

## U.S. NAVAL SUPPORT **ACTIVITY, NAPLES**

# BASEWIDE MONTHLY EVENTS & ACTIVITIES

All-In-One Place > Updated Monthly





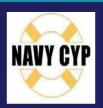








What's **Happening...** 





**Liberty Activities** 

For E1-E6 single and unaccompanied service members





Captain's Cup

MONTHLY EVENTS @ USO Naples



#### FLEET AND FAMILY SUPPORT CENTER

#### △ AREA ORIENTATION

Area Orientation (mandatory for newcomers) June 11 and 12, June 25 and 26 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, June 13 and 27 | 7:45 a.m.-2:30 p.m. Monday, June 30 | 7:45 a.m.-2:30 p.m. (all ages)



#### **Pre-Separation Workshop**

Monday-Wednesday, June 9-11 8 a.m.-4 p.m.

#### **Department of Labor Employment Workshop**

Thursday and Friday, June 12 and 13 8 a.m.-4 p.m.

#### **Boots to Business: Entrepreneurship Track**

Monday and Tuesday, June 16 and 17 8 a.m.-4 p.m.

#### **TAP Preparing for Capstone**

Tuesday, June 24 9 a.m.-Noon

#### **TAP Capstone**

Monday, June 30 9 a.m.-Noon

#### **RELOCATION**

#### **Sponsorship Training**

Thursday, June 5 9 a.m.-Noon Command Conference Center, Capodichino

#### **Smooth Move**

Friday, June 27 9 a.m.-Noon

#### PERSONAL FINANCIAL **MANAGEMENT**

#### Million Dollar Sailor Tuesday-Wednesday, June 10-11 8 a.m.-4 p.m.

**Command Financial Specialist Refresher** 

Thursday, June 12 | 8 a.m.-4 p.m.

#### INTERCULTURAL RELATIONS

Easy Italian (Beginners) Tuesday, June 3, 10 and 17 10:30 a.m.-12:30 p.m.

#### **Italian at Lunchtime**

(Basic Italian for beginners) Monday, June 9 and 16 11 a.m.-12:30 p.m. Capodichino

#### Intermediate Italian

Wednesday, June 18 10:30 a.m.-Noon

#### Advanced Italian at Lunchtime

Tuesday, June 24 11 a.m.-12:30 p.m. Capodichino

#### **Italian Housecleaning Seminar and Trip**

Thursday, June 12 11 a.m.-Noon

**Intercultural Relations Trip: Naples Food Tour** 

Thursday, June 19 9 a.m.-2:30 p.m.

#### FAMILY EMPLOYMENT **READINESS PROGRAM**

**Department of Labor Spouse Federal Hiring** 

Wednesday, June 18 9:30-11:30 a.m.

**Department of Labor Spouse Interview Skills** Wednesday, June 18 Noon-2 p.m.



#### FAMILY READINESS

#### **Ombudsman Basic Training**

Monday-Wednesday, June 2-4 8:30 a.m.-3:30 p.m.

#### **Ombudsman Assembly Meeting**

Tuesday, June 17 5:30-6:30 p.m.

Reel Times 2 Cinema, Support Site



#### **Resident Advisor**

Tuesday, June 10 1-3 p.m.

#### **Command Duty Officer Training**

Thursday, June 12

11 a.m.-1 p.m.

FFR Conference Room, Capodichino

#### Victim Advocate Refresher (CEU) Wednesday, June 25

1-3 p.m.

#### **EXCEPTIONAL FAMILY** MEMBER PROGRAM (EFMP)

**Command Point of Contact Training\*** Wednesday, June 11 | 11 a.m.-Noon

#### Transitioning to Adulthood\* Thursday, June 12 | 10-11 a.m.

Leadership Brief\* Wednesday, June 18 1-2 p.m.

**EFMP Overview** Wednesday, June 25 10-11 a.m.



#### VIRTUAL WORK AND **FAMILY LIFE PROGRAMS**

The following programs are currently being offered virtually. Visit mynavyfamily.com to create an account and access virtual classes and online resources.



**FAMILY EMPLOYMENT READINESS PROGRAM** 



LIFE SKILLS



PERSONAL FINANCE **MANAGEMENT** 

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



\*Virtual class







Sunday, June 1

#### Amalfi and Positano by boat

Depart Support Site 6:30 a.m., depart Capodichino 7 a.m. \$61 Adult, \$45 Child 2-11 years old €40 boat fee

Saturday, June 7

#### Horseback Riding on Mt. Vesuvius

Depart Support Site 7:30 a.m., Capodichino 8 a.m. \$61 Adult and Child, 6-11 (no children 5 years or younger) €65 horse fee

Sunday, June 8

#### **Wine Tasting in Pompei\***

Depart Support Site 10 a.m., depart Capodichino 10:30 a.m. \$100 Adult, \$89 Child 3-15, includes lunch

Thursday, June 12

#### Naples Underground in the Evening

Depart Support Site 3 p.m., depart Capodichino 3:30 p.m. \$50 Adult, \$35 Child 2-11 €12 entry fee

Friday, June 13

#### Amalfi Coast by bus

Depart Support Site 8 a.m., depart Capodichino 8:30 a.m. \$125 Adult, \$89 Child 2-11, includes lunch in Vietri

Saturday, June 14

#### Pompeii and Cameo Factory

Depart Support Site 8:30 a.m., depart Capodichino 9 a.m. \$59 Adult, \$39 Child 2-11

Entry fee €21, free for children 17 years and younger

Sunday, June 15

#### Horseback Riding on Mt. Vesuvius

Depart Support Site 7:30 a.m., depart Capodichino 8 a.m. \$61 Adult and Child, 6-11 (no children 5 years or younger) €65 horse fee



Friday, June 20

#### Naples Catacombs

Depart Support Site 8:30 a.m., depart Capodichino 9 a.m. \$55 Adult, \$39 Child 2-11 €12 entry fee

Saturday, June 21

#### Capri and Anacapri

Depart Support Site 6:30 a.m., depart Capodichino 7 a.m. \$192 Adult, \$135 Child 2-9, includes lunch

Sunday, June 22

#### Wine Tasting in Taurasi\*

Depart Capodichino 9:30 a.m., depart Support Site, 10 a.m. \$113 Adult, \$89 Child 3-15, includes lunch

Friday, June 27

#### Path of the Gods

Depart Support Site 6:30 a.m., depart Capodichino 7 a.m. \$71 Adults only

Saturday, June 28

#### Amalfi Coast by bus

Depart Support Site 8 a.m., depart Capodichino 8:30 a.m. \$125 Adult, \$89 Child 2-11, includes lunch in Vietri

Sunday, June 29

#### Wine Tasting in Avellino\*

Depart Capodichino 9:30 a.m., depart Support Site 10 a.m. \$100 adult, \$89 child 3-15, lunch included

Professional tour guide leads group.

\*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





#### **Lunchtime Bowling**

Monday-Friday
11 a.m.-1 p.m.
Buy a Strikers Grill combo meal,
get one game of bowling and
shoe rental for \$3.

#### **Bowling Happy Hour**

Tuesday and Wednesday
4-6 p.m.
Buy a game of bowling,
get shoe rental free.

#### Strikers Grill Happy Hour





#### 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**

## TODDLER TIME



Toddler Time with USO & EDIS!

Join us every Tuesday in from 10-11 AM at the Community Center for a fun-filled morning of storytime, play, and activities designed for little ones! No registration needed—just drop in and enjoy!







## Stroller Club

Mondays and Wednesdays · 8-9 a.m. Central Park, Support Site





Engage your little one in the stroller while getting a total body workout!

The class includes strength, cardio and core training. You will leave class feeling strong, powerful and energized.

No registration required.

For more information, call 081-811-6489 | DSN 629-6489.



#### **USO YOUTH PROGRAMS**

# USO FUN FRIDAYS!



Join us on Fridays from 10:00-11:30 AM for themed activities full of summer fun!

Whether we're soaking up the sun outside or beating the heat indoors, it's always a great time for kids to laugh, play, and make memories.

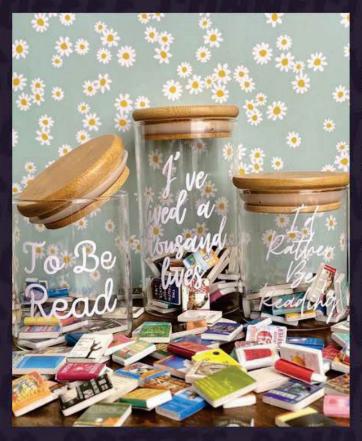
Don't miss out on the fun every Friday is a new adventure!



**USO.org/YouthPrograms** 

#### USO COFFEE CONNECTIONS

# BOOK LOVERS: TBR JAR



Looking for your next great read? Want a fun way to celebrate the books you've already conquered? Stop by and create your own miniature books for your "To Be Read" Jar! Perfect for book lovers and coffee sippers alike!



bit.ly/NaplesTBRjar

# NAVY EXCHANGE IN STORE SPECIAL EVENT!



#### Saturday, June 7, 2025

#### Starting at 10:00AM

Think you've got what it takes to be the ultimate gamer? Join us for an epic Nintendo Switch Gaming Competition!

\*Participants must be at least 13 years of age.

\*Simply scan the QR Code and provide your Name, Command, E-mail Address, and Phone Number you can be reached at. Rules and details will be sent to registrants.

Space is limited so sign up now! Registration ends June 5<sup>th</sup> @12:00PM



Battle it out for a chance to win a \$300 NEX Gift Card

CONGRATULATIONS TO OUR HIGH SCHOOL GRADUATES!

# FALO FILM AND FUN



Thursday, June 12
7-10 p.m.
Between pavilions 1 and 2
Support Site

Celebrate the risks you take and the goals you made.

Bonfire, light refreshments and movie in the park

High school seniors and juniors only. Bring a camping chair and blanket.

Register at the Teen Center by Monday, June 9. For more information call 081-811-4395 | DSN 629-4395 or email NaplesCYP1@us.navy.mil.





1 Degree of Separation is a comedy show and suicide prevention effort aimed at ending the stigma of mental illness through discussion, laughter and straight talk.

Join us for laughter with a message of healing.

All shows are free.



Thursday, June 12 = 10 a.m. (doors open at 9:30 a.m.)

**Command Conference Center, Capodichino** 

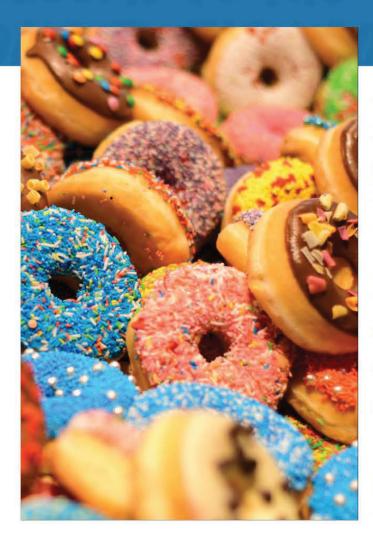






#### USO NAPLES

# A SWEET DAY TOGETHER: DADS & DONUTS



Join us for this delicious event on June 15th at the Support Site Community Forum from 1300-1430.

This is an event to celebrate the amazing fathers in our community with some sweet treats and great company.

Bring your appetite and your best dad jokes—it's going to be a wonderful time!



**USO.org/CENTERS** 

## TEEN ORIENTATION TRIP

Are you new to Naples and in grades 7-12?



9 a.m.-5 p.m.

\$15

Trip departs from and returns to the Support Site Teen Center. Youth in grades 7-12 who are registered with NSA Naples CYP are welcome to attend. Please bring a packed lunch, snacks and drinks, swimsuit and beach towel.

What guarantees your spot?

- Completed CYP registration form
- Field trip permission form signed by your parent/guardian
- Field trip payment

Register at the School Age Care front desk, Bldg. 2072. Scan here for CYP Teen Center registration packet.



Register by June 6



#### USO NAPLES

# ICE CREAM EXPRESS: GET THE SCOOP ON VOLUNTEERING



June 18th from 1400-1530 outside of the commissary for free ice cream and the inside scoop on how you can help serve those who serve by volunteering with the USO.

Come grab a sweet treat, meet the USO team, and see how sweet giving back can be.



**USO.org/CENTERS** 

#### USO GAMING

**28** 1700-1830

## SUMMERTIME BINGO IN THE PARK



Join us for an evening of Bingo in the Park on June 28th from 1700-1830 at Support Site Central Park. Exciting games await with a treasure trove of prizes and giveaways up for grabs! This family-friendly event welcomes everyone to test their luck, enjoy the outdoors, and experience the thrill of shouting "BINGO!" as you compete for amazing rewards.

X @USOGG





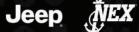


**USO.org/GAMING** 

GLOBAL USO GAMING PARTNERS













#### **USO CANINE PROGRAM**

# PAWS IN THE PARK



Join us for Paws in the Park on June 30th from 1800-1900 at the dog park near the skate park on Support Site!

Bring your four-legged friends for some tail-wagging fun including treats, games, and socialization time for both pets and their humans.



**USO.org/CANINE** 

# Golf Course CLOSED

for Maintenance

#### Tuesday, June 24

In order to improve the golf course, the course will be closed to allow workers to conduct extensive maintenance.

The golf course will resume regular operations on June 25 at 9 a.m.

Thank you for understanding as we make the golf course better for your enjoyment—and hopefully improve golf scores.







Come one, come all! Step right up and join the fun!

# CARNIVAL!

**End-of-the-year Celebration** 



#### Tuesday, June 10 • Teen Center, Support Site

#### Food, music and activities provided.

Teens of all ages (rising seventh graders to recent high school graduates).

Please contact the School Liaison if you will be departing Naples this summer.

Attention rising seventh grade parents: School Age Care (SAC) staff will be accepting registration paperwork at this event. Please bring the completed Teen Center registration packet to the party. Download the registration packet at:









## **FAMILY BOWLING**

# Have fun with your family and friends at Strikers!



#### **FAMILY BOWLING**

- Mondays, 4-8 p.m.
- \$15 per lane, per hour(for up to six people)
- Includes shoe rental

#### SCHOOL EARLY RELEASE DAYS

- 11 a.m.-4 p.m.
- \$15 per lane, per hour(for up to six people)
- Includes shoe rental

For more information, call 081-811-6976 | DSN 629-6976 or stop by Strikers Bowling Center.





#### KIDS SUMMER

# MOVIES

Beat the heat with an afternoon movie on Wednesdays, Thursdays and Fridays this summer!

#### SCHEDULE

June 11 Sing (G)

June 12 Zootopia (PG)

June 13 Soul (PG)

June 18 Wall-E (G)

June 19 Surf's Up (PG)

June 20 Turning Red (PG)

June 25 Super Mario Brothers (PG)

June 26 Encanto (PG)

June 27 Sonic the Hedgehog (PG)

July 2 Despicable Me 4 (PG)

July 3 Dogman (PG)

July 9 Paw Patrol (G)

July 10 The Princess and the Frog (G)

July 11 Kung Fu Panda 4 (PG)

July 16 The Lion King (1994) (G)

July 17 Wish (PG)

July 18 Harold and the Purple Crayon (PG)

July 23 Aladdin (1994) (G)

July 24 Luca (PG)

July 25 Piece by Piece (PG)

July 30 Finding Nemo (G)

July 31 Coco (PG)

Aug. 1 E.T. The Extra-Terrestrial (PG)

Aug. 6 Wreck It Ralph (PG)

Aug. 7 Moana 2 (PG)

Aug. 8 Penguins of Madagascar (PG)

\$1 2 p.m.

#### Reel Times 2 Cinema

Seating is on a first-come, first-served basis.

Concession stand will be open

(no outside <mark>fo</mark>od or beverages all<mark>ow</mark>ed.)

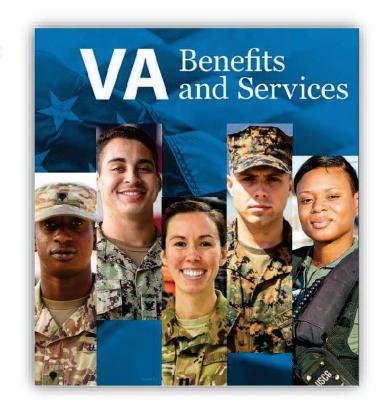
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## **VA Benefits Advisor**

Office Hours: 0800 – 1600 Monday through Friday

VA Benefits Advisors are available to provide One-On-One assistance to help you understand how to navigate VA and the benefits and services you've earned through your military career;

- ✓ Disability and Compensation
- √ VA Health Care
- ✓ Education
- ✓ Insurance (Dental and Life)
- ✓ Home Loan Guaranty
- ✓ Pension
- Personalized Career Planning and Guidance
- ✓ Veteran Readiness and Employment
- ✓ Find Local Support



#### Jose Germosen

Benefits Advisor Site Lead (Contractor)
Room W52, Bldg. 2072B
NSA Naples
Team CALIBRE
Veterans Benefits Administration
DSN 314-629-6372 (office)
+ 39 344-524-6256 (cell)
Jose.Germosen.ctr@vatap.calibresys.com



Please do not send any personally identifiable information (PII) or protected health information (PHI), including medical records, social security numbers, driver's license information, education and employment history, passport information, DD Form 214, to VA Benefits Advisors.



# Virtual Transition Assistance Program

**APR-JUN 2025** 

#### The Transition Assistance Program

- Designed to provide success in transitioning from military to civilian life.
- Meets career Readiness Standards (CRS) with resources, tools, services and skillbuilding.
- Live facilitator components from the Fleet and Family Support Center, Department of Labor and the Small Business Administration.

#### Certificate of Completion

- Must be logged into the live classroom under your own LMS account.
- Single-session training: Attendance required for the full length.
- Multiple-session training: Attendance required for all components to fulfill Career Readiness Standards.

#### Transitioning Spouses

- Spouses are welcome to attend VTAP training.
- The self-paced <u>Navy Spouses in Transition</u> is available 24/7 to prepare spouses for uncertainties such as a possible move, financial adjustment and job searching. The training can be found in the Navy Career and Transition section of the home page of MyNavyFamily.com.

| Title  | Date   | EASTERN  | PACIFIC  |
|--|--------|----------|----------|
|  | 8 Apr  | 11:00 AM | 8:00 AM  |
|  | 22 Apr | 6:00 PM  | 3:00 PM  |
| Pre-Separation Counseling<br>2 Hours                                 | 13 May | 9:00 AM  | 6:00 AM  |
| Z nouis  | 27 May | 6:00 PM  | 3:00 PM  |
|  | 10 Jun | 11:00 AM | 8:00 AM  |
|  | 24 Jun | 6:00 PM  | 3:00 PM  |
|  | 23 Apr | 7:15 PM  | 4:15 PM  |
| Military Occupational Codes Crosswalk<br>(MOC Crosswalk)             | 13 May | 5:00 PM  | 2:00 PM  |
| 1.5 Hours  | 28 May | 7:15 PM  | 4:15 PM  |
|  | 25 Jun | 7:15 PM  | 4:15 PM  |
|  | 23 Apr | 6:00 PM  | 3:00 PM  |
| Managing Your Transition (MY Transition)                             | 13 May | 11:30 AM | 8:30 AM  |
| 1 Hour   | 28 May | 6:00 PM  | 3:00 PM  |
|  | 25 Jun | 6:00 PM  | 3:00 PM  |
|  | 24 Apr | 6:00 PM  | 3:00 PM  |
| Financial Planning for Transition                                    | 13 May | 1:00 PM  | 10:00 AM |
| 4 Hours  | 29 May | 6:00 PM  | 3:00 PM  |
|  | 26 Jun | 6:00 PM  | 3:00 PM  |
| DOL Employment Fundamentals<br>of Career Transition<br>8 Hours       | 14 May | 9:00 AM  | 6:00 AM  |
| SBA Entrepreneurship (Boots to Business) (Part 1 of 2) 4 Hours       | 15 May | 11:00 AM | 8:00 AM  |
| SBA Entrepreneurship (Boots to Business)<br>(Part 2 of 2)<br>4 Hours | 16 May | 11:00 AM | 8:00 AM  |

#### To Register for these or any other Virtual FFSC webinars:

- 1. Make a free account at MyNavyFamily.com.
- 2. Click on "Live Webinars" at the top of the page to view the full list of offerings.
- 3. Click on the title of a session to view the information and description.
- 4. Click on "register now" to register for the course.



## SC WEBINAR SCHEDUL

We have webinars scheduled to suit time zones around the world!
Visit MyNavyFamily.com, select a topic, and view available sessions with times automatically converted to your local time.

#### **EMPLOYMENT**

| Power Up Your Resume                      | 6/4/25  | 1:00 PM EDT  | 10:00 AM PDT |
|---|---------|--------------|--------------|
| for Remote Jobs                           | 594 589 |              |              |
| Al Resume Building - A Paradigm Shift     | 6/5/25  | 12:00 PM EDT | 9:00 AM PDT  |
| Al Job Search Optimization 2025           | 6/6/25  | 9:00 AM EDT  | 6:00 am pdt  |
| USAJOBS 2025                              | 6/13/25 | 9:00 AM EDT  | 6:00 AM PDT  |
| LinkedIn and How to Make it Work for You! | 6/23/25 | 10:00 AM EDT | 7:00 AM PDT  |

#### Want more? Click on Employment for dates and times for:

- Becoming Federal Resume Savvy
- · Job Search Hacks
- · Mastering the Modern Resume
- · Mastering Virtual Interviews
- Remote Ready: A Spouse's Roadmap to a Virtual Career!
- Understanding USAJobs

#### **EXCEPTIONAL FAMILY MEMBER (EFMP)**

Music Together for Children with Special Needs

6/5/25

12:30 PM EDT

9:30 AM PDT

#### ENTAL WELL-BEING

Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships

6/13/25

1:00 PM EDT

10:00 AM PDT

#### PARENTING



| How to Protect the Next                           | 6/3/25  | 1:00 PM EDT | 10:00 AM PDT |
|---|---------|-------------|--------------|
| Generation in the Digital Age                     |         |             |              |
| Parenting and Sexual Development (SHAPE Module 1) | 6/6/25  | 8:30 AM EDT | 5:30 AM PDT  |
| Parenting to Prevent PSB: Teens (SHAPE Module 5)  | 6/11/25 | 6:30 PM EDT | 3:30 PM PDT  |
| College Bound - Survivor Secrets                  | 6/25/25 | 7:00 PM EDT | 4:00 PM PDT  |
| What About the Kids?                              | 6/26/25 | 1:00 PM EDT | 10:00 AM PDT |

#### Join us for these webinars offered throughout June:

- · Helping Kids Thrive Through Change
- · Spotting the Signs of Youth Suicide

#### **DEPLOYMENT SUPPORT**

IA Deployment 101

6/17/25

1:00 PM FDT

10:00 AM PDT

**Looking for more?** Click Deployment on the LMS for the following trainings.

- · Deployment Sleep Strategies
- Equipping Your Kids During Deployment
- Ready, Set, Deploy: Pre-Deployment Planning
- · Single Sailor Deployment Tools
- · The Service Member's Guide to Family Care Plans



#### **TRANSITION**



| Spouse Transition And Readiness Table Talk (S.T.A.R.T.) | 6/20/25 | 9:00 AM EDT | 6:00 AM PDT |
|---|---------|-------------|-------------|
| Why Does This Job Fair Not Have Any Rides?              | 6/18/25 | 4:00 PM EDT | 1:00 PM PDT |



Go to MyNavyFamily.com to log in or create a free account. Select the category on the

home page, then select your webinar.

Confirm the start time and click"Enroll Me."

The libraries celebrate the spirit of adventure with special book displays, suggested bibliographies and a photo contest.



# PHOTO Contest!

The photo contest theme is

"THROUGH THE BACK ROADS OF ITALY."

The winner of each age-group category wins a prize! Submit your entry by June 30.

To download the entry form, go to www.navymwrnaples.com/recreation/libraries/library-contests



Check out the libraries for new travel guides to great destinations in Italy and Europe!





## Complete an annual registration packet, so you can be ready when your teen is!

#### Steps:

- 1. Go to navymwrnaples.com/child-youth/teen-center
- 2. In the Downloads list, on the right, download "NSA Naples Teen Center Registration Packet."
- 3. Complete the form (print or type information).
- 4. Drop off the form at School Age Care on Support Site.





Do you want to earn extra cash doing something you enjoy?







Do you have a passion for youth sports?

Naples Youth Sports and Fitness is seeking sports officials for the following sports:

- Baseball
- Basketball
- Flag football
- Softball
- Soccer
- Volleyball

If you are interested or for more information, please email NaplesYSF@us.navy.mil.





# AMERICAN SOCCER CLUB OF NAPOLI

# 2025-2026 ASC CLUB EVENTS

## **SAVE THE DATE!**

Tryout Camp--- August 19, 20, & 21
Tryouts-- August 26, 27, & 28
ODP-E Tryouts-- September 6



Visit tinyurl.com/ascnaples for more information!

# PERSONAL GROWTH

| Building Bridges-Nurturing Healthy<br>Relationships | 6/5/25  | <b>1:00</b> am edt  | <b>10:00</b> AM PDT |
|---|---------|---------------------|---------------------|
| Understanding Anger                                 | 6/10/25 | 10:00 AM EDT        | 7:00 AM PDT         |
| Anger Management                                    | 6/10/25 | <b>11:00</b> AM EDT | 8:00 AM PDT         |
| Habits of Happy People                              | 6/10/25 | <b>11:00</b> AM EDT | 8:00 AM PDT         |
| Conflict Management                                 | 6/25/25 | <b>11:00</b> AM EDT | 8:00 AM PDT         |

#### PERSONAL FINANCIAL MANAGEMENT

| Coins to Credit: Raising Money-Savvy Kids    | 6/4/25  | 1:00 PM EDT  | <b>10:00</b> am pdt |
|--|---------|--------------|---------------------|
|  | 6/25/25 | 1:00 PM EDT  | 10:00 AM PDT        |
| Touchpoint Talk Marriage                     | 6/13/25 | 11:30 AM EDT | 8:30 AM PDT         |
| Military Marriage 101:                       | 6/25/25 | 1:00 PM EDT  | 10:00 AM PDT        |
| Building Stronger Bonds & Financial Security |         |              |                     |
| Let's Get Financially Fit!                   | 6/27/25 | 3:00 PM EDT  | 12:00 PM PDT        |



#### **Click Personal Financial Management** for webinars on:

- Booties & Budgets: Welcoming Your First Child and Baby-Proofing Your Finances
- Command Your Credit
- Emergency Financial Preparedness
- Financial Readiness Before Deployment: Securing Your Future
- Making the Most of your Overseas Pay
- Making your Money work for you
- Military Retirement Planning
- PCS and your Pocketbook
- Planning your Financial Future
- Servicemembers Civil Relief Act Q&A
- Stretching Budgets and Maximizing Nutrition
- TSP Essentials for Navy Life: Grow Your Savings, Secure Your Future

#### RELOCATION

Click the Relocation category for Calming Cultural Shock, Planning the Perfect PCS, Stepping up Support: Sponsorship Training, and The PCS Process — all offered several times throughout June for your convenience!

| Smooth Move                           | 6/3/25  | 1:00 PM EDT         | 10:00 AM PDT        |
|---------------------------------------|---------|---------------------|---------------------|
| Relocation: Moving Overseas           | 6/5/25  | <b>12:00</b> PM EDT | <b>9:00</b> AM PDT  |
| PCS Within the Continental US (CONUS) | 6/17/25 | <b>12:00</b> PM EDT | <b>9:00</b> AM PDT  |
| Sponsor Training                      | 6/18/25 | 3:00 PM EDT         | <b>12:00</b> PM EDT |
| Smooth Move OCONUS                    | 6/26/25 | 2:00 PM EDT         | 11:00 AM PDT        |

#### RESILIENCE

Mind Body Mental Fitness (MBMF)

| Module 1: Stress Resilience  | 6/24/25 | <b>11:00</b> AM EDT | 8:00 AM EDT        |
|------------------------------|---------|---------------------|--------------------|
| Module 3: Living Core Values | 6/3/25  | 1:00 PM EDT         | 10:00 AM EDT       |
| Module 4: Flexibility        | 6/10/25 | <b>1:00</b> PM EDT  | 10:00 AM PDT       |
| Module 5: Problem Solving    | 6/17/25 | <b>1:00</b> PM EDT  | 10:00 AM PDT       |
| Module 6: Connection         | 6/24/25 | <b>1:00</b> PM EDT  | 10:00 AM PDT       |
| Stoicism Principles          | 6/20/25 | <b>9:00</b> AM EDT  | <b>6:00</b> AM PDT |
| and Stress Management        |         |                     |                    |
| Stress Management            | 6/24/25 | 10:00 AM EDT        | 7:00 AM PDT        |



Want to learn more about resilience? Join us for Bounce Back Better. See the LMS for times in your time zone.









# NAPLES WELLNESS COLLECTIVE

**CLUBS • SPORTS • SUPPORT GROUPS • SKILL-BUILDING • HOBBIES** 

Living well starts with taking care of your whole self: your mind, body, spirit and social life.





Find your thing! Scan the QR code and choose something to do for yourself today!









Living well starts with taking care of your whole self: your mind, body, spirit and social life.



Taking care of your body starts with eating healthy.



Look for healthy, easy meal ideas on recipes posted throughout the Commissary. The recipes have been approved by the Naval Hospital dietitian. Ingredients are located near the recipe, so you can grab and go!





Scan here for all healthy recipes.







# 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!





Get your Degree with UMGC Naples

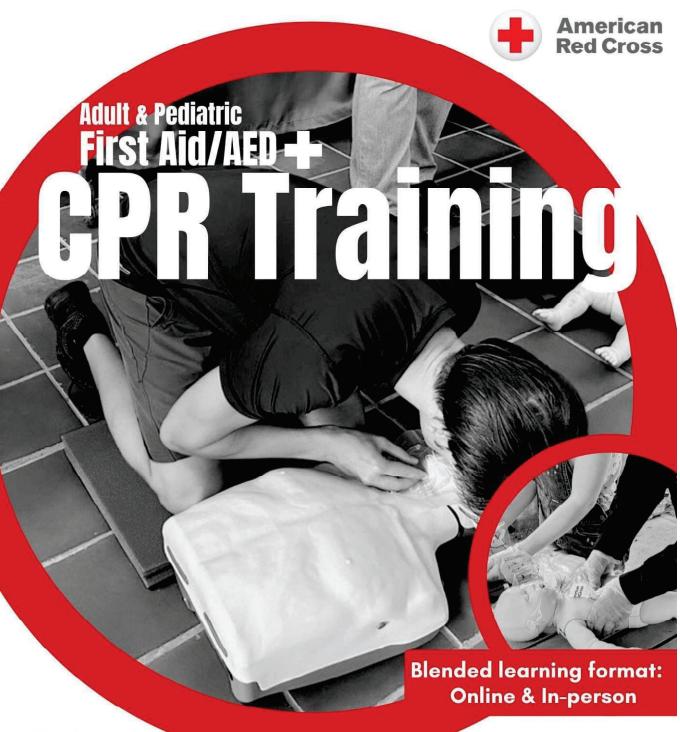


FOLLOW US
ON FACEBOOK

facebook.com/UMGCNaples







We also offer:

Babysitter certification with CPR/AED/First Aid



081-568-4788



naples@redcross.org

Upcoming classes and registration



Is Life Feeling Heavy?

moring again... i Uuugh! overwhelmed!

It doesn't have to.









#### **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.

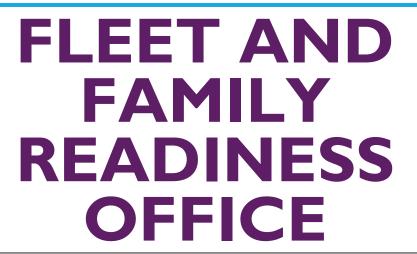
#### **Local Resources**

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.





Bldg. 450 Located on the second floor (Italian first floor) above Navy Marine Corps Relief Society and American Red Cross; Hours may vary.

## NEW SPACE NOW OFFERING:

SAPR Services | Intercultural Relations | VA Benefits Advisor Services (Thurs. & Fri.)





## Housing Policy Update

#### For On-Base Residents with Fully Electric Vehicles

We've heard your concerns regarding the challenges of owning fully electric vehicles under the current housing policy. We appreciate your feedback and are excited to announce that we are updating this policy to better address your needs.

For those that have previously submitted an exception to policy request related to charging vehicles on base, the Housing team will be in touch soon to discuss the option of relocating to economy housing. We are dedicated to supporting our residents throughout this transition and encourage you to reach out to us directly at naples\_housing@us.navy.mil with any questions.

#### Required Documents to submit Exception to Policy:

- 1. Proof of PCS with vehicle from VPC
- 2. Proof of vehicle specifications, including full EV, partial electric vehicles do not fit this criteria.
- 3. Proof of registration with MVRO or a Signed memo stating intentions to register and maintain ownership of the vehicle throughout the duration of the tour.

