsening or persistent stress symptoms. Any program that is not labeled is a Green program, enhancing and maintaining readiness.

## **Your Naples Area Fleet & Family Support Center Locations:**

Naval Support Activity Naples,  
Department of Gaeta  
BLDG 752, 2<sup>nd</sup> Deck at Fleet Landing  
Hours: Mon – Fri, 8:00 AM – 4:30 PM  
629-8354/081-811-6354

Naval Support Activity Naples,  
NSA Support Site  
Navy Lodge, 1<sup>st</sup> Floor  
Hours: Mon-Fri, 7:30 AM – 4 PM  
629-6372/081-811-6372

Naval Support Activity Naples,  
Capodichino ADMIN II, 1<sup>st</sup> Floor  
Hours: Mon – Wed, CLOSED  
Thu & Fri, 7:30 AM – 4 PM  
626-3761/081-568-3761

# Military Support and Command Programs



Find Us Online: <http://www.cnic.navy.mil/Naples/FleetAndFamilyReadiness> Email Us: [ffsensa NaplesItaly@eu.navy.mil](mailto:ffsensa NaplesItaly@eu.navy.mil)

## SEPTEMBER 2012

### TRANSITION ASSISTANCE

CALL YOUR COMMAND CAREER COUNSELOR (CCC) FOR DETAILS ON HOW TO REGISTER

#### ● TAP WORKSHOP – PRE-SEPARATION

Sept 24 - 28, Mon-Fri, 8 AM – 4 PM, SS Community Center

### SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

Call 629-6534 to request training for your command

### IA/DEPLOYMENT SUPPORT

#### ● IA Discussion Group

Sept 13, Thu, 1 PM – 2 PM, SS FFSC

**Topic: FFSC Deployment Resources for Military Families**

#### ● IA Deployment Fair

Sept 07, Fri, 9 AM – 10 AM, SS TLA COURTYARD

**Topic: Knowing Your FFSC Individual Deployment Support Specialist (IDSS)**

### FINANCIAL PROGRAMS

Call 629-6372 to request training for your command

### AREA ORIENTATION & ICR TRIP

For full details on AO/ICR schedule, contact:

Area Orientation Coordinator: BM2 Andrew Hymans  
[andrew.hymans@eu.navy.mil](mailto:andrew.hymans@eu.navy.mil)

Cell: 335-102-8876

#### Area Orientation/ICR

Sept 07 – Sept 14, Fri – Fri, 8 AM – 4 PM, SS Theater

Sept 21 – Sept 28, Fri – Fri, 8 AM – 4 PM, SS Theater

### OMBUDSMAN PROGRAM

#### ● Ombudsman Assembly Meeting and Ombudsman Appreciation Day Celebration

Sept 13, Thu, 6 PM – 8 PM, SS FFSC

**Topic: Human Resource Guidelines for Spousal Preference**

#### ● Transitioning to Naples

Sept 20, Thu, 5 PM – 6 PM, SS FFSC

### ADDITIONAL SUPPORT SERVICES

#### LEGAL ASSISTANCE AT FFSC

CALL NAVY LEGAL SERVICE OFFICE FOR APPOINTMENT: 626-4576/081-568-4576

### Your Naples Area Fleet & Family Support Center Locations:

Naval Support Activity Naples,  
Department of Gaeta  
BLDG 752, 2<sup>nd</sup> Deck at Fleet Landing  
Hours: Mon – Fri, 8 AM – 4:30 PM  
629-8354/081-811-6354

Naval Support Activity Naples,  
NSA Support Site  
Navy Lodge, 1<sup>st</sup> Floor  
Hours: Mon-Fri, 7:30 AM – 4 PM  
629-6372/081-811-6372

Naval Support Activity Naples, Capodichino  
ADMIN II, 1<sup>st</sup> Floor  
Hours: Mon – Wed, CLOSED  
Thu & Fri, 7:30 AM – 4 PM  
626-3761/081-568-3761

# Fleet & Family Workshops



To register for our workshops, please call 629-6372/081-811-6372

Find Us Online: <http://www.cnic.navy.mil/Naples/FleetAndFamilyReadiness> Email Us: [ffscsnaplesitaly@eu.navy.mil](mailto:ffscsnaplesitaly@eu.navy.mil)

October 2012						
Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## OCTOBER 2012

Enrich. Empower. Educate.

October 2012						
Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### EMPLOYMENT ASSISTANCE

#### ● Employment Opportunities in Naples

Oct 12, Fri, 9:30 AM - 11:30 AM, SS FFSC

#### ● Effective Resume Writing

Oct 09, Tue, 12:30 PM - 3:30 PM, SS FFSC

#### ● The Federal Employment Process

Oct 26, Fri, 12 PM - 3 PM, SS FFSC

### RELOCATION ASSISTANCE

#### ● Sponsorship Training

Oct 2, Tue, 9:30 AM - 12:30 PM, SS FFSC

#### ● Smooth Move

Oct 11, Thu, 8 AM - 12:00 PM, SS FFSC

**Note:** All non-Navy personnel may arrive at 9:30 AM. Call for details. **Registration Required.**

### INTER-CULTURAL RELATIONS

#### ● Easy Italian (3 Sessions)

Oct 09, Tue, 9 AM - 12 PM, SS FFSC (1 of 3)

Oct 23, Tue, 9 AM - 12 PM, SS FFSC (2 of 3)

Oct 30, Tue, 9 AM - 12 PM, SS FFSC (3 of 3)

### INTER-CULTURAL RELATIONS

#### ● Via Caracciolo, Port of Naples, & Chocolate Factory (JFC)

Oct 05, Fri, 8:30 AM - 2 PM, LEAVES FROM JFC

#### ● Teverola (Medi) Mall

Oct 11, Thu, 9:45 AM - 12:30 PM, LEAVES FROM SS  
Requires prior purchase of 2 E1 bus tickets at ITT

#### ● Cultural Tips (TLA Coffee Bar)

Oct 15, Mon, 9 AM - 10 AM, TLA Coffee Bar

#### ● Exploring Aversa

Oct 16, Tue, 8 AM - 2:30 PM, LEAVE FROM SS  
Requires prior purchase of 2 E1 bus tickets at ITT

#### ● Visit a Fresh Pasta Store

Oct 17, Wed, 10:30 AM - 1:30 PM, LEAVE FROM SS  
(CARPOOL)

#### ● Shoe Alley (JFC)

Oct 19, Fri, 8:30 AM - 2 PM, LEAVES FROM JFC

#### ● Italian Cooking Class

Oct 25, Thu, 9:45 AM - 2 PM, LEAVES FROM SS  
Cost is Euro 15,00 to be paid at the Restaurant  
Requires prior purchase of 2 E1 bus tickets at ITT

#### ● Visit to a Pastry Lab

Oct 29, Mon, 9 AM - 12:30 PM, LEAVE FROM SS  
(CARPOOL)

### Your Naples Area Fleet & Family Support Center Locations:

Naval Support Activity Naples,  
Department of Gaeta  
BLDG 752, 2<sup>nd</sup> Deck at Fleet Landing  
Hours: Mon - Fri, 8:00 AM - 4:30 PM  
629-8354/081-811-6354

Naval Support Activity Naples,  
NSA Support Site  
Navy Lodge, 1<sup>st</sup> Floor  
Hours: Mon-Fri, 7:30 AM - 4 PM  
629-6372/081-811-6372

Naval Support Activity Naples,  
Capodichino ADMIN II, 1<sup>st</sup> Floor  
Hours: Mon - Wed, CLOSED  
Thu & Fri, 7:30 AM - 4 PM  
626-3761/081-568-3761

## PERSONAL FINANCIAL MANAGEMENT

### ● Coupon Club

Oct 02, Tue, 1 PM – 2 PM, SS FFSC

### ● Introduction to Your Financial Future

Oct 24, Wed, 9:30 AM – 12:30 AM, SS FFSC

### ● Home Buying

Oct 31, Wed, 12 PM – 3 PM, SS FFSC

## LIFE SKILLS EDUCATION

### ● ● ● Choices (Managing Your Anger) (3 Sessions @ SS FFSC)

Oct 03, Wed, 2 PM – 4 PM, SS FFSC

Oct 10, Wed, 2 PM – 4 PM, SS FFSC

Oct 17, Wed, 2 PM – 4 PM, SS FFSC

### American Red Cross Disaster Preparedness Training

Oct 10, Wed, 12 PM – 1 PM, SS FFSC

### ● ● ● Stress Management

Oct 17, Wed, 2:30 PM – 4 PM, SS FFSC

### ● ● ● Conflict Management

Oct 23, Tue, 2:30 PM – 3:30 PM, SS FFSC

### ● ● ● Communication Skills

Oct 25, Thu, 2 PM – 3 PM, SS FFSC

### ● ● ● Stress Management 101

Oct 30, Tue, 2 PM – 3 PM, SS FFSC

- READY
- REACTING
- INJURED
- ILL

**Operational Stress Control:  
Your Command and Family  
Color Companion**

Look for the color dots to indicate the Operational Stress Control Continuum phase that the program supports. Green indicates a program delivered to maintain and enhance a Ready state – focused, prepared, good to go. Yellow indicates a program delivered to enhance coping strategies that will move the attendee from a Reacting phase back to Green. Orange or Red indicates a program with in-depth skill building or therapeutic assistance for worsening or persistent stress symptoms. Any program that is not labeled is a Green program, enhancing and maintaining readiness.

## FAMILY LIFE EDUCATION

### ● Becoming a Love & Logic Parent (7 Sessions @ SS FFSC)

Oct 03, Wed, 6 PM – 8 PM, SS FFSC (6 of 7)

Oct 10, Wed, 6 PM – 8 PM, SS FFSC (7 of 7)

### Spouse Fit (10 sessions @ Fit Forum. In collaboration with USNH & MWR)

Oct 04, Thu, 9 AM – 10 AM, FIT FORUM (4 of 10)

Oct 11, Thu, 9 AM – 10 AM, FIT FORUM (5 of 10)

Oct 18, Thu, 9 AM – 10 AM, FIT FORUM (6 of 10)

Oct 25, Thu, 9 AM – 10 AM, FIT FORUM (7 of 10)

### Parents of Special Needs Children

Oct 17, Wed, 5 PM – 6 PM, SS FFSC

### Al-Anon Support Group

Oct 02, Tue, 6 PM – 7 PM, SS FFSC

Oct 09, Tue, 6 PM – 7 PM, SS FFSC

Oct 16, Tue, 6 PM – 7 PM, SS FFSC

Oct 23, Tue, 6 PM – 7 PM, SS FFSC

Oct 30, Tue, 6 PM – 7 PM, SS FFSC

### Alateen Support Group (for ages 12-18)

Oct 07, Sun, 9 AM – 10 AM, SS FFSC

Oct 14, Sun, 9 AM – 10 AM, SS FFSC

Oct 21, Sun, 9 AM – 10 AM, SS FFSC

Oct 28, Sun, 9 AM – 10 AM, SS FFSC



Find us on  
**Facebook**

<http://www.facebook.com/NaplesFFSC>

## Your Naples Area Fleet & Family Support Center Locations:

Naval Support Activity Naples,  
Department of Gaeta  
BLDG 752, 2<sup>nd</sup> Deck at Fleet Landing  
Hours: Mon – Fri, 8:00 AM – 4:30 PM  
629-8354/081-811-6354

Naval Support Activity Naples,  
NSA Support Site  
Navy Lodge, 1<sup>st</sup> Floor  
Hours: Mon-Fri, 7:30 AM – 4 PM  
629-6372/081-811-6372

Naval Support Activity Naples,  
Capodichino ADMIN II, 1<sup>st</sup> Floor  
Hours: Mon – Wed, CLOSED  
Thu & Fri, 7:30 AM – 4 PM  
626-3761/081-568-3761

# Military Support and Command Programs



Find Us Online: <http://www.cnic.navy.mil/Naples/FleetAndFamilyReadiness> Email Us: [ffsensa NaplesItaly@eu.navy.mil](mailto:ffsensa NaplesItaly@eu.navy.mil)

## OCTOBER 2012

### TRANSITION ASSISTANCE

CALL YOUR COMMAND CAREER COUNSELOR (CCC) FOR DETAILS ON HOW TO REGISTER

#### ● TAP WORKSHOP – PRE-RETIREMENT

Oct 22-26, Mon-Fri, 8 AM – 4 PM, SS FFSC

### SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR)

Call 629-6534 to request training for your command

### IA/DEPLOYMENT SUPPORT

#### ● IA Discussion Group

Oct 11, Thu, 1 PM – 2 PM, SS FFSC

Topic: Preparing an Emergency Kit

### OMBUDSMAN PROGRAM

#### ● Ombudsman Assembly Meeting

Oct 11, Thu, 6 PM – 8 PM, SS FFSC

Topic: American Red Cross Disaster Preparedness

#### ● Transitioning to Naples

Oct 04, Thu, 5 PM – 6 PM, SS FFSC

### AREA ORIENTATION & ICR TRIP

For full details on AO/ICR schedule, contact:

Area Orientation Coordinator: BM2 Andrew Hymans  
[andrew.hymans@eu.navy.mil](mailto:andrew.hymans@eu.navy.mil)

Cell: 335-102-8876

#### Area Orientation/ICR

Oct 05 – Oct 12, Fri – Fri, 8 AM – 4 PM, SS Theater

Oct 19 – Oct 26, Fri – Fri, 8 AM – 4 PM, SS Theater

### FINANCIAL PROGRAMS

#### ● Command Financial Specialist Training

Oct 15-19, Mon-Fri, 8 AM – 4 PM, SS FFSC

### ADDITIONAL SUPPORT SERVICES

#### LEGAL ASSISTANCE AT FFSC

CALL NAVY LEGAL SERVICE OFFICE FOR APPOINTMENT: 626-4576/081-568-4576

### Your Naples Area Fleet & Family Support Center Locations:

Naval Support Activity Naples,  
Department of Gaeta  
BLDG 752, 2<sup>nd</sup> Deck at Fleet Landing  
Hours: Mon – Fri, 8 AM – 4:30 PM  
629-8354/081-811-6354

Naval Support Activity Naples,  
NSA Support Site  
Navy Lodge, 1<sup>st</sup> Floor  
Hours: Mon-Fri, 7:30 AM – 4 PM  
629-6372/081-811-6372

Naval Support Activity Naples, Capodichino  
ADMIN II, 1<sup>st</sup> Floor  
Hours: Mon – Wed, CLOSED  
Thu & Fri, 7:30 AM – 4 PM  
626-3761/081-568-3761