

Portsmouth Naval Shipyard | Fleet and Family Support Center

SEPTEMBER 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 SAPR Command POC Training 8:00 a.m.-4:00 p.m.	4 Parenting in the Military 9:00-10:00 a.m.	5 SAPR Command Leadership Training/CDO&SDO 8:00 a.m.-12:30 p.m. Welcome Aboard 11:00 a.m.-Noon Building Healthy Relationships 2:00-3:00 p.m. New Spouse Orientation 6:00-7:00 p.m.	6 Personal Communication 10:00-11:00 a.m.	7
8	9 Transition GPS 8:00 a.m.-4:00 p.m. Ombudsman Advanced Training 6:00-8:00 p.m.	10 Transition GPS 8:00 a.m.-4:00 p.m.	11 Transition GPS 8:00 a.m.-4:00 p.m.	12 Transition GPS 8:00 a.m.-4:00 p.m.	13 Transition GPS 8:00 a.m.-4:00 p.m.	14
15	16 SAPR VA Continuing Education Units (CEUs) 8:00 a.m.-4:00 p.m.	17 Accessing Higher Education 8:00 a.m.-4:00 p.m.	18 Accessing Higher Education 8:00 a.m.-4:00 p.m.	19 Capstone 10:00 a.m.-Noon	20 Anger Management 9:00-10:00 a.m. Individual Augmentee Parent Brief 11:00 a.m.-Noon	21
22	23 Starting Your Own Business 5:00-6:00 p.m.	24	25	26	27	28
29	30 Stress Management 9:00-10:00 a.m.					
<p>FFSC is located in building 241 Hours: Monday-Friday 0730-1600 Registration is required for all classes. Please call 207-438-1835 or DSN 684-1835. Commands, Service members and family members may request classes at any time.</p>						