



U.S. NAVAL SUPPORT ACTIVITY, NAPLES

BASEWIDE MONTHLY EVENTS & ACTIVITIES

All-In-One Place ➤ Updated Monthly

CALENDAR



VOLUNTEERS WELCOME!



What's **Happening...**



Liberty Activities

For E1-E6 single and unaccompanied service members

TICKETS & TRAVEL



Captain's Cup

MONTHLY EVENTS @ *USC Naples*



NOVEMBER

FLEET AND FAMILY SUPPORT CENTER

Classes are held at the Fleet and Family Support Center, Bldg. 2072B, Support Site, unless otherwise stated.

AREA ORIENTATION

Area Orientation (mandatory for newcomers)

Nov. 6 and 7, Nov. 20 and 21
Wednesday, 8:15 a.m.-2:30 p.m.
Thursday, 8:15 a.m.-3 p.m.
ReelTimes 2 Cinema, Support Site

Cultural Assimilation trip to downtown Naples

Friday, Nov. 8 and 22 | 7:45 a.m.-2:30 p.m.
Monday, Nov. 25 | 7:45 a.m.-2:30 p.m. (all ages)



INTERCULTURAL RELATIONS

Italian at Lunch Time (beginners)

Monday, Nov. 4 and Tuesday, Nov. 12
11 a.m.-12:30 p.m.
Capodichino

Easy Italian (beginners)

Tuesday, Nov. 5, 12 and 19
10:30 a.m.-12:30 p.m.

Driving in Italy

Thursday, Nov. 7
11 a.m.-12:30 p.m.

Ercolano Archaeological Park

Monday, Nov. 11 | 8:30 a.m.-2:30 p.m.



Veterans Day

Intermediate Italian

Monday, Nov. 18
11 a.m.-12:30 p.m.
Capodichino

Advanced Italian

Thursday, Nov. 21
11 a.m.-12:30 p.m.

Italian Social Etiquette

Tuesday, Nov. 26
9:30 a.m.-11 a.m.

LIFE SKILLS

Mind-Body Mental Fitness: Flexibility

Wednesday, Nov. 6 | 11 a.m.-12:30 p.m.
Capodichino

Mind-Body Mental Fitness: Problem Solving

Wednesday, Nov. 13 | 11 a.m.-12:30 p.m.
Capodichino

Time Management and Goal Setting

Friday, Nov. 15
10-11:30 a.m.

Mind-Body Mental Fitness: Connection

Wednesday, Nov. 20 | 11 a.m.-12:30 p.m.
Capodichino

FAMILY READINESS

Ombudsman Assembly Meeting

Tuesday, Nov. 19 | 5:30-6:30 p.m.
ReelTimes 2 Cinema, Support Site

Retiree and Veteran Meet and Greet

Thursday, Nov. 14 | 1-4 p.m.

Red Cross Volunteer Orientation

Tuesday, Nov. 19 | 11:30 a.m.-Noon

EXCEPTIONAL FAMILY MEMBER PROGRAM

Point of Contact Training

Tuesday, Nov. 5 | 1-2 p.m.

Resource Meeting*

Thursday, Nov. 7 | Noon-1 p.m.

Healthy Caregiving for Families with Special Needs

Wednesday, Nov. 13 | 11 a.m.-Noon

Leadership Brief*

Monday, Nov. 18 | 1-2 p.m.

EFMP 101

Wednesday, Nov. 20 | 10:30-11:30 a.m.
Capodichino

Meet and Greet

Wednesday, Nov. 20 | 11:30 a.m.-1 p.m.
Capodichino

Transition Planning*

Tuesday, Nov. 26 | 11 a.m.-Noon

TRANSITION ASSISTANCE PROGRAM

Pre-Separation Workshop

Monday-Wednesday, Nov. 4-6
8 a.m.-4 p.m.

Department of Labor Employment Workshop

Thursday and Friday, Nov. 7 and 8 or
Thursday and Friday, Nov. 21 and 22
8 a.m.-4 p.m.

Preparing for Capstone

Thursday, Nov. 7
11 a.m.-1 p.m.
Capodichino

Capstone Event

Wednesday, Nov. 13
1-4 p.m.

Pre-Retirement Workshop

Monday-Wednesday, Nov. 18-20
8 a.m.-4 p.m.

FAMILY EMPLOYMENT PROGRAM

USAJobs 101*

Tuesday, Nov. 12
1-3 p.m.



RELOCATION

Sponsorship Training

Thursday, Nov. 14 | 9 a.m.-Noon
ReelTimes 2 Cinema, Support Site

PERSONAL FINANCE MANAGEMENT

Understanding Your

Thrift Savings Plan*

Thursday, Nov. 5
11:30 a.m.-12:30 p.m.

* Virtual Class



To register for a class:

- Call 081-811-6372 | DSN 629-6372
- Email NSANaplesFFSC@us.navy.mil and include the class title, your name, email address, phone number, sponsor's rank and command



TICKETS & TRAVEL



NOVEMBER DAY TOURS

Saturday, Nov. 2

Naples Underground and Pizza Time

Depart Support Site 8 a.m., Capodichino 8:30 a.m.
\$49 adult, \$35 child 2-11 years old
Entrance fee €12

Sunday, Nov. 3

Olive picking in Irpinia

Depart Capodichino 8 a.m., Support Site 8:30 a.m.
\$107 adult, \$79 child 2-11 years old, includes lunch

Thursday, Nov. 7

Gricinagno Street Market

Depart Support Site only, 9:30 a.m.
\$5 for transportation, adult and child

Friday, Nov. 8

Cooking Class in Sorrento

Depart Support Site only, 8 a.m.
\$188 adult and child, includes lunch

Saturday, Nov. 9

Amalfi Coast by bus

Depart Support Site 8 a.m., Capodichino 8:30 a.m.
\$123 adult, \$89 child 2-11 years old, includes lunch in Vietri

Sunday, Nov. 10

Wine Tasting in Pompeii*

Depart Support Site 10 a.m., Capodichino 10:30 a.m.
\$102 adult, \$71 child 3-15 years old, includes lunch

Monday, Nov. 11 *Veterans Day*

Capri and Anacapri

Depart Support Site 6:30 a.m., Capodichino 7 a.m.
\$196 adult, \$139 child 2-9 years old, includes lunch

Saturday, Nov. 16

Christmas Alley

Depart Support Site 8 a.m., Capodichino 8:30 a.m.
\$49 adult, \$35 child 2-11 years old

Christmas Alley



Sunday, Nov. 17

Wine Tasting in Avellino*

Depart Capodichino 9:30 a.m., Support Site 10 a.m.
\$102 adult, \$71 child 3-15 years old, includes lunch

Saturday, Nov. 23

A Day in Sorrento: Shopping, Limoncello and Gelato

Depart Support Site 9 a.m., Capodichino 9:30 a.m.
\$52 adult, \$37 child 2-11
€26 for limoncello demonstration and gelato lesson

Sunday, Nov. 24

Limatola Castle Christmas Markets

Depart Capodichino 8:30 a.m., depart Support Site 9 a.m.
\$57 adult, \$39 child 2-11 years old
€15 adult, €8 child for entry fee and shuttle to castle

Thursday, Nov. 28 *Thanksgiving Day*

Thanksgiving Lunch in Avellino

Depart Support Site 10 a.m., Capodichino 10:30 a.m.
\$91 adult, \$65 child 2-11

Friday, Nov. 29

Salerno Christmas Lights

Depart Support Site 4 p.m., Capodichino 4:30 p.m.
\$65 adult, \$45 child 3-15



Limatola Castle

*Must be at least 18 years old to purchase or consume alcohol. Please drink responsibly.

- All tours are subject to cancellation if minimum reservations are not met.
- If tour is canceled, all paid customers will receive a phone call and/or email notification.
- Prices are in U.S. dollars, unless otherwise stated.
- Entry fees are not always included, please bring euro cash to pay for your ticket.
- Tips and gratuities are optional and not included in the price.
- Entry fees may change without notice.

To reserve a tour or for more information:

- Go to myffr.navyaims.com.
- Visit Capodichino or Support Site Tickets & Travel office.
- Call 081-811-7907 / DSN 629-7907 or 081-568-4330 / DSN 626-4330.



NOVEMBER

USO *Holidays*

@ USO Naples

SUN	MON	TUE	WED	THU	FRI	SAT
<p>JOIN THE USO NAPLES VOLUNTEER TEAM!</p> 					1	2 SPOOKTACULAR CARNEY PARK 
3 TIVOLI GARDENS AND VILLA	4	5 TAILS + TROOPS CAPO AT- 11AM	6	7	8	9 OLIVE HARVEST AT PORTO DI MOLA
10 FAMILY DAY AT THE FARM	11	12 TODDLER TIME SS-CR /10 AM TAILS + TROOPS CAPO AT- 11AM	13 TEDDY BEAR * CLUB SS-CR/10:30AM	14 LUNCH WITH WARRIOR AMBASSADOR TRAVIS WYATT CAPO 11AM - 1PM	15 * COFFEE CONNECTIONS SS-CR/ 10 AM	16 NOVELLA WINE TASTING AT CANTINA DEL VUSVIO
17 AGNANO FLEA MARKET	18	19 TODDLER TIME SS-CR /10 AM TAILS + TROOPS CAPO AT- 11AM	20	21	22 * COFFEE CONNECTIONS WITH THE SKIPPER SS-CR/ 10 AM	23 VATICAN & SISTINE CHAPEL
24 THANKSGIVING BINGO SCHOOL CAFE 3 PM	25 PAWS IN THE PARK SS- PET PARK 5-6 PM	26 TAILS + TROOPS CAPO AT- 11AM	27	28 SINGLE SAILOR THANKSGIVING DINNER O'RHYS PUB 11AM-1PM	29 COPPER FACTORY TOUR & SHOP	30 SANT'AGATA DEL GOTI & WINE TASTING

* REGISTRATION REQUIRED

SS-CR: SUPPORT SITE COMMUNITY ROOM / CAPO AT: CAPO AIR TERMINAL

S&G TOUR OPPORTUNITIES



Facebook.com/usonaples



@usonaples



usonaples@uso.org

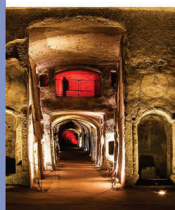
NOVEMBER Liberty Activities

For E1-E6 single and unaccompanied service members



Your off-duty connection to fun and recreation!

ONE-DAY TRIPS



Naples Underground and Pizza

Saturday, Nov. 9
9 a.m.-4 p.m.

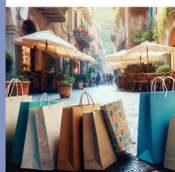
Take an exciting tour through downtown Naples including the historic Naples underground. Savor a delicious pizza in one of the most famous pizzerias in the city. Bring euro for entrance fee and food.



Neapolitan Steak Night

Friday, Nov. 15
5:30-9:30 p.m.

Enjoy one of the tastiest steaks of your life.



Shop 'til You Drop

Saturday, Nov. 16
9:30 a.m.-4:30 p.m.

Get prepared for the upcoming holiday season with an entire day of shopping action. Bring euro for lunch at a local eatery.



Icons of Naples

Saturday, Nov. 23
9:30 a.m.-4:30 p.m.

Starting at the Port of Naples, we will make our way through Piazza Municipio, Piazza del Gesù, Christmas Alley, Galleria Umberto and San Carlo Opera House with the opportunity to do plenty of shopping and eating. It's a trip not to be missed while you are stationed in Naples!



Sailor Adventure Quest: Paintball

Friday, Nov. 29
3-7:30 p.m.

Learn technique, strategy and all the details necessary to help your team conquer your opponents and their base. Bring approximately €25 for two hours of gaming to be paid at venue, plus euro for dinner. Grab your friends and sign up today.



Neapolitan Street Foodie Tour

Saturday, Nov. 30
9:30 a.m.-5:30 p.m.

Naples is not just pizza. Try other local street food including panino Napolitano, frittatine, cuoppo, arancini, alici (sardines) and baccala (fried cod). It's tasty and inexpensive. We'll guide you through the street food madness.

\$5 transportation fee per trip.

Trips leave from Support Site Liberty BEQ Bldg. 2087 parking lot.

Thankful Tree

Nov. 1-28

Help create Liberty's fifth annual Thankful Tree. Make an ornament stating what you are thankful for this holiday season to help decorate the tree.

Thankful Sailors DIY Cards Home

Monday and Tuesday, Nov. 4 and 5

Show your family and friends how thankful you are to have them in your life. Liberty provides the supplies to help you create your own Thanksgiving card to send home.

Pillows and Popcorn Movie Night: Thanksgiving

Monday, Nov. 4, 11, 18 and 25
5-7:30 p.m.

Bring your favorite pillow and enjoy fresh popcorn while you and your friends sit back and enjoy great movies this Thanksgiving season.

Wheels 'n Deals

Tuesday, Nov. 5, 12, 19 and 26
5-7:30 p.m.

Need to shop for weekly food and home goods off base, but no car? No problem! Take the Liberty shopping shuttle to various shopping areas around the Naples metro area.

Italian Culture Fest

Thursday, Nov. 7 and 21
5-7:30 p.m.

Learn useful everyday phrases and greetings. Discuss and explore cultural difference and traditions while you sample amazing Italian food. Don't miss this great opportunity to make new friends while learning more about our host country.

Lunch 'n Learn Italian

Friday, Nov. 8 and 22
Noon-1 p.m.

Bring your lunch to the Liberty Center and have a conversation in Italian with one of Liberty's Local National employees. Learn the language while eating your lunch.

Birthday Bash

Wednesday, Nov. 13
5-6:30 p.m.

If your birthday is in November, this party celebrates you! Everyone is welcome to help celebrate the November birthdays. Food, music, fun and, of course, birthday cake!

Events held at Support Site Liberty Center unless otherwise stated.

For more information, call 081-811-4705 / DSN 629-4705
or email mwrnaples_liberty@eu.navy.mil.

#MeetMeAtLiberty
www.navymwrnaples.com
www.facebook.com/libertynaples





LET'S MEET UP!

Hang out with friends at Strikers!

Strikers Bowling Center Events

Strikers King/Queen of the Hill Tournament

Sunday, Oct. 13, 1-6 p.m.
For bowlers 18 years and older
\$9 per bowler
Register by noon, Oct. 13

Bumper Bowling Club Every Monday

4-6 p.m.
Kids ages 2-6 years old
\$10
Includes bowling, shoe rental and a kid's meal (pizza, burger or hot dog meal).

Color Pin Tuesdays Every Tuesday

Sept. 2-Dec. 17 • 5-9 p.m.
Make a strike when the color pin is the head pin and win a prize!

Bowling 2.0: Bowl better in four weeks

Tuesdays, starting Oct. 8-29
5-6:30 p.m.
For bowlers 18 years and older
Clinic is free, registration is required by Oct. 6

Strike Squad Bowling Show Down Every Wednesday

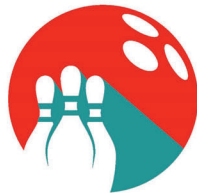
4-6 p.m.
\$9, shoes not included
It's the perfect blend of competition and camaraderie!

Thursday Night Mixed League

Sept. 12-Dec. 12 • 6:30-9:30 p.m.
Captains meeting Sept. 9
6:30 p.m.
Register Sept. 11

Cosmic Bowl Every Friday and Saturday

9 p.m.-Midnight
\$10 per bowler, shoes included



Pool
Eight-ball tournament
Sundays, Oct. 6,
Nov. 3 and Dec. 8
Noon-9 p.m.

Nine-ball tournament
Sundays, Sept. 22, Oct. 20,
Nov. 17 and Dec. 15
Noon-9 p.m.

O'Rhys Irish Pub Events

Strut Your School Colors

Sunday, Sept. 22 • 4-8 p.m.
Wear your favorite college colors, fraternity or sorority gear and be prepared to strut and line dance like the old college days. Play cards, dominoes and tailgate games.

Country Line Dance Lessons

7 p.m.
Sept. 29 and Oct. 20, try out this new class for free!
Begin Oct. 27, \$10 per class, \$32 per month

Football Sundays

7-10 p.m.
NFL games on the TVs

Salsa Mondays

Every Monday except Italian holidays
5:30-7:30 p.m., lessons, four-week sessions
\$12 per person per lesson
\$40 per person per session • \$70 per couple per session
7:30-9 p.m., dance

Trivia Night
Every Wednesday
6:30-8:30 p.m.



Jam Session
Every Thursday
5:30-8 p.m.

Dance Party with special guest DJs
Every Friday
9 p.m.-1 a.m.




Saturday Night Karaoke
Sept. 14 and 28 Oct. 12 and 26
Nov. 9 and 23
8 p.m.-Midnight



Saturday Dance Night

8 p.m.-1 a.m.
Sept. 21 Oct. 5 and 19
Nov. 2, 16 and 30 Dec. 14 and 28
Sept. 21, Oct. 19, and Nov. 2: **Latin Night**
Put on your dancing shoes and enjoy salsa, bachata and reggaeton





Celebrate a spooky
night of fun
at Carney Park!

SPOOKTACULAR!

SATURDAY, NOV. 2
6-10 P.M. • CARNEY PARK

Trick or treat at decorated cabins
(adult must escort children.)

Prepare to be scared in the Seabee
Haunted House!*

Enjoy yummy food while supporting
local organizations.*

Kids can get crazy in the Youth Zone
with tons of inflatables.

Adults can chill in the MWR beverage tent.*



ENTRANCE POLICY:

- U.S. military/civilian/contractor ID-card holders, their dependents and Carney Park Access card holders only. No guests.
- Non-U.S. JFC and Local National personnel must have a Carney Park Access Card to attend. No guests.
- To schedule an appointment to purchase a Carney Park Access Card, call 081-526-1579 Monday-Sunday, 9 a.m.-5 p.m.

TRANSPORTATION

Purchase roundtrip tickets from/to Support Site at Tickets & Travel offices
Oct. 21-Nov. 1. \$5 per person, \$20 per family.



Youth Zone 6-10 p.m.



No pets allowed.

*For a fee.

For more information, email mwrnaplescommunityrec@eu.navy.mil.



Ravello

the most
fascinating
village on the
amalfi coast

**SATURDAY,
2 NOVEMBER**

€45
adult
€40
child

Join S&G Tours and treat yourself to a day in Paradise! Ravello is a medieval village full of winding cobblestone streets, fragrant gardens, and breathtaking views of the Mediterranean Sea. It is described as "the most beautiful panorama in the world". Enjoy a visit to the world-famous Villa Rufolo, shop the quirky boutiques, and understand why Ravello draws tourists from all over the globe. After the visit, you will also have some free time to enjoy this lovely town and perhaps have a nice sit-down meal in one of the many restaurants.

Tour Includes:

- Deluxe Bus Transportation
- Guided Visit of Ravello with Tour guide
- Individual Head-Set
- Free time
- S&G Tours- Group Leader Assistance

Tour does NOT Include:

- Villa Rufolo Admission fee

Reservations and details visit
www.sg-tours.com



Naples



Tivoli:

and it's
beautiful villa

**SUNDAY,
3 NOVEMBER**

€59

adults

€49

children

Join S&G Tours and discover Tivoli, a beautiful town full of history and majestic villas and gardens. We will visit Villa D'Este, declared a World Heritage Site by UNESCO in 2001, the villa grounds include a masterpiece of Italian garden design with an amazing concentration of fountains, nymphaea, grottoes, water themes and a organ which produces audible effects created by water. After the visit, free time for lunch and shopping.

Tour Includes:

- Deluxe Bus Transportation
- Guided tour of the Villa
- S&G Tours- Tour Guide Assistance
- Admission fee

Reservations and details visit
www.sg-tours.com



Naples





TODDLER TIME



TUESDAYS
10-
11AM

ENRICHING CHILDHOOD ADVENTURES AWAIT!



COMMUNITY
CENTER-
SUPPORT SITE

Join USO Naples & EDIS for a weekly playdate. Children will enjoy sensory play, storytime, music exploration and creative play.

EDIS Educational & Developmental Intervention Services

Dance Classes

Winter Sessions

Ballet

Ballet allows your child to build motor skills, grace and confidence. Children learn basic ballet movements and terminology through ever-changing and interactive class sessions.

Tuesday

3:20-4 p.m. • 3-6 years old

4-5 p.m. • 7-9 years old

5-6 p.m. • 10-17 years old



Modern Dance

Modern Dance is a fun and energetic way to improve physical fitness, posture, balance and coordination. Classes encourage kids to learn proper dance technique and develop rhythm and movement.

Thursday

3:20-4 p.m. • 3-6 years old

4-5 p.m. • 7-9 years old

5-6 p.m. • 10-17 years old

Classes are Nov. 5-Dec. 31 for one-month sessions. (No class on U.S. holidays.)

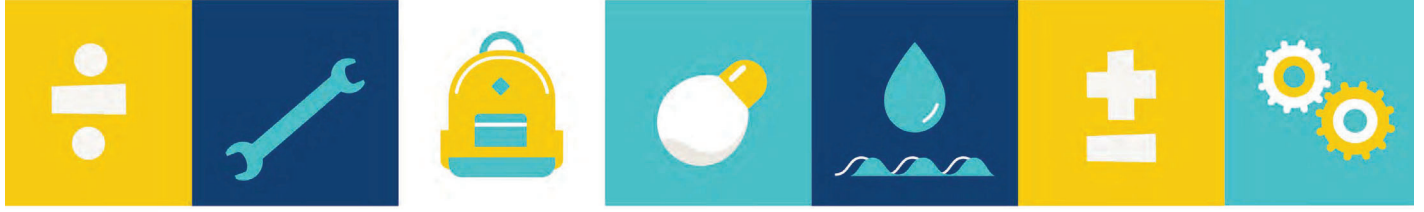
Ages 3-6 will be offered one time per week for \$50 per month.

Ages 7-9 and 10-17 one time per week for \$60 per month.

Registration opens the 15th of each month for the next session.

Register at <https://myffr.navyaims.com> >>





FULL STEAM AHEAD!

SCIENCE - TECHNOLOGY - ENGINEERING - ART - MATH

**Join us to jump-start early literacy skills
for toddlers and preschoolers!**

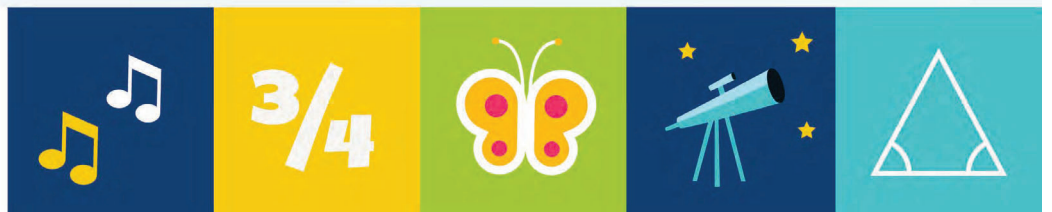
Parents and children will learn together while we sing, read, play, and grow. This program is best suited for pre-readers (ages 1-5) and their parents.

**Thursday, Nov. 7 and 14
10:30 a.m.
Support Site Library**

Scan here for
weekly themes:



For more information, call
081-811-4362 | DSN 629-4361.



PAYING FOR HIGHER EDUCATION



THURSDAY, NOV. 7
5-6:30 p.m.

NAPLES MIDDLE HIGH SCHOOL
LIBRARY

Join us for an evening to learn about financing a college education with college financial experts discussing:

- Free Application for Federal Student Aid (FAFSA®) presented by University of Maryland Global Campus.
- Post 9/11 GI Bill presented by Veterans Affairs Transition Assistance Program Benefits Advisor.
- Scholarships, Grants, Financial Aid and Loans presented by Navy Federal Credit Union.

For more information, call 081-811-6549/DSN 629-6549 or email
NSA Naples School Liaison at NaplesSLP@us.navy.mil.



MOVIES IN THE PARK

Begins March 8 at Carney Park

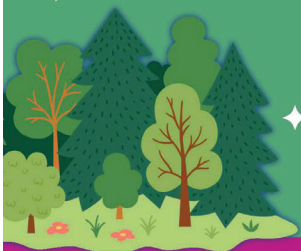


FREE

Experience a movie night under the stars in Carney Park! Bring your lawn chairs, blankets, snacks and coolers. MWR will have small fire pits to sit by and complete the outdoor experience with roasting marshmallows or 'smores.

Friday, March 8	6:30 p.m.	Zootopia
Friday, June 14	9 p.m.	The Super Mario Bros. Movie
Friday, Sept. 13	7:30 p.m.	Madagascar
Friday, Nov. 8	5 p.m.	DC League of Super Pets

**Why drive home after the movie?
Reserve a cabin or campsite
to sleep in the park!**



Dates are subject to change due to additional park events. Rain date will be the following night (Saturday.)
For more information or to reserve a cabin/campsite, please call 081-526-1579.



Auto Skills Workshop



Auto Skills Center, Support Site

Tuesday

Nov. 12 and Dec. 10

3:30-5 p.m.

Work on your vehicle in lift bays. Help ensure your car is ready for winter driving and trips. Reservations are recommended.

- Oil changes
- Fluid checks
- Wiper replacement
- Battery charging
- Rotors turned
- Tire mounting and balancing



**Auto Skills Center
hours of operation**

**Tuesday-Saturday, 10 a.m.-6 p.m.
Sunday-Monday, Closed**

For more information or to reserve a bay, call 081-811-4971 / DSN 629-4971.
Connect with MWR 24/7 at navymwrnaples.com.

 www.facebook.com/mwrnaples





Date

**Friday,
Nov. 15**

Time

2:30-4:30 p.m.

HOME SCHOOL HAPPENING




LOCATION

**Strikers
Bowling Center**

ACTIVITY

Meet new friends and catch up with the latest homeschool news! Refreshments, bowling and shoes provided. Please bring socks.

Kids ages 12 and younger must be accompanied by an adult.
Registration not required.



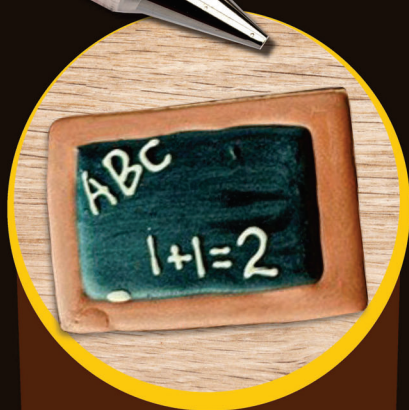
For more information, contact the School Liaison at
081-811-6549 | DSN 629-6549 or email NaplesSLP@us.navy.mil.



Cookies and Conversation

Meet the School Liaison during a cookie decorating class!

Learn to decorate these cookies!



Friday, Nov. 15



6-8 p.m.



O'Rhys Irish Pub
Support Site

Parents of Pre-Kindergarteners to high school seniors:
Join the School Liaison for a fun time to interact
and decorate cookies.

The event is free, but reservations are required
and seating is limited.

Scan here to register:



For information contact the NSA Naples School Liaison at
NaplesSLP@us.navy.mil or call 081-811-6549 / DSN 629-6549.



College and Career Fair

Naples Middle High School and NAVY CYP Naples School Liaison have partnered to bring an opportunity to students to learn more about:



Trade school



Work force



Military



College



Event is Tuesday, Nov. 19 from 1:30-3 p.m.

NOT VETTED? NO SWAG? NO WORRIES!

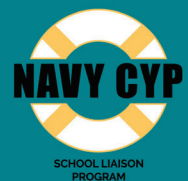
Accepting all volunteers who are able to speak about their educational and workforce experience.

Sign up by Nov. 1 to represent your alma mater.

If you are interested in participating, please contact the NSA Naples School Liaison at NaplesSLP@us.navy.mil and the Naples Middle High School counselor at Nicci.Bartley@dodea.edu.



Scan for FAQs



**DO YOU HAVE
WHAT IT TAKES
TO MAKE
THE NSA NAPLES
POWER CLUB?**

POWER CLUB CHALLENGE

NSA NAPLES

**JOINING THIS ELITE CLUB'S RANKS
IS SIMPLE
...BUT FAR FROM EASY.**



You must achieve a combined one-rep maximum of 1,000 pounds for men and 500 pounds for women in the squat, bench press and deadlift.

To complete the challenge, make an appointment with a Fitness Specialist at the Support Site Fitness Forum.





American
Red Cross

Adult & Pediatric
First Aid/AED +

CPR Training



Blended learning format:
Online & In-person

We also offer:

**Babysitter certification
with CPR/AED/First Aid**

 081-568-4788

 naples@redcross.org

Upcoming classes
and registration





**American
Red Cross**

Service to the Armed Forces

VOLUNTEERS WELCOME!



**Interested in
joining us?**



Call us at 081-568-4788 or send us an email at naples@redcross.org for questions. We are looking forward to hear from you!



Teens & Youth

Is Life Feeling Heavy?

It doesn't have to.

moving again...

Uugh... overwhelmed!

**EMERGENCY CRISIS
ON BASE: 911
OFF BASE:
081-568-4911**

**SCHOOL
ADJUSTMENT**

Self-Esteem

COVID-19

Dealing with Body Image

Stress

RELATIONSHIPS

Bullying

**HOW TO DEAL WITH
MY EMOTIONS**

Fleet and Family Support Center

Services are available to U.S. military, civilian and contractor family members. Counseling for individuals (children and adolescents) and their families.

- Office: 081-811-6372 / DSN 314-629-6372
- After hours: 331-691-8268
- Virtual Clinical Counseling (via TEAMS) +1 855-205-6749

Military OneSource

Counseling services are available to U.S. military family members 13 years and older.

- Worldwide toll-free: 00-800-342-9647
- Worldwide collect: 001-703-253-7599
- Telecom Italia: 800-172-405
- <https://livechat.militaryonesourceconnect.org/chat>

Military Family Life Counselors

Military Family Life Counselors provide confidential non-medical counseling, consultation and outreach services to eligible children, youth, parents, faculty and staff both on and off military installations.

Scan for phone numbers



Employee Assistance Program

Links employees' family members to qualified local services and provides licensed confidential support to help with difficult issues.

- DONCEAP: 001-888-320-2917 or 001-888-262-7878
- NAF EAP: 001-800-932-0034
- <https://magellanhealth.com/global>

Chaplain

Offers 100 percent confidential counseling with no reporting requirements for a wide variety of religious and non-religious issues. Chaplain services are available to military, civilian and contractor family members.

Capodichino 081-568-3535 / DSN 314-626-3539
Support Site 081-811-4600 / DSN 314-629-4600
After hours: 366-680-5972

U.S. Naval Hospital

Pediatrics and Family Medicine

To schedule an appointment with your primary care provider, call 081-811-6000 / DSN 314-629-6000 or visit www.TRICAREonline.com.

Local Resources

Reach Aut: Provides clinical individual and family support to any age group from childhood through adulthood. 342-800-6115 or www.carelikehome.org



**Scan for Mental
Health Resources.**



Bring your A-game for a
doubles pickleball tournament!



PICKLEBALL TOURNAMENT

Saturday, Nov. 23

Starts at 10 a.m.

Pickleball Court, Support Site

\$10
per team

Fun competition for all because there are two categories:
good players level or medium/beginner players level.

Register by Nov. 20 at Support Site Fitness Forum
or call 081-811-6526 | DSN 629-6528.



Spend some of your Thanksgiving Day with us!

SINGLE SAILOR THANKSGIVING



MENU

Turkey, mashed potatoes, gravy, stuffing, dressing, cranberry sauce, green beans, bread and pumpkin pie

THURSDAY, NOV. 28

8 a.m.-3 p.m. | Strikers Bowling Center | Support Site

For single/unaccompanied military members E6 and below:

- Free Thanksgiving Day meal served 11:30 a.m.-1 p.m.
- Free bowling, cornhole and video games, 8 a.m.-3 p.m.

NEX will be open 1:30-3 p.m. exclusively for single/unaccompanied military members E6 and below to shop.

Enter to win prizes courtesy of Navy Exchange:

- Schwinn E-bike (grand prize)
- 15-inch Acer laptop computer
- \$75 gift card

Prize drawings at 2 p.m. at NEX store. Must be present to win.

**Pre-registration
required to be
eligible to win
the grand prize!**

In partnership with:



Scan here to pre-register



For more information, call 081-811-4459 | DSN 629-4459.

