



U.S. NAVAL SUPPORT ACTIVITY, NAPLES

BASEWIDE MONTHLY EVENTS & ACTIVITIES

All-In-One Place ➤ Updated Monthly

CALENDAR



VOLUNTEERS WELCOME!



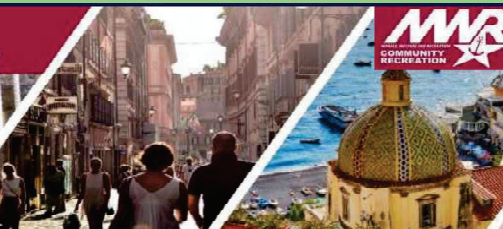
What's Happening...



Liberty Activities

For E1-E6 single and unaccompanied service members

TICKETS & TRAVEL



Captain's Cup

MONTHLY EVENTS @ USO Naples

Sponsorship Training

Expecting new arrivals? Learn the roles, responsibilities, and best practices of becoming a sponsor. You will receive the tips, tools, and resources needed to execute your duties and provide an informative and welcoming experience for your command's newcomers. Open to Active Duty, DoD Civilians, Contractors, and family members.

2026

15 Jan 2026	0900-1200 Capodichino
12 Mar 2026	0900-1200 Support Site
7 May 2026	0900-1200 Capodichino
16 Jul 2026	0900-1200 Support Site
24 Sep 2026	0900-1200 Capodichino
12 Nov 2026	0900-1200 Support Site



COMMAND SPONSOR AND INDOCTRINATION PROGRAM OPNAVINST 1740.3E

"Ensure sponsors have completed sponsor training prior to being assigned as a sponsor."

<https://millifelearning.militaryonesource.mil/course/esat101>

Registration required.

Email: nsanaplesffsc@us.navy.mil

DSN: 629-6372

COMM: 081-811-6372



Updated 10 Sep 25

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**Best of
ITALY**

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**VOTE FOR YOUR FAVORITES IN OVER 30 CATEGORIES IN
THIS EXCLUSIVE CAMPAIGN FROM STARS AND STRIPES!**
We are the only place where you can share your voice and
show some love to the local businesses that support the U.S.
military community here in Italy.

VOTE NOW UNTIL AUG. 31!
STRIPESEUROPE.COM



New to NSA Naples?

Attend Area Orientation!

2026*

JANUARY

Mo	Tu	We	Th	Fr	Sa	Su
29	30	31	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	1
2	3	4	5	6	7	8

MARCH

Mo	Tu	We	Th	Fr	Sa	Su
23	24	25	26	27	28	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	1	2	3	4	5

MAY

Mo	Tu	We	Th	Fr	Sa	Su
27	28	29	30	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
1	2	3	4	5	6	7

JULY

Mo	Tu	We	Th	Fr	Sa	Su
29	30	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	1	2
3	4	5	6	7	8	9

SEPTEMBER

Mo	Tu	We	Th	Fr	Sa	Su
31	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	1	2	3	4
5	6	7	8	9	10	11

NOVEMBER

Mo	Tu	We	Th	Fr	Sa	Su
26	27	28	29	30	31	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	1	2	3	4	5	6

FEBRUARY

Mo	Tu	We	Th	Fr	Sa	Su
26	27	28	29	30	31	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	1
2	3	4	5	6	7	8

APRIL

Mo	Tu	We	Th	Fr	Sa	Su
30	31	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	1	2	3
4	5	6	7	8	9	10

JUNE

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	1	2	3	4	5
6	7	8	9	10	11	12

AUGUST

Mo	Tu	We	Th	Fr	Sa	Su
27	28	29	30	31	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	1	2	3	4	5	6

OCTOBER

Mo	Tu	We	Th	Fr	Sa	Su
28	29	30	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	1
2	3	4	5	6	7	8

DECEMBER

Mo	Tu	We	Th	Fr	Sa	Su
30	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	1	2	3
4	5	6	7	8	9	10

-  Area Orientation at Reel Times 2 Cinema, Support Site
-  Cultural assimilation trip to downtown Naples
-  Family cultural assimilation trip to downtown Naples

*Dates subject to change

Two ways to register:

Scan here >>



or

Email NSANaplesAO@us.navy.mil with the participant's rate and rank, first and last name, personal email, command, arrival date and sponsor's email.

For more information, call +39 081-811-6954 or +39 335-848-4641.





AUTO SKILLS WORKSHOP

AUTO SKILLS CENTER, SUPPORT SITE



Wednesday
July 22 and Aug. 26
3-4 p.m.

Work on your vehicle in lift bays. Help ensure your summer car trips are safe by preparing your vehicle today. Spaces are limited, so reservations are recommended.

Oil and filter changes • Fluid checks
Battery charging • Tire rotation, mounting and balancing
Engine diagnostics

Auto Skills Center
Hours of Operation

Tuesday-Saturday, 9 a.m.-5 p.m.
Sunday and Monday, closed



Workshop participants must be at least 12 years old.
For more information or to reserve a bay, call 081-811-4971 / DSN 629-4971.
Connect with MWR 24/7 at navymwrnaples.com.





BUDGET FOR BABY® WORKSHOPS

Naples NMCRS Budget for Baby Workshop Registration

Workshop held every 3rd Tuesday of the Month
10am-1pm @ S. Site Library Upstairs Conf. Room
Includes \$50 Gift Card and Handmade Blanket



Back-to-School

Run and Walk



All ages welcome!

Lace up your sneakers and get ready to run into an exciting new school year!

The Back-to-School Run and Walk offers a 5k route and one-mile kids fun run!

Thursday, Aug. 6

9 a.m.

Support Site Fitness Forum

The run is free, but registration is required.
Scan the QR code to register.



For more information, call 081-811-6721 | DSN 629-6721.





JULY 2026

NMCRS NAPLES THRIFT STORE

PSC 817 Box 97, FPO AE 09622-0097 | (081) 568-3913 | NAPLES@NMCRS.ORG

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PLEASE FIND ALL PROGRAM AND CONTACT INFO HERE		30	1	2	3	4
		CLOSED FOR SUMMER BREAK				
			POST-PART GROUP			
5  linktr.ee/naplesnmcrs	6	7	8	9	10	11
		SHOPPING & DONATIONS				SHOPPING & DONATIONS
		10AM-1PM 3PM-6PM				
						9AM-12PM
12	13	14	15	16	17	18
		SHOPPING & DONATIONS				
		10AM-1PM 3PM-6PM				
		BUDGET FOR BABY	POST-PART GROUP			
19	20	21	22	23	24	25
		SHOPPING & DONATIONS				SHOPPING & DONATIONS
		10AM-1PM 3PM-6PM				
						9AM-12PM
26	27	28	29	30	31	
		SHOPPING & DONATIONS				
		10AM-1PM 3PM-6PM				

Bend and Brew



**Wednesday, June 24
7-9 a.m.
Tennis Court, Capodichino**



Start your day with an early morning outdoor yoga flow class designed to energize your body and center your mind in the fresh morning air.

After class, gather together to enjoy breakfast and connection, creating a welcoming, community-driven experience that blends movement, mindfulness and meaningful conversation.

Class is free. Breakfast (cornetti and coffee) is \$3.

Please register, order/pay for your optional breakfast by June 19. Your breakfast will be delivered to the event.

Scan here to register >>



For more information, call 081-568-4265 | DSN 626-4265.



TICKETS & TRAVEL



JULY DAY TOURS

Sunday, July 5

Horseback Riding in Mt. Vesuvius National Park

Depart Support Site 7 a.m.

Depart Capodichino 7:30 a.m.

\$69 Adult, Child

Horse fee €65

Saturday, July 11

Capri and Anacapri

Depart Support Site 6:30 a.m.

Depart Capodichino 7 a.m.

\$213 Adult, \$159 Child 2-11

Includes lunch

Sunday, July 12

Wine Tasting in Pompeii*

Depart Support Site 10 a.m.

Depart Capodichino 10:30 a.m.

\$116 Adult, \$89 Child 3-15

Includes lunch

Saturday, July 18

Amalfi Coast by bus

Depart Support Site 8 a.m.

Depart Capodichino 8:30 a.m.

\$139 Adult, \$99 Child 2-11

Includes lunch

Sunday, July 19

Gaeta Beach day

Depart Capodichino 7 a.m.

Depart Support Site 7:30 a.m.

Transportation: \$30 Adult, \$15 Child 2-11

Lido fee: €12 umbrella, €8 lounge chair

*Monthly
Special*

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

Saturday, July 25

Amalfi and Positano by boat

Depart Support Site 6:30 a.m.

Depart Capodichino 7 a.m.

\$73 Adult, \$51 Child 2-11

Boat fee €40

Sunday, July 26

Wine Tasting in Avellino*

Depart Capodichino 9:30 a.m.

Depart Support Site 10 a.m.

\$112 Adult, \$89 Child 2-11

Includes lunch

Friday, July 31

Wine Tasting in the Evening on Mt. Vesuvius

Depart Support Site 4:30 p.m.

Depart Capodichino 5 p.m.

\$108 Adult, \$89 Child 2-11

Includes dinner



- 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 an email notification and a refund.
- Prices are in U.S. dollars, unless otherwise stated.
- Entry fees are not always included.
- Please bring euro cash to pay for your entry fee.
- 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.



It's almost time to celebrate
America's 250th birthday!



With special guest country music
singer-songwriter Larry Fleet!



Entertainment • Food • Fun • Games • Fireworks

FESTA AMERICANA

Saturday, July 4

Carney Park

For a schedule of events and more information, visit www.navymwrnaples.com/festa-americana

For more information, email NaplesMWR_SpecialEvents@us.navy.mil or call 081-811-4459 | DSN 629-4459.

Sponsored by:



In partnership with:





WE ARE HIRING!



Join our valued team at
Fleet and Family Readiness!

Our group includes individuals entry level to senior management who provide quality-of-life services to military, DoD civilians and their families at NSA Naples.

Scan here for current NAF
and GS job openings!





JULY

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)

July 8 and 9, July 22 and 23

Wednesday, 7:45 a.m.-2 p.m.

Thursday, 7:45 a.m.-3 p.m.

Reel Times 2 Cinema, Support Site

Cultural Assimilation Trips to Downtown Naples

Friday, July 10 and 24 | 7:45 a.m.-2:30 p.m.

Cultural Assimilation Overflow Trip (if needed)

Monday, July 27 | 7:45 a.m.-2:30 p.m.

INTERCULTURAL RELATIONS

Easy Italian (beginners)

Tuesday, July 7, 14 and 21

10:30 a.m.-12:30 p.m.

Italian at Lunch Time (Basic Italian for beginners)

Monday, July 13 and 20 | 11 a.m.-12:30 p.m.

FFR Conference Room, Capodichino

Intercultural Relations Trip:

Italian Beach Day

Wednesday, July 15 | 9 a.m.-2:30 p.m.

Intermediate Italian

Wednesday, July 22 | 10-11:30 a.m.

Intermediate Italian at Lunch Time

Tuesday, July 28 | 11 a.m.-12:30 p.m.

FFR Conference Room, Capodichino

NEW PARENT SUPPORT HOME VISITATION PROGRAM

Postpartum Support Group

In partnership with Navy-Marine Corps Relief Society

Wednesday, July 1 and 15 | 10-11:30 a.m.

Community Center, Support Site

PERSONAL FINANCIAL MANAGEMENT

Survivor Benefit Plan (SBP)

Wednesday, July 8 | 10-11 a.m.

Saving and Investing

Wednesday, July 22 | 11 a.m.-Noon

LIFE SKILLS

Stress Management 101

Wednesday, July 1 | 10-11 a.m.

Communication Skills

Wednesday, July 15 | 1-2 p.m.

FAMILY EMPLOYMENT READINESS PROGRAM (FERP)

10 Steps to Federal Hiring

Wednesday, July 1

9 a.m.-1 p.m.

SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

SAPR trainings are subject to change.

Initial Victim Advocate Training (40 hours)

Monday-Friday | July 13-17

8 a.m.-5 p.m.

Capodichino location to be determined

Victim Advocate Refresher Training

Thursday, July 23 | Noon-2 p.m.

Command Military Training

Train the Trainer

Wednesday, July 29 | 11 a.m.-1 p.m.

FAMILY READINESS

Command Ombudsman

Advanced Training

Tuesday, July 21 | 5-5:25 p.m.

Reel Times 2 Cinema, Support Site

Ombudsman Assembly

Tuesday, July 21 | 5:30-6:30 p.m.

Reel Times 2 Cinema, Support Site

RELOCATION

Sponsorship Training

Thursday, July 16

9 a.m.-Noon

Reel Times 2 Cinema, Support Site

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

Family Craft Hour

Friday, July 10 | 3-4 p.m.

Sensory-Friendly Story Time

Tuesday, July 14 | 10-10:30 a.m.

Library Conference Room, Support Site

Command Point of Contact Training*

Thursday, July 16 | 11 a.m.-Noon

Peer Support Group (18 years and older)

Wednesday, July 22 | Noon-1 p.m.

TRANSITION ASSISTANCE PROGRAM

Must be registered by Command Career Counselor

Pre-Separation Workshop

Monday-Wednesday, July 13-15

8 a.m.-4 p.m.

Department of Labor

Employment Workshop (DOLEW)

Thursday and Friday, July 16-17

8 a.m.-4 p.m.

Capstone Event

Tuesday, July 28

9 a.m.-Noon



VIRTUAL WORK AND FAMILY LIFE PROGRAMS

Visit mynavyfamily.com to create an account and access virtual classes and online resources.

Scan the QR code below to book a 1:1 consultation with a team member.



***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



USO NAPLES

FRIDAY LUNCH & FUN

JULY
17 & 24
1130-1230

FREE EVENT



Looking for a great way to kick off your weekend?

Join us at the USO every Friday on Support Site for a fun midday break!

Enjoy a delicious lunch, participate in a fun activity, and connect with fellow service members, friends, and families.

Whether you're heading to the pool, taking a break from your day, or just looking for something fun to do, we've got you covered.

All are welcome! Children must be accompanied by an adult.



USO.org/CENTERS

Wear your
red, white and blue
to celebrate our nation's
250th birthday!

Celebrate **AMERICA'S BIRTHDAY!**

Wednesday, July 1
11 a.m.-1 p.m.
Fleet Recreation Center

Enjoy games, crafts and a slice of birthday cake!
Hot dogs provided by USO.
Beverages and snacks available for purchase.

Fun for all ages!



Supported by:



For more information, please call 081-568-8306 / DSN 626-8306
or email NaplesMWR_Gaeta@us.navy.mil.



AUGUST

activities

Events are held at the Fleet Recreation Center unless specified.



Float into August

Monday, Aug. 3

Begins at 11 a.m.

Enjoy a delicious ice cream float.
While supplies last.

Play Dough® Mania

Wednesday, Aug. 5

Begins at 10:30 a.m.

Make your own dough with recipes provided and collect fun ideas. Create a sculpture and enter our contest. Creations will be on exhibit until Aug. 6. Winner will be decided by patrons.

Best of the Best

Thursday, Aug. 6

Cool off and hone your cognitive skills at the same time. Complete as many crossword puzzles and word searches as possible (levels for all ages.) Be named Best of the Best.

Summer Reading Program Prize Pickup

Monday, Aug. 9

Begins at 10:30 a.m.

If you earned reading credits through the Summer Reading Program, please pick up your prizes at the Fleet Recreation Center or the MWR Libraries at NSA Naples.

Make a Sculpture

Monday, Aug. 10

Begins at 10:30 a.m.

Be creative with Crayola® Model Magic, a crumble-free and easy-to-use modeling compound. Make a fun shape that will air dry. While supplies last.

Color Pop

Wednesday, Aug. 12

10:30 a.m.–Noon

Lots of fun coloring with ice pops.
Supported by USO.



Watermelon Social and Carving

Thursday, Aug. 13

Begins at Noon

Quench your thirst with refreshing watermelon or show off your carving ideas. While supplies last.

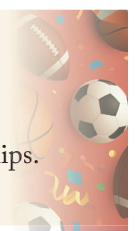


Sports Party

Friday, Aug. 14 and 28

Begins at 4 p.m.

Join the party with Nintendo Switch and chips.
Other snacks available for purchase.

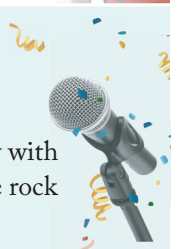


Summer Rocks

Thursday, Aug. 20

Begins at 11 a.m.

Cool down during the heat of the day with a refreshingly cool lemonade, while we rock to fun music and Karaoke.



Corn Hole and Grill Your Own Meat

Friday, Aug. 21

Begins at 11 a.m.

Enjoy corn hole on the Fleet Recreation Center patio. MWR provides the grill and thirst-quenching beverages, while supplies last. Ice cream and snacks are available for purchase.



Origami Paper

Tuesday, Aug. 25

Begins at 11 a.m.

Origami is the art of folding paper to create intricate shapes. MWR provides paper and models.



Summer in Gaeta

Visit or call the MWR Customer Service Desk for fun summer ideas such as sightseeing tours, boat excursions around the Bay of Gaeta, spa services and exercise classes.

Pavilion rental

Olde Mill Inn Park pavilions are available for your next party or event. To rent a pavilion or for more information, call 081-568-8357 | DSN 626-8357.

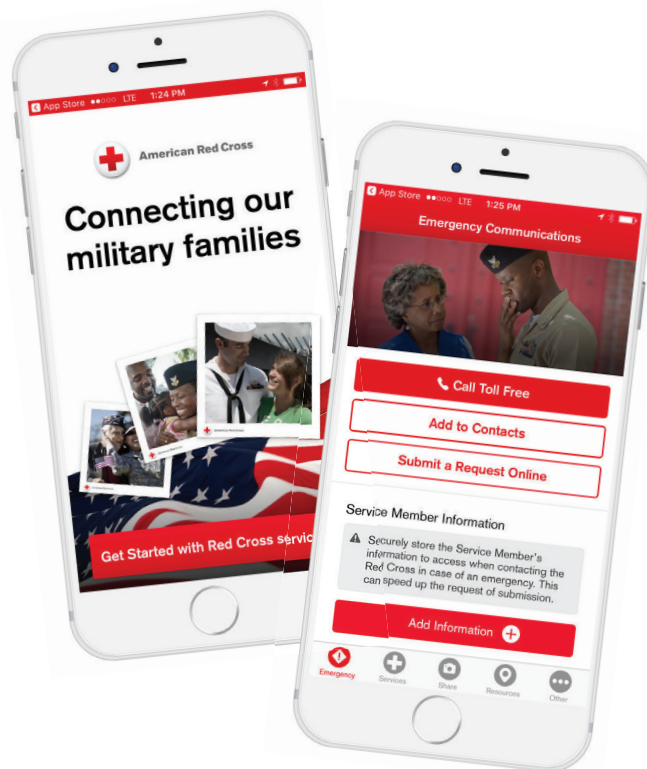
For more information, please call the MWR Service Desk at 081-568-8357 / DSN 626-8357
or email MWR_Gaeta@us.navy.mil.

Connect with MWR 24/7 at www.navymwrnaples.com www.facebook.com/mwrgaeta



FREE Hero Care mobile app

With the Hero Care mobile app, we are making it easy for service members, veterans and their families to connect with the American Red Cross from anywhere around the world, exactly when they need us most.



Our new Hero Care mobile app enables users to:

- Request critical Red Cross services, including requests for emergency travel and financial assistance, along with emergency messages to loved ones.
- Access non-emergency services, such as mental health support for military spouses and children.
- Access resources and information provided by trusted community partners and government agencies.
- Use the app in English or Spanish and contact our call center, which has multi-lingual staff 24/7.
- Store and access service member's information in case of an emergency.



Text GETHEROCARE to 90999 to receive a link to download the app. Scan the QR Code to the right, or visit redcross.org/mobileapps to download the app through the Apple App Store or Google Play Store.



For other Red Cross tools and preparedness information, visit redcross.org/mobileapps to download additional FREE mobile apps today.



**American
Red Cross**

SAPR



INITIAL VICTIM ADVOCATE TRAINING (IVAT)

Event Date: July 13-17 2026

Location: Bella Napoli Conference Room, Capo

STEPS TO BECOMING A SAPR VA:

- Contact your command Admin Unit Victim Advocate or the SAPR office
- Complete your registration paperwork
- Schedule and complete interview with Installation SARC
- Attend the 40 hour course July 13 – 17 2026
- Submit certification package to get certified as a SAPR VA
- All Set! You are on your way to making a difference!

**STEP FORWARD AND BECOME A SAPR VICTIM ADVOCATE (VA) TO
SUPPORT ADULT SEXUAL ASSAULT VICTIMS IN MAKING REPORTS AND
CONNECT THEM WITH RESOURCES.**

REGISTER NOW! CONTACT FFSC SAPR OFFICE

DSN: 629-6372 | COMM: +39 081-811-6372

NSANaplesFFSCSAPR@us.navy.mil

*****PLEASE NOTE this class is the LAST opportunity for E5 and below
to receive the training to become a SAPR VA. Future classes will
only accept E6 and above in accordance with latest policy*****

**Registration is open to Active Duty personnel who have been designated
by their Command as a SAPR UVA. Class will be canceled if fewer than 10
participants register.**





FOR THE PEOPLE WHO SERVE.™



JULY 2026

CALENDAR OF EVENTS

CONNECTING SERVICE MEMBERS AND FAMILIES THROUGH USO NAPLES PROGRAMS.
FOLLOW US ON SOCIAL MEDIA: [FACEBOOK.COM/USONAPLES](https://www.facebook.com/USONAPLES) OR [@USONAPLES](https://www.instagram.com/USONAPLES)

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			1 BBQ CAPO SPINE 11-12	2 11-12 TROOP TIME (CAPO)	3	4 USO ACTIVITY TENT AT FESTA
5	6	7 11-12 TROOP TIME (CAPO)	8 1900 - 2000 SUNSET YOGA (SS)	9 11-12 TROOP TIME (CAPO)	10	11
12	13 10-1130 MORNING MEETUP COMM CTR	14 11-12 TROOP TIME (CAPO)	15	16 11-12 TROOP TIME (CAPO) 6:30-7:30 PAWS IN THE PARK	17 11-12 FRIDAY LUNCH AND FUN	18 BINGO UNDER THE STARS 1830-1930
19	20 10-1130 MORNING MEETUP COMM CTR	21 11-12 TROOP TIME (CAPO)	22 TASTE OF HOME FOR SINGLE SAILORS	23 11-12 TROOP TIME (CAPO)	24 11-12 FRIDAY LUNCH AND FUN	25
26	27 10-1130 MORNING MEETUP COMM CTR	28 11-12 TROOP TIME (CAPO)	29 1830 - 1930 SUNSET JOURNALING(SS)	30 11-12 TROOP TIME (CAPO)	31 18-1930 WATER WARS CENTRAL PARK	

***SOME OF OUR EVENTS REQUIRE REGISTRATION- CHECK WITH YOU LOCAL CENTER
BECOME A USO VOLUNTEER! Sign up at volunteers.uso.org**

USO NAPLES LOCATIONS: S.SITE- VILLAGE FORUM M-F 10-16 AND CAPO- AIR TERMINAL LOUNGE M-T FROM 830-1630
DSN 6265713/6294903 COMM. +39 0815685713 OR +39081-8114903 USONAPLES@USO.ORG

USO NAPLES

SUNSET YOGA IN CENTRAL PARK



FREE EVENT



Sunset Yoga in Central Park
Find your flow and unwind!

**Join USO Naples on
Wednesday, July 8th from
6:30-7:30 PM for one hour of
transformative yoga with
Amanda in Central Park.**

**Please bring your yoga mat
and yoga blocks if you have
them. *REGISTRATION REQUIRED***



USO.org/CENTERS

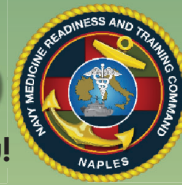


<https://bit.ly/yoga-at-sunset>



Naples Mental Health Roadmap

Are you stressed and want help, but don't know where to start? We got you!



FAMILY, FRIENDS, & CHAIN OF COMMAND

- First resource is existing support system
- Trusted, personal, and least intrusive
- Talk to a front-line leader or supervisor



CHAPLAINS

24/7 Duty Chaplain
+39 366-680-5972

- 100% confidential
- Promotes personal well-being
- Religious guidance and spiritual counseling
- No referral needed



MILITARY & FAMILY LIFE COUNSELING

Scan QR code below for local contacts

- Non-medical counseling & classes
- Duty to Warn reporting requirements
- No referral needed
- No medical record documentation



FLEET & FAMILY SUPPORT CENTER

Appointments: +39 081-811-6372
Virtual Clinical Counseling: +1 855-205-6749

- Non-medical counseling for individuals, couples, families, and youth
- Life Skills: Stress management, coping, relationships, finances
- No referral needed
- No medical record documentation



MILITARY ONESOURCE

Contact: 00-800-342-9647

MilitaryOneSource.mil

- Non-medical counseling for military personnel and family members
- Life Skills: Stress management, coping, relationships, finances
- No referral needed
- No medical record documentation



USNH NAPLES MENTAL HEALTH

Appointments: +39 081-811-6306 | DSN: 629-6306

- Adult individual and group therapy, psychiatry services, and substance abuse evaluations and treatment (SARP)
- Authorized for military duty determinations
- Provider may communicate with your CO and other medical staff
- Active Duty have priority for services
- No referral needed
- Medical record documentation

USNH NAPLES MEDICAL HOMEPORT

Appointments: +39 081-811-6000
DSN: 629-6000

- Medication management and specialty referral as needed
- Provider may communicate with your CO and other medical staff
- Medical record documentation



EMERGENCY ROOM

+39 081-568-4911 | DSN: 911

- Danger to self, others, or gravely disabled
- Not for routine access to care
- Provider will communicate with your CO and other medical staff

988 | **SUICIDE & CRISIS LIFELINE**

In the European Union
00 1 (844) 702-5495

SCAN HERE FOR A FULL LIST OF MENTAL HEALTH RESOURCES



HIGH ← INDIVIDUAL LEVEL OF STRESS → LOW

NSA NAPLES RUN CLUB: IRON AND ASH



**Collect your
kilometers across Italy!**

Begin June 19 and
finish by Feb. 19, 2027–
just in time for the
Naples Half Marathon.



Once you have completed 1,200 km, you will receive a commemorative NSA Naples Run Club t-shirt.

Family members may combine their kilometers for the ultimate family activity. All family members will receive a shirt.



Registration is required:

- Register at Capodichino or Support Site fitness centers now through Dec. 19.
- You must log your monthly kilometers with verifiable proof (via fitness app) at either the Capodichino or Support Site Fitness Center.

For more information, call 081-811-6604 | DSN 629-6604.



NSA NAPLES 2026 LEADERSHIP LEVEL-UP

Join this training series facilitated by our partners at CREDO EURAFCENT and designed to enable transformational leaders:

Develop skills to inspire, lead, and drive success within your team.

Training Topics and Dates:

- Four Lenses | 16 June | 0930-1100
- Professional Team Building | 16 July | 1330-1500
- Speed of Trust | 13 August | 1330-1500
- Atomic Habits | 8 September | 0930-1100

All classes will be held at Capo Classroom G43/44.



Click [here](#) or scan the QR code to register for a course(s).



CREDO EURAFCENT
DSN: 626-5255
COMM: 081-568-5255



NSA NAPLES CMEC
DSN: 626-3986
COMM: 081-568-3986

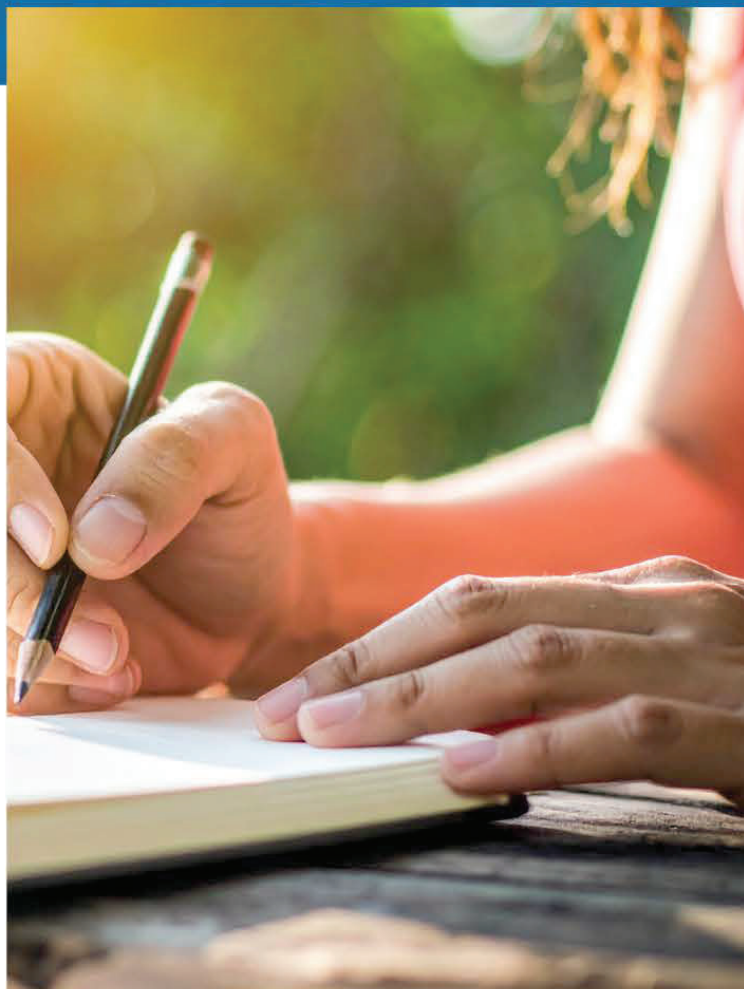
USO NAPLES

SUNSET JOURNALING

WRITE IT OUT UNDER THE STARS



FREE EVENT



Slow down, unplug, and join us for a peaceful evening of reflection as the sun sets over Naples.

On Wednesday, July 29th from 6:30-7:30 PM, we'll gather in Central Park for an hour of guided self-reflection, creativity, and mindfulness.

Whether you're a seasoned journaler or picking up a pen for the first time, this is your opportunity to pause, reset, and capture your thoughts in a beautiful outdoor setting.

Journals and pens will be provided—just bring yourself, an open mind and your favorite blanket!



USO.org/CENTERS

REGISTRATION REQUIRED



[HTTPS://BIT.LY/SUNSET-JOURNALING](https://bit.ly/sunset-journaling)



NMCRS JULY UPDATES

LOCATED BY CAPO FITZONE & COMMUNITY BANK | (081) 568-3913 | NAPLES@NMCRS.ORG

- Postpartum Support Group
- Budget For Baby Workshop
- Uniform Locker (Capo)
- Thrift Store (Support Site)
- Financial Assistance
- Financial Education
- Visiting Nurse*
- Education Assistance Program

ONE LINK TO RULE THEM ALL

linktr.ee/nmcrsnaples

All program, office, and open position details are now available here!



JULY 2026 NMCRS NAPLES THRIFT STORE

PSC 817 BOX 97, FPO AE 09622-0097 | (081) 568-3913 | NAPLES@NMCRS.ORG

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PLEASE FIND ALL PROGRAM AND CONTACT INFO HERE		30	1	2	3	4
		CLOSED FOR SUMMER BREAK				
			POST-PART GROUP			
5	6	7	8	9	10	11
 linktr.ee/naplesnmcrs		SHOPPING & DONATIONS 10AM-1PM 3PM-6PM				SHOPPING & DONATIONS 9AM-12PM
12	13	14	15	16	17	18
		SHOPPING & DONATIONS 10AM-1PM 3PM-6PM				
		BUDGET FOR BABY	POST-PART GROUP			
19	20	21	22	23	24	25
		SHOPPING & DONATIONS 10AM-1PM 3PM-6PM				SHOPPING & DONATIONS 9AM-12PM
26	27	28	29	30	31	
		SHOPPING & DONATIONS 10AM-1PM 3PM-6PM				

USO NAPLES

PAWS IN THE PARK

WATER FUN DAY!



FREE EVENT



Your dog deserves a day out, and this one's going to be a splash.

Join us on Thursday, July 16th from 6:30 to 7:30 PM at the large dog park near the skate park for Paws in the Park, a water day celebration for your four-legged family members, complete with giveaways and plenty of fun in the sun.

Bring your pup, bring your crew, and get ready to make some soggy, happy memories together.



USO.org/CENTERS



NAVY-MARINE CORPS
RELIEF SOCIETY®



NSA Naples
FLEET & FAMILY
SUPPORT CENTER



POSTPARTUM SUPPORT GROUP

We welcome new parents and children under 5
-exclusive Thrift Store shopping time for attendees-
no registration required

1ST AND 3RD WEDNESDAY OF THE MONTH

Support Site Community Center from 10am-11:30am

NMCRS Thrift Store shopping will be after group time on the last Wednesday only. This event is facilitated by the NMCRS Visiting Nurse and FFSC New Parent Support Home Visitor.

NMCRS Contact: naples@nmcrs.com

NPSHV Contact: Kathi.B.Conrad.naf@us.navy.mil



BUDGET FOR BABY WORKSHOPS

Naples NMCRS Budget for Baby Workshop Registration

Workshop held every 3rd Tuesday of the Month
9am-12pm @ S. Site Chapel Classroom #2
Includes \$50 Gift Card and Handmade Blanket





**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!



USO NAPLES

RED WHITE & BBQ!

FREE EVENT

JULY 01
1100-1230



Fire up your Fourth of July and celebrate America's 250th birthday with USO Naples! Take a break from the workday and head over to the Capodichino Spine for an Independence Day cookout you won't want to miss.

Enjoy great food, good vibes, and the kind of company that makes the holiday feel like home — no matter where in the world you're serving.

Come hungry, stay awhile, and join us in marking a milestone 250 years in the making.



USO.org/CENTERS

Teens & Youth

Is Life Feeling Heavy?

It doesn't have to.

Moving again... 😞

Uuugh... overwhelmed!

 **SCHOOL
ADJUSTMENT**

Self-Esteem

SOCIAL MEDIA

Dealing with Body Image

STRESS 

 **RELATIONSHIPS**

Bullying 

 **HOW TO DEAL WITH
MY EMOTIONS**

EMERGENCY CRISIS
DSN: 911
COMMERCIAL:
081-568-4911



Scan for Mental Health Resources.



NSA Naples July 2026

Sexual Assault Prevention and Response Calendar of Events

JUL 07	SAPR Serves Troop Lunch USO, Capo Air Terminal 1100-1200* (*or until food runs out)
JUL 13-17	SAPR Initial Victim Advocacy Training (IVAT) Bella Napoli Conference Room, Capo 0800-1700 *Registration required. Minimum of 10 attendees required.
JUL 23	VA Refresher Training Fleet and Family Support Center, SS 1200-1400
JUL 29	SAPR CMT Train the Trainer (TTT) Fleet and Family Readiness Conference Room, Capo (Building 450) 1100-1300

Advanced registration is recommended for all classes and **REQUIRED** for SAPR IVAT:
nsanaplesffscsapr@us.navy.mil

All classes are subject to change

Local SAPR 24/7 Helpline: +39 335-640-6621



Hungry?

Short on time?

Place your order on the Strikers Grill app

By the time you get to Strikers Grill,
your food will be waiting for you!

It's convenient for breakfast, lunch and dinner.



How to Order

in just a few easy steps:

- Step 1** Download the Strikers Grill delivery app from Apple App store or Google Play store.
- Step 2** Open the app, choose your favorites and add them to your cart.
- Step 3** Enter your payment info and place order.

Once accepted you'll get a "ready for pickup" notification. Then head over to Strikers Grill to walk-in, or pull into a curbside pickup bay!

Strikers Grill Hours

Monday-Friday, 7 a.m.-9 p.m.
Saturday and U.S. holiday, 10 a.m.-9 p.m.
Sunday, Noon-7 p.m.

Breakfast served:

Weekdays, 7-11 a.m.
Saturday, 10 a.m.-Noon
Sunday, Noon-3 p.m.

For more information, call 081-811-4070 | DSN 629-4070
or 081-811-6988 | DSN 629-6988.



TRANSITION ASSISTANCE PROGRAM (TAP) 2026 WORKSHOPS

FLEET AND FAMILY SUPPORT CENTER U.S. NAVAL SUPPORT ACTIVITY NAPLES, ITALY

CORE WORKSHOPS

Pre-Retirement

26 -28 JAN
27- 29 APR
13- 15 JUL
16 - 18 NOV

Pre-Separation

12-14 JAN 3-5 AUG
9-11 FEB 24-26 AUG
16-18 MAR 26-28 OCT
13-15 APR 7-9 DEC
11-13 MAY 11-13 JAN
8-10 JUN 2027

Executive TAP

2-4 MAR*
14 - 16 SEP*
***MUST BE AN
E9,W4,OR O5 & ABOVE
NO EXCEPTIONS***

Transition Tracks

EMPLOYMENT	ENTREPRENEURSHIP	VOCATIONAL	EDUCATIONAL
DEPARTMENT OF LABOR (DOL) EMPLOYMENT WORKSHOP EVERY THURSDAY AND FRIDAY FOLLOWING A CORE TAP WORKSHOP	BOOTS TO BUSINESS Schedule subject to change per availability of SBA instructors 23-24 FEB 22-23 JUN 19-20 OCT	CAREER AND CREDENTIAL EXPLORATION (C2E) 9-10 MAR 4-5 MAY 10-11 AUG 2-3 NOV	MANAGING YOUR (MY) EDUCATION 8-9 JAN 9-10 APR 9-10 JUL 15-16 OCT

TAP is a DoD-wide program; therefore, all TAP workshops follow the same curriculum across all branches and ranks to include Pre-Retirement, Pre-Separation, and Executive TAP.



Participants **MUST** register for workshops through their Command Career Counselor.
Workshops are from 0800-1600.



Contact Us



081-811-6372
629-6372



NSANaplesFFSC@us.navy.mil

TRANSITION ASSISTANCE PROGRAM (TAP) 2026 CAPSTONE EVENT CALENDAR

What is the Capstone Event?

Service members participate in a Capstone Event to validate and verify that they are prepared to be successful following military service by producing documentation that they meet all their Career Readiness Standards (CRS).

All service members are required to attend a Capstone Event a minimum of 90 days prior to their separation/retirement date.

2026 Dates

22 JAN: 0900-1200
19 FEB: 1300-1600
11 MAR: 0900-1200
23 APR: 1300-1600
28 MAY: 0900-1200
25 JUN: 1300-1600
28 JUL: 0900-1200
12 AUG: 1300-1600
29 SEP: 0900-1200
5 NOV: 1300-1600
17 DEC: 0900-1200

Required Documentation

At CAPSTONE, please provide the following documents and/or complete the following activities to show Career Readiness Standards (CRS):

- 1. Individual Transition Plan (ITP)**
- 2. Proof of Registration on eBenefits**
(using your DS/ MyAuth Logon).
- 3. Career Documentation:** Submit ONE of the following:
 - Resume
 - Proof of Employment Offer
 - College Acceptance Letter or Enrollment Verification
- 4. Transition Track Completion:** Completion of a Transition Track. **REQUIRED for Tier 3; cannot be waived.** Optional for Tier 1 & 2.
- 5. Tier-Specific Requirements (Tier 2 & 3):**
 - Gap Analysis
 - Post-Separation Financial Plan

Failure to bring all required documents for CRS completed in full will result in having to reschedule your Capstone. If assistance with these documents is needed, please contact your Command Career Counselor or TAP Manager at FFSC.

For any questions or to learn more, email FFSC at NSANaplesFFSC@us.navy.mil



Participants **MUST** register for Workshops and Capstone Events through their Command Career Counselor.



Contact Us



081-811-6372
629-6372



NSANaplesFFSC@us.navy.mil

Teens & Youth

Is Life Feeling Heavy?

It doesn't have to.

moving again...!

Uuugh! overwhelmed!

EMERGENCY CRISIS
DSN: 911
COMMERCIAL:
081-568-4911

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.



USO NAPLES

USO TROOP TIME: GOOD FOOD, GREAT COMPANY!



Take a break and refuel at
**USO Troop Time every
Tuesday and Thursday
from 11:00-12:00 at the
USO Capo Lounge.**

Enjoy a meal, connect with
local base organizations,
learn about local resources
and join in on minute to win
it games to win great prizes!



USO.org/CENTERS

USO YOUTH PROGRAMS

WATER WARS!

JULY 31
1800-1930



FREE EVENT

Join us at Central Park for an afternoon of water games, summer activities, and plenty of fun—including a cool slip-and-slide! With support from the NSA Naples Fire Department, the USO team is bringing the coolest event of the summer.

Grab your swimsuit, bring your friends, and get ready for an unforgettable afternoon of summer fun!





Stay Connected to

NSA Naples Quality of Life Programs

WEB

This is your one stop for all information about Quality of Life Programs. View upcoming events, hours of operation and learn more about programs and services that help our military community members thrive in the NSA Naples area. The Website includes information for NSA Naples and NSAND Gaeta MWR, Child and Youth Programs, Fleet and Family Support Center and Housing.



www.navymwrnaples.com



SOCIAL MEDIA

Stay connected 24/7 to NSA Naples Quality of Life programs! Learn about the programs, services and events at NSA Naples to take care of our military community members. We want to help you make the most of your time while stationed in Naples.



MWR

facebook.com/mwrnaples



Child and Youth Programs

facebook.com/napleschildandyouthprograms



Liberty

facebook.com/libertynaples



MWR

instagram.com/naplesmwr



Child and Youth Programs

instagram.com/naples_cyp



Liberty

instagram.com/naplesliberty



Fleet and Family Support Center

facebook.com/NaplesFFSC



Naples Housing

facebook.com/NSANaplesHousing



Navy Life Naples

Download Navy Life Naples app

GAETA

The Facebook page includes MWR, Child and Youth Programs, Fleet and Family Support Center, Housing and Liberty information for the NSAND Gaeta community.



facebook.com/mwrgaeta



See a movie

at Reel Times 2 Cinema



New stadium seating!



Scan here for a
weekly schedule

Reel Times 2 cinema



JOIN US AT THE CHAPEL

NSA NAPLES SUPPORT SITE & CAPODICHINO

CATHOLIC WORSHIP

Saturday

16:00 | Confession & Adoration

17:00 | Mass | Support Site

Sunday

10:45 | Confessions

11:30 | Mass | Support Site

Weekday Masses

(Except for Federal Holidays falling on M-F)

Tuesdays & Thursdays | 12:00 | Capo

Wednesdays & Fridays | 08:30 | Support Site

Confessions 30 mins prior to Mass.

PROTESTANT SUNDAY SERVICE

Sunday | 09:30 Service | Support Site



Points of contact for local Jewish and Latter Day Saints are available. Please contact the Chaplain's Office for more information, see info below.

† WOMEN'S GROUPS

Catholic Women of the Chapel

Tuesdays | 18:30 | Support Site

Wednesdays | 09:30 | Support Site

Facebook: CWOC - Naples, Italy

Protestant Women of the Chapel

Tuesdays | 09:00 | Support Site

Facebook: PWOC Naples, Italy Group

† MEN'S GROUPS

Catholic Men's Bible Study

Saturdays | 08:00 | Support Site

Knights of Columbus

Monthly meetings | Facebook: Knights of Columbus, San Gennaro Council 14853.

Protestant Men's Bible Study

Wednesdays | 18:00 | Support Site

† RELIGIOUS EDUCATION

Catholic CCD

Sundays | 10:00-11:00 | Support Site

Catholic Youth Group

Sundays after 11:30 Mass and by announcement | Support Site

Catholic OCIA

Tuesdays | 18:00 | Support Site

Protestant Awana Club

Sundays | Support Site

Protestant Youth Group

Second & Third Wednesdays | 17:00 | Support Site

Family Life Group

First & Third Wednesdays | 17:00-19:00 | Support Site

CONTACT INFO

Facebook @NSA Naples Chapel

Chaplain's Office Support Site

DSN: 629-4608 | Com: 081-811-4608

Chaplain's Office Capodichino

DSN: 626-6817 | Com: 081-568-6817

Duty Chaplain | +39 366-680-5972

Catholic Religious Education

naplesccd@gmail.com

Catholic Women of the Chapel

naplescwoc@gmail.com

Knights of Columbus

kofcnaples@gmail.com

Protestant Contact

matthew.a.riley10.mil@us.navy.mil

TEXT-A-CHAPS | +39 (331) 646-0168