



# U.S. NAVAL SUPPORT ACTIVITY, NAPLES

# BASEWIDE MONTHLY EVENTS & ACTIVITIES

All-In-One Place ➤ Updated Monthly

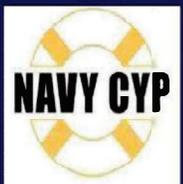
## CALENDAR



## VOLUNTEERS WELCOME!



## What's Happening...



## Liberty Activities

For E1-E6 single and unaccompanied service members

## TICKETS & TRAVEL



## Captain's Cup

## MONTHLY EVENTS @ USO Naples



# APRIL 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)

April 1 and 2, 15 and 16, 29 and 30

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, April 3 and 17 | 7:45 a.m.-2:30 p.m.

Monday, May 4 | 7:45 a.m.-2:30 p.m.

## RELOCATION

**Smooth Move**

Thursday, April 23

9 a.m.-Noon

## FAMILY READINESS

**Ombudsman Advanced Training**

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

Reel Times 2 Cinema, Support Site

**Ombudsman Assembly**

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

Reel Times 2 Cinema, Support Site

**Ombudsman Round Table\***

Tuesday, April 28 | 5-5:30 p.m.

## NEW PARENT SUPPORT HOME VISITATION PROGRAM

**Postpartum Support Group**

*In partnership with Navy Marine Corps Relief Society*

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

Community Center, Support Site

**Infant Massage Class (four-week series)**

Tuesday, April 7, 14, 21 and 28 | 1-2 p.m.

**COLOR RUN FOR A PURPOSE** | Thursday, April 16 | 5-6:30 p.m. | Central Park, Support Site

## COUNSELING ADVOCACY AND PREVENTION

**Child Abuse Awareness and Prevention**

**Month proclamation signing and pinwheel planting**

Wednesday, April 8 | 10:30 a.m.

Main gate roundabout, Support Site

**Family Advocacy Program**

**Child Abuse Prevention Training**

Tuesday, April 21 | 1-2:30 p.m.

**Learning the Five Love**

**Languages of Children**

Wednesday, April 29 | 4-5:30 p.m.

## INTERCULTURAL RELATIONS

**Intercultural Relations Seminar:**

**Naples Traditions and Superstitions**

Thursday, April 2 | 11 a.m.-Noon

**Easy Italian** (beginners)

Tuesday, April 7, 14 and 21

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

**Italian @ Lunch Time**

(Basic Italian for beginners)

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

FFR Conference Room, Capodichino

**Intermediate Italian**

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

**Intermediate Italian @ Lunch Time**

Monday, April 27 | 11 a.m.-12:30 p.m.

FFR Conference Room, Capodichino

**Intercultural Relations Trip:**

**Al Supermercato**

Tuesday, April 28 | 9:30 a.m.-2 p.m.

## TRANSITION ASSISTANCE PROGRAM

*Must be registered by Command Career Counselor*

**Managing Your (My) Education**

(Education Track)

Thursday and Friday, April 9 and 10

8 a.m.-4 p.m.

**Pre-Separation Workshop**

Monday-Wednesday, April 13-15

8 a.m.-4 p.m.

**Department of Labor**

**Employment Workshop (DOLEW)**

Thursday and Friday, April 16 and 17

8 a.m.-4 p.m.

or

Thursday and Friday, April 30 and May 1

8 a.m.-4 p.m.

**Capstone Event**

Thursday, April 23

1-4 p.m.

**Pre-Retirement Workshop**

Monday-Wednesday, April 27-29

8 a.m.-4 p.m.

## FAMILY EMPLOYMENT READINESS PROGRAM (F ERP)

**Federal Hiring Basics**

Tuesday, April 7 | 9-11 a.m.

**Flexible Job Options**

Tuesday, April 7 | Noon-2 p.m.

## EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

**Leader Brief\***

Thursday, April 9 | 3-4 p.m.

**Command Point of Contact Training\***

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

**Autism Navigator Programs**

**Information Session**

Friday, April 24 | 10-11 a.m.

## PERSONAL FINANCIAL MANAGEMENT

**Paying for College**

Friday, April 10 | 2-3 p.m.

**Thrift Savings Plan (TSP)**

Tuesday, April 21 | 9-10:30 a.m.

## SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

*SAPR trainings are subject to change.*

**Sexual Assault Awareness and**

**Prevention Month proclamation signing**

Tuesday, April 7 | 11-11:30 a.m.

Plazza in front of Admin 1, Capodichino

**Common Military Training (SAAPM Edition)**

Thursday, April 9 | 11 a.m.-1 p.m.

**SAPR Serves Troops Lunch with USO**

Tuesday, April 14 | 11 a.m.-Noon

Air Terminal, Capodichino

**Command Duty Officer/Watch stander**

**Training**

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

FFR Conference Room, Capodichino

**Victim Advocate Refresher (CEU)**

Thursday, April 30 | Noon-2 p.m.

## VIRTUAL WORK AND FAMILY LIFE PROGRAMS

The following program currently is being offered virtually:

### LIFE SKILLS

Visit [mynavyfamily.com](http://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](mailto:NSANaplesFFSC@us.navy.mil) and include the class title, your name, email address, phone number, sponsor's rank and command



# April activities

Events are held at the Fleet Recreation Center unless specified.

## April is Poetry Month



April 1-30

In conjunction with the Naples MWR Libraries, enter the poetry contest. Entry form is available at [www.navymwrnaples.com/recreation/libraries/library-contests](http://www.navymwrnaples.com/recreation/libraries/library-contests). Submit your poem by April 30. Poems are a maximum of 500 words.

## Month of the Military Child

Celebrate our military kids! Honor their resilience, sacrifices and unique experiences.

### Egg Decorating

Thursday, April 2

Begins at 10:30 a.m., while supplies last.

### Gardening

Wednesday, April 22

Begins 2:30 p.m.

Plant a flower at the Fleet Recreation Center patio.

### The Joy of Flying a Kite

Wednesday, April 29

Begins 2:30 p.m.

Learn how to make a kite.

## April Fool's Fun

Wednesday, April 1

Enjoy the fun jokes and activity sheets during regular hours of operation.



## National Bake Week

April 6-12

Share your favorite baked recipe with MWR. We will create a special "Bake Cook Book" for the NSAND Gaeta community to enjoy! Send your recipe to [NaplesMWR\\_Gaeta@us.navy.mil](mailto:NaplesMWR_Gaeta@us.navy.mil) by Sunday, April 12.

## Come and Play

Wednesday, April 8

10 a.m.-Noon

Olde Mill Inn Park

This is a parent-driven program where your child (infant, toddlers and school-age) can play, learn and grow with their peers. Meet the School Liaison.

**COME  
AND  
PLAY**

## Italian Made Easy

Monday, April 13, 20 and 27

10 a.m.

€15 per lesson

Join this adult group Italian lesson. Register by April 9. Minimum three people for lesson to proceed. Private adult and children lessons are available upon request.

## Cooking Class

Tuesday, April 14

9:30 a.m.

Il Follaro Restaurant • €25

Join us for an immersive and interactive experience. Learn to create fresh, handmade pasta from scratch. Enjoy eating what you make! Register by April 9. Minimum six for class to proceed. An afternoon class is available upon request.



## National Library Week

April 19-25

"Find Your Joy" is this year's theme. In conjunction with Naples MWR Libraries, take part in the photo contest and you may win a prize! Entry form is available at [www.navymwrnaples.com/recreation/libraries/library-contests](http://www.navymwrnaples.com/recreation/libraries/library-contests). Check out a book at the Gaeta Fleet Recreation Center or find great e-books at [www.dodmwrlibraries.org](http://www.dodmwrlibraries.org).

## Afternoon Sports

Wednesday, April 22

3-4:30 p.m. • Olde Mill Inn Park

Enjoy outdoor sports of volleyball, tennis, softball or soccer. The indoor fitness room will be open during this time, too. Sports equipment will be provided by MWR.



## Spring Shopping Trip

Friday, April 24

€25 per adult

Take the bus to Campania Mall for lots of shopping and great food. Call us for departure time. Minimum 15 adults for trip to proceed. Register by noon on April 21.



## Tell a Story Day

Monday, April 27

National Tell a Story Day encourages people of all ages to share stories. Whether it is a story from your imagination or an actual story from a childhood memory, the day supports gathering with friends and family to share those stories. Share your story with MWR via email at [NaplesMWR\\_Gaeta@us.navy.mil](mailto:NaplesMWR_Gaeta@us.navy.mil) by April 27. MWR will gather the stories into a book, which will be available to read at the Fleet Recreation Center. Prizes awarded to the best story by a child and an adult.



To register for classes and trips, stop by the MWR Customer Service Desk or call 081-568-8357.

Connect with MWR 24/7 at [www.navymwrnaples.com](http://www.navymwrnaples.com) [www.facebook.com/mwrgaeta](http://www.facebook.com/mwrgaeta)



# ARE YOU A DANDELION?

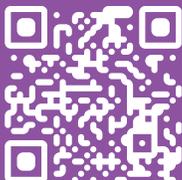
GIVE US A GLIMPSE  
INTO YOUR LIFE



Military connected kids are often called **dandelions** because they are able to adapt and thrive in many different places! We want to showcase what gives them the ability to bloom where they are planted during April's Month of the Military Child.

Tell us what makes **you** extraordinary for a chance to be highlighted on the Stars and Stripes website and social media channels.

Learn more about submission at  
[europe.stripes.com/military-child](http://europe.stripes.com/military-child)



STARS AND STRIPES.

MONTH OF THE  
**MILITARY  
CHILD**

Sponsored by

**EMBRY-RIDDLE**  
Aeronautical University





GOOD SAMARITAN  
CATHOLIC COMMUNITY

# HOLY WEEK 2026

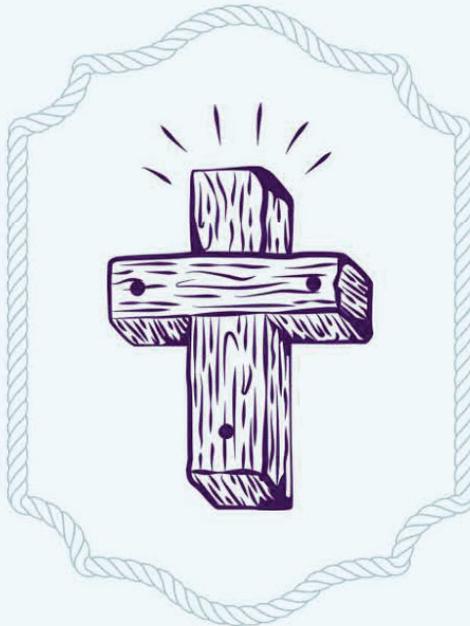
## MASS SCHEDULE

2

APRIL

### HOLY THURSDAY

MASS OF THE LORD'S SUPPER  
1930  
SUPPORT SITE CHAPEL



3

APRIL

### GOOD FRIDAY

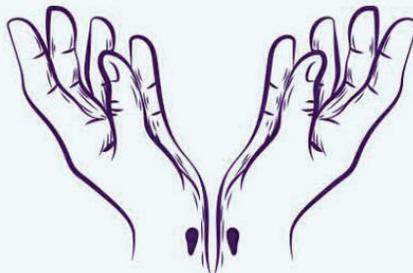
STATIONS OF THE CROSS  
1200  
\*CONFESSIONS AVAILABLE  
CELEBRATION OF THE LORD'S  
PASSION  
1500  
SUPPORT SITE CHAPEL

4

APRIL

### EASTER VIGIL

1930 MASS  
SUPPORT SITE CHAPEL



5

APRIL

### EASTER SUNDAY

0700 MASS  
1130 MASS  
SUPPORT SITE CHAPEL

HAVE A BLESSED EASTER SEASON

**Protestant Services**

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# **HOLY WEEK**

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## **PALM SUNDAY**

**March 29 | 9:30 | Support Site Chapel**

## **GOOD FRIDAY**

**April 3 | 18:00 | Support Site Chapel**

## **SABBATH SERVICE**

**April 4 | 11:00 | Support Site Chapel**

## **SUNRISE SERVICE**

**April 5 | 06:30 | Support Site Amphitheater**

## **EASTER SUNDAY**

**April 5 | 09:30 | Support Site Chapel**



# 2026

# EGGSTRAVAGANZA!

Saturday, April 4 • 10 a.m.-3 p.m.  
Carney Park



- Bounce houses
- Photos with the Bunny
- Arts and crafts
- Music
- Games
- Train rides
- Food and beverages for purchase



## Candy Hunt Schedule

2 years and younger	11:15 a.m.
3-4 years	11:40 a.m.
5-6 years	Noon
7-8 years	12:20 p.m.
9-10 years	12:40 p.m.
11-12 years	1 p.m.
13-17 years	1:20 p.m.
18 years and older	1:40 p.m.

### Bus transportation

- Roundtrip bus from Support Site to/from Carney Park is available.
- \$5 per seat
- Register and pay March 4-April 1 at Capodichino and Support Site Tickets & Travel offices.

### Guest access

- Guest access wristbands \$10
- Wristbands will not be available for purchase on the day of the event.
- Wristbands must be purchased March 4-April 3 at Capodichino and Support Site Tickets & Travel offices or Carney Park Outdoor Recreation.
- Scan QR code for wristband and park access details:



No pets allowed.

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

Supported by:



# Captain's Cup

# 2026



**Carney Park**

**Mondays and  
Wednesdays**

**6 p.m.**

# Soccer

**Starts Monday, April 13**

Represent your command and compete to win the 2026 Captain's Cup trophy!

## **Coaches meeting**

Thursday, April 2, 3 p.m.

Support Site Fitness Forum, second floor

Review of bylaws, rules and regulations. Coaches are strongly encouraged to attend. Must be 18 years or older and out of high school to participate.



**Team roster due no later than April 7.**

To register and for more information, call 081-811-6528 / DSN 629-6528.



# COMMAND FITNESS LEADERS CERTIFICATION COURSE

**Monday-Friday, April 13-17**

8 a.m.-4 p.m.

Support Site Fitness Center

**Command Fitness Leaders (CFLs) play an integral part in the overall fitness and readiness of Sailors.**

**CFLs are not only responsible for conducting bi-annual Physical Fitness Assessment (PFA) for their commands, but also provide exercise programming and guidance throughout the year to ensure members of their command maintain physical readiness.**



All CFLs must be trained and certified through this five-day CFL certification course that covers:



- **Administrative actions and duties of a CFL**
- **Basic exercise physiology and nutrition principles**
- **Basic Physical Readiness Information Management Systems (PRIMS) training**
- **Daily gym sessions teaching various methods for exercise programming**

**Upon the conclusion of this course, CFLs will have the skills, education and motivation to lead the way in establishing and maintaining a culture of fitness for their command and the U.S. Navy.**

Register at the Support Site Fitness Center front desk or call 081-568-6721 | DSN 629-6721.

Capacity is 12 people.





- **Thursday, April 15**
- **5-6:30 p.m.**
- **Naples Middle High School Library**

**Is your student attending or planning to enroll full time at an accredited educational institution in the United States?**

If so, learn about travel, per diem, baggage, shipment and storage. Military and civilian dependents are eligible for these entitlements.

NSA Naples Personal Property Shipping Office (PPSO) Director and the School Liaison will provide information and resources.



- 5-6 p.m. Parent presentation**
- 6-6:30 p.m. Command/Human Resources question and answer session with PPSO**

For more information, contact the NSA Naples School Liaison at [NaplesSLP@us.navy.mil](mailto:NaplesSLP@us.navy.mil) or call 081-811-6549 / DSN 629-6549.



**WE WELCOME ALL  
TO THE  
CULTURE AND FORCE  
RESILIENCE**

**SPRING 2026 FAIR**

**WHEN:**

**Wednesday, April 22<sup>nd</sup>  
11AM-1PM**



**WHERE:**

**Along the Capo Spine  
Near the Flagpoles**

**INFORMATION . SWAG . ACTIVITIES  
REFRESHMENTS \$/€ . ENTERTAINMENT**

**FEATURING**

- **NSA Naples Emergency Management** ● **Capo Branch Health Clinic** ●
    - **MWR Tickets and Tours** ● **MWR Fitness Centers**
    - **Command Resilience Team** ●
  - **Fleet and Family Readiness** ● **America Forces Network** ● **Ombudsman** ●
    - **Red Cross** ● **Sponsorship** ● **Command Managed Equal Opportunity** ●
      - **Equal Employment Opportunity** ●
      - **Drug and Alcohol Program Advisor** ●
      - **Sexual Assault Prevention and Response** ●
      - **Suicide Prevention** ●
    - **Integrated Primary Prevention Workforce** ●
- So Many More!!!**

# KIDS NIGHT OUT

FRIDAY, APRIL 24

6:30-9:30 P.M.

Give your kids a night to remember and yourself a moment to relax!

Register beginning April 1. Spaces are limited!



Child Development Center and School Age Care, Support Site



\$8 per hour, per child

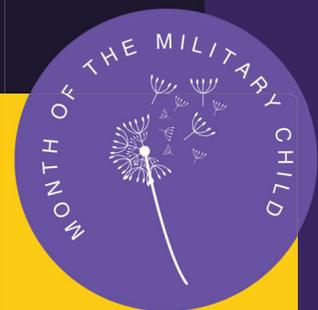
Kids Night Out is a supervised evening packed with exciting activities. It's the perfect way for kids to connect with new friends and have a blast in a safe and fun environment.

To register:

Go to [www.militarychildcare.com](http://www.militarychildcare.com)

For kids ages 6 weeks-5 years old: Click on the care option titled Part-Day Care - Kids Night Out ONLY April 24

For kids Kindergarten-Grade 6: Click on the care option titled School Year Care - Kids Night Out ONLY April 24



A CYP registration packet is required.  
Payment and confirmation must be completed by April 22.

For more information, call 081-811-4722 | DSN 629-4722 or 081-811-4989 | DSN 629-4989.



# FLEA MARKET

Saturday, April 25  
9 a.m.-2 p.m.  
Carney Park

PCS Purge?

Kids outgrown toys and clothes?

You changed hobbies?

**\$12**

per space

(Includes one table  
and two chairs)

**Here's your opportunity to sell  
your gently used items!**

**The market will be held in conjunction  
with Spring Youth Sports Opening Day.**

- Register and pay for your space by calling 081-526-1579 Wednesday-Sunday, 9 a.m.-5 p.m.
- Spaces are rented on a first-come, first served basis.
- Deadline is April 17 at 5 p.m.
- All patrons with US Military ID or Carney Park access pass are eligible to participate.

What to do for Spring Break or a holiday weekend?

Relax and unwind at Carney Park!

# Carney Park Holiday Specials

**BOGO**

**Rent one night, get the  
second night free**  
for cabins and campsites during  
these holiday periods:

**Spring Break  
Family Bonfire**

**Friday-Sunday, March 27-April 5**

Friday, April 3 • 7:30 p.m. • MWR provides the s'mores!

**Memorial Day**

**Friday-Monday, May 22-25**

**Juneteenth**

**Thursday-Sunday, June 18-21**

**Labor Day**

**Friday-Monday Sept. 4-7**

**Columbus Day**

**Friday-Monday, Oct. 9-12**

**Veterans Day**

**Wednesday-Sunday, Nov. 11-15**

**Thanksgiving**

**Friday-Sunday, Nov. 20-29**

Tents and camping equipment are available to rent at Carney Park Outdoor Recreation. To reserve a cabin, campsite or camping equipment or for more information, call **081-526-1579**.

Carney Park Outdoor Recreation hours: Wednesday-Sunday, 9 a.m.-5 p.m.  
Monday, Tuesday and U.S. holidays, closed.



# A Match for the Community Una Partita la Comunità



# NSA Naples, Italy VS Real Gricignano



Join us for a day of  
thrilling  
sportsmanship, family  
fun, and great food.  
Let's pack the stands  
and cheer for our  
community!



30 April 2026 | 6pm - 8pm

NSA Naples Support Site High School Football Stadium

**More Than a Game: It's a Community Celebration!**

# Spring Party Rentals

Are you planning an Easter or graduation party this spring? MWR can help!  
Outdoor Recreation rents:

✓ Tables

✓ Chairs

✓ Pop-up tents

✓ Coolers

Pick up and drop off equipment at Support Site Outdoor Recreation/ Auto Skills or Carney Park Outdoor Recreation Center.

For prices and reservations, please email [NaplesMWR\\_CarneyPark@us.navy.mil](mailto:NaplesMWR_CarneyPark@us.navy.mil) or call **081-526-1579**, Wednesday-Sunday, 9 a.m.-5 p.m. or call Support Site Outdoor Recreation at **081-811-4947**, Tuesday-Saturday, 9 a.m.-5 p.m.



02 MARCH - 01 MAY 2026

# HOUSING YOU CAN DEPEND ON

## Navy Tenant Satisfaction Survey



The 2026 Navy Tenant Satisfaction Survey is ending soon; share your opinion now! Scan the QR code or use the invitation sent to your personal email. This survey is being administered by an independent contractor and your response is 100% confidential. Your feedback will play a crucial role in helping the Navy improve housing for all service members.

Questions? Email: [navytss@rdniehaus.com](mailto:navytss@rdniehaus.com) | Visit: [navy-info.rdniehaus.com](http://navy-info.rdniehaus.com)



OMB Control Number: 0704-0553  
OMB Expiration Date: 08/31/2028



# Childcare for Area Orientation



CYP offers childcare at **no cost** for newcomers attending NSA Naples Area Orientation.

Follow these steps to register your child(ren) for care on Area Orientation days from 7 a.m.-3:30 p.m.

1. Log on to **militarychildcare.com**.
2. Go to Area Orientation Childcare
  - For **children Kindergarten-grade six**, select “School Year Care-Area Orientation Childcare.”
  - For **children six weeks-five years old**, select “Part day care for Area Orientation Childcare at SS CDC.”
  - In the **date care needed** space, please include the dates of the Area Orientation session you will attend.
3. Confirm your registration. You may email **NaplesCYP1@us.navy.mil** or call the Support Site Child Development Center at +39 081-629-4989 or School Age Care at +39 081-629-4722.

You may register your child(ren) as early as you know the dates of your Area Orientation, but no later than three business days before your Area Orientation begins.

For questions, please email **NaplesCYP1@us.navy.mil** or call the Support Site Child Development Center at +39 081-629-4989 or School Age Care at +39 081-629-4722.



# Let us bring the training to you!

Installation departments and agencies offer training on a variety of topics including leadership, stress management and resiliency, life skills and readiness directly in your workspace.

- Satisfy mandatory training requirements
- Develop readiness skills
- Support personal development

Scan here to see available trainings and details on how to schedule trainings >>



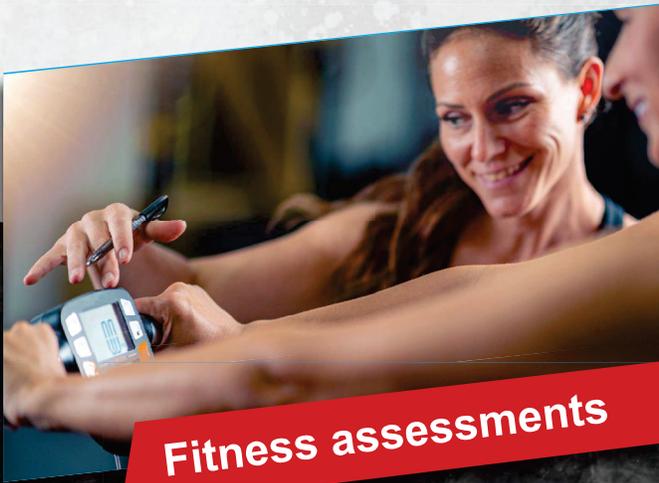
**For more information:**

Call 081-811-6372 | DSN 629-6372 or email [NSANaplesFFSC@us.navy.mil](mailto:NSANaplesFFSC@us.navy.mil).



# ATTENTION ACTIVE-DUTY MILITARY

Ask your MWR Fitness staff about these **free services** available to you:



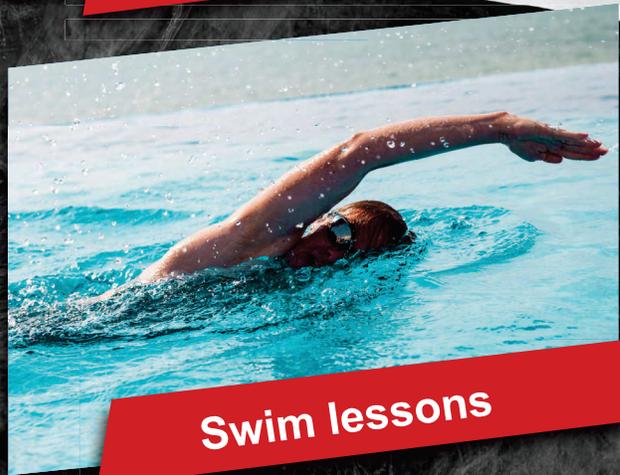
Fitness assessments



Nutrition courses



Personal training



Swim lessons

We are here to help you reach your physical fitness goals!

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





## BUDGET FOR BABY<sup>®</sup> WORKSHOPS

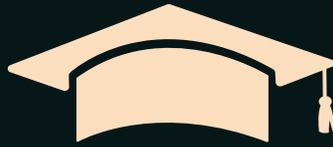
# Naples NMCRS Budget for Baby Workshop Registration

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



# ARE YOU GRADUATING?

UNIVERSITY OF MARYLAND GLOBAL CAMPUS  
INVITES YOU TO JOIN US



GRADUATION RECOGNITION  
CEREMONY!

2025-2026

WHERE: COMMAND CONFERENCE CENTER  
DATE: FRIDAY MAY 15, 2026 AT 1100  
REHEARSAL: THURSDAY MAY 14, 2026 AT 1500

\*REHEARSAL ATTENDANCE IS MANDATORY

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Join us in honoring your  
hard work and dedication.  
This memorable event will  
recognize the  
accomplishments of all  
graduates. Let's come  
together to celebrate this  
important milestone!



If you would like to participate,  
please fill out the form by  
scanning the QR code

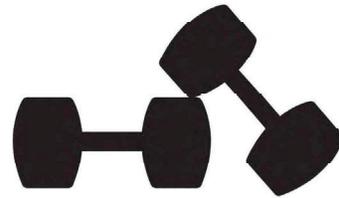


**Attention Parents!**

**A new Family Fitness Room is available for you to work out.**

# Family

## FITNESS ROOM



**Monday-Friday, excluding U.S. holidays**  
**Child Development Center, Support Site**

**6 a.m.-5:30 p.m.**

A small playpen area provides a safe area for your kids to play while you work out.

Workout equipment includes:

**Arc Trainer™**  
**Stationary bike**  
**Rowing machine**  
**Free weights**  
**Yoga mats**



The room is available only for parents who do not have childcare on a first-come, first-served basis.  
Your child(ren) must be with you while you use the room.  
The adjacent exterior playground is off limits because it is unsupervised.

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



# Dance Classes

## Spring 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 one-month sessions.** (No class on U.S. holidays.)

**Classes held at Support Site Fitness Center.**

Ages 3-6: \$50 for one class per week, \$85 for two classes per week.

Ages 7-9 and 10-17: \$60 for one class per week, \$100 for two classes per week.

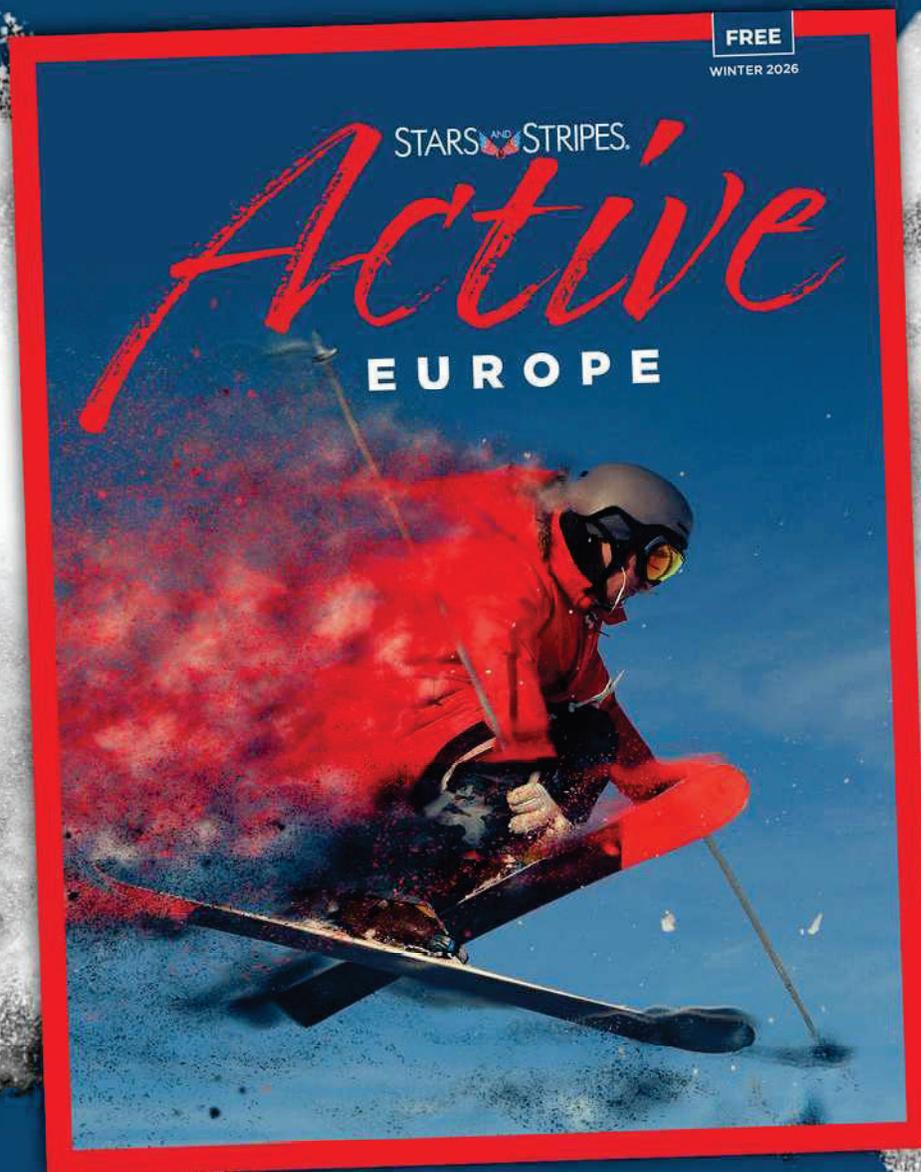
Registration opens the 15<sup>th</sup> of each month for the next session.

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



STARS AND STRIPES®

AVAILABLE NOW



**Ready to take your adventure up a notch?** Check out the first edition of Stars and Stripes' "Active Europe" magazine, designed especially for those who want to get outside and have an active adventure while stationed in Europe.

Get your **free copy** at your installation's Commissary, Exchange and Express.



# VISITING NURSE CLASSES

Virtual Classes to Support Military Families

These classes offer a welcoming space for military parents to feel supported, informed, and confident as they prepare for parenthood.

## BREASTFEEDING BASICS CLASSES



**Molly Curtis**  
BSN | RN | IBCLC



## NEWBORN CARE CLASSES



**Abby Porter**  
MSN | RN | PMH-C



## PUMPING 101 CLASSES



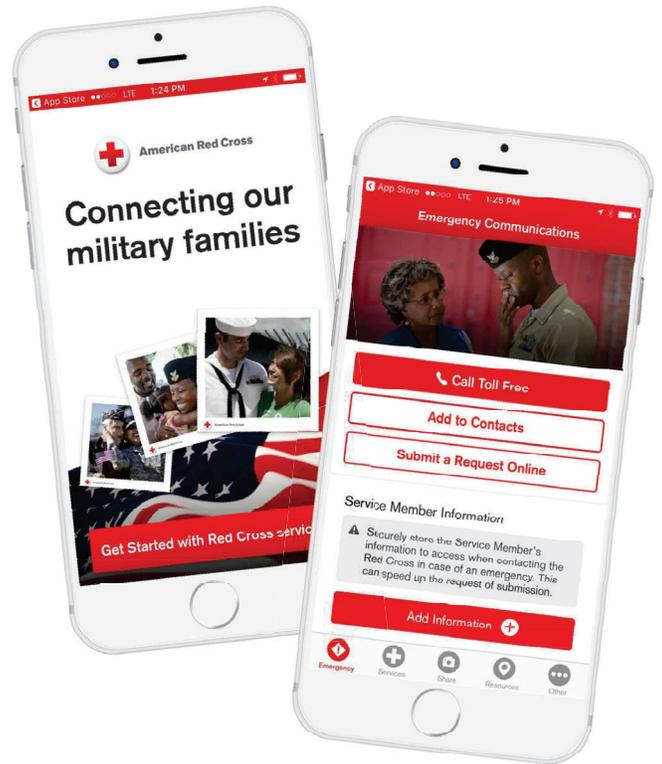
**Lindsey Potts-Szoke**  
MSN | RN | IBCLC



For Sailors, Marines, and their eligible family members.  
Learn more: [www.nmcrcs.org/our-services/visiting-nurses](http://www.nmcrcs.org/our-services/visiting-nurses)

# 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](https://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](https://redcross.org/mobileapps) to download additional FREE mobile apps today.



**American  
Red Cross**



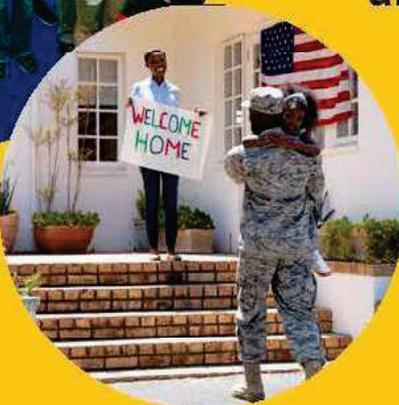
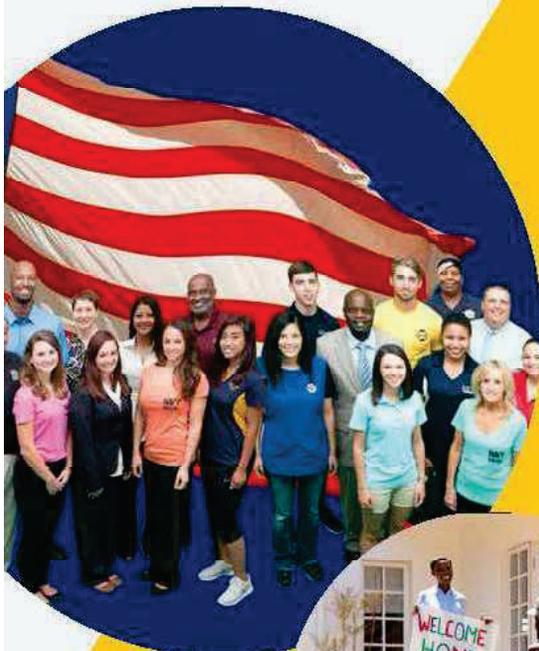
# WE ARE HIRING!



## 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!





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](mailto: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](mailto: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  
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](http://www.TRICAREonline.com).

## Local Resources

Reach Out: Provides clinical individual and family support to any age group from childhood through adulthood. 342-800-6115 or [www.carelikehome.org](http://www.carelikehome.org).



Scan for Mental Health Resources.





# Stay Informed at NSA Naples!



FACEBOOK



INSTAGRAM

## ATHOC

The ATHOC system is used for emergency notifications i.e. gate closures, disasters, causes for caution, etc. Anyone in the Naples area (sponsors & dependents) can register for ATHOC to receive these updates.



Sign Up - ATHOC

## Naples Navigator

The Naples Navigator is a monthly digital newspaper containing important base wide information and news. For direct email subscription, send an email to: [nsanaplespaof@us.navy.mil](mailto:nsanaplespaof@us.navy.mil)



Naples Navigator

## NSA Naples Italy App

The NSA Naples app is your one stop shop for essential information and your companion to navigate the Naples area. The app is available for download on Google Play (Android) and IOS (apple)



App

## NSA PAO Notes

Non-emergency information sent by the Public Affairs Officer (PAO) directly to your emails via your triad / leaders. If you do not receive NSA PAO Notes, inform your leadership to contact the NSA Naples PAO: [nsanaplespaof@us.navy.mil](mailto:nsanaplespaof@us.navy.mil)

## NSA Naples Website

Installation website where you can find information about NSA Naples by department, read about our mission and leadership, and find all types of resources including legal, instruction, environmental, veterinary, and more.



NSA Naples Website

## Monthly Basewide Events Newsletter

Your one-stop-shop for all events happening at the installation. This includes events from MWR, Fleet and Family Center, Red Cross, and more. Access at the top of the latest edition of the Naples Navigator.



Monthly Events Newsletter

## Town Hall

Taking place at Support Site, Town Halls are Facilitated once a quarter to address community questions and concerns. The event is always livestreamed on the NSA Naples Facebook Page. See the date for the next event in the latest edition of the Naples Navigator.

## AFN: Armed Forces Network

Naples 97.3 FM The Eagle provides local, live radio programming. AFN GO is also available via the AFN GO mobile app.



AFN Naples 97.3

## Coffee with the Skipper

Geared towards spouses, Coffee with the Skipper offers a unique opportunity to connect with NSA Naples leadership, share insights, and discuss community matters - all over a fresh cup of coffee in good company. See next event date in the latest edition of the Naples Navigator.

## Pizza with the CMC

This is an opportunity for E-1 to E-6 single servicemembers to share thoughts, ask questions and get feedback from leadership; usually with a complementary lunch. Monitor the NSA Naples information channels listing the announcement of these events.

## AO / INDOC: Area Orientation

Mandatory orientation for all personnel PCSing to Naples where critical information about Naples, the NSA Naples installation, and more are shared. Get the basics about navigating life in Naples! See the date for the next event in the latest edition of the Naples Navigator.

## ICE: Interactive Customer Evaluation

The Interactive Customer Evaluation (ICE) system is a web-based tool that collects feedback on services provided. This is how we get feedback from YOU to make improvements



Submit an ICE



# 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.navywmrnaples.com](http://www.navywmrnaples.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](https://facebook.com/mwrnaples)



Child and Youth Programs

[facebook.com/napleschildandyouthprograms](https://facebook.com/napleschildandyouthprograms)



Liberty

[facebook.com/libertynaples](https://facebook.com/libertynaples)



MWR

[instagram.com/nsanaplesmwr](https://instagram.com/nsanaplesmwr)



Child and Youth Programs

[instagram.com/naples\\_cyp](https://instagram.com/naples_cyp)



Liberty

[instagram.com/nsanaplesliberty](https://instagram.com/nsanaplesliberty)



Fleet and Family Support Center

[facebook.com/NaplesFFSC](https://facebook.com/NaplesFFSC)



Naples Housing

[facebook.com/NSANaplesHousing](https://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](https://facebook.com/mwrgaeta)

