



U.S. NAVAL SUPPORT ACTIVITY NAPLES, ITALY PLAN OF THE WEEK **7-13 OCTOBER**

OUR MISSION: To provide outstanding support to NATO and SIXTH Fleet, afloat units, 55 tenant commands and approximately 10,000 personnel. Ensure reliable command and control for all units in the Naples, Italy area of operation.

The Plan of the Week (POW) contains both official and unofficial information. All hands must read the POW and be responsible for its contents and actions prescribed herein. Do not remove from NSA Naples spaces.

UNIFORM OF THE DAY: NWU/Flight Suit



DATE	TIME	EVENT TITLE	LOCATION
7 OCTOBER	0930-1100	CNRE ALL HANDS CALL	CCC
7 OCTOBER	1030-1300	ITALIAN @ LUNCH	G43/44
8-11 OCTOBER	ALL DAY	ELD TRAINING	G43/44
8-9 OCTOBER	ALL DAY	FIRE WARDEN CLASS	CCC
10 OCTOBER	1030-1130	CPO MESS MEETING	PD30

EMERGENCY NUMBERS	NUMBERS	HOTLINES	NUMBER
EMERGENCY CALLS ON BASE	911 OR 626-4911	FRAUD/WASTE/ABUSE	626-2983
EMERGENCY CALL OFF BASE	081-568-4911	FAMILY ADVOCACY	629-6533
AIR TERMINAL	626-5283	SAPR	335-640-6621
DUTY CHAPLAIN (VIA QUARTERDECK)	626-5547	INFORMATION SECURITY VIOLATIONS	626-2207
EMERGENCY MANAGEMENT OFFICE	626-5303		
COMMAND PHONE DIRECTORY	626-5547		

QUOTE OF THE WEEK

*“Commitment is what transforms a promise into reality...
Commitment is the stuff character is made of; the power to change the face of things.
It is the daily triumph of integrity over skepticism.”*

-Abraham Lincoln

COMMANDING OFFICER	626-6289	CAPT JOHN RANDAZZO
EXECUTIVE OFFICER	626-6289	CDR BRIAN KOCH
COMMAND MASTER CHIEF	626-5396	CMDCM DARIN VAZQUEZ
COMMAND SECURITY MANAGER	626-5397/4313	CWO3 BRIAN CURRAN
DUTY CACO	+39 (345) 870-4084	CWO3 BRIAN CURRAN
COMMAND CAREER COUNSELOR	626-5174 626-1690	NCC RASHAAD ETHRIDGE NC1 MARTIKA VELASQUEZ
COMMAND CMEO	626-5483	ACC COLIN MCLINDEN
COMMAND DAPA	626-6894	PSC DIONA BROWNE
COMMAND SARC COMMAND SAPR LCPO	+39 (334) 661-3140 626-5480	ELYSE HAMILL ETC ASHLEY KEMPTON
COMMAND OMBUDSMAN: NSA NAPLES	331-622-3453 331-647-1634	REBECCA MCLINDEN KAITLIN WALL
COMMAND OMBUDSMAN: NAVSUPACT GAETA	335-816-3087	DAWN TOMEI
COMMAND DUTY CHAPLAIN	+39 366-680-5972	*ON DUTY CHAPLAIN*
COMMAND VWAP	626-2889/ 366-670-1470	LT COOPER JONES
COMMAND VOTING ASSISTANCE OFFICER	626-4460	LCDR DAVID DOWNIE
COMMAND SUICIDE PREVENTION OFFICER	626-6897	LCDR DAVID DOWNIE
COMMAND CFS	629-4675	MACS JIMMY ELIZONDO
COMMAND FITNESS LEADER	626-5525	MAC RAY HERRERA

SAFETY INPUT

From your Safety Office

Be at your best when your best is required. For some of us on Medical Surveillance programs this means scheduling and completing annual medical exams. The onus to get this accomplished resides with the individual. In the end, it's your health, so take ownership and the initiative to get your exams completed before the expiration date. And besides, it's a job requirement.

Be smart and be safe.

VOTING ASSISTANCE

Contact the Voting Assistance Officer,
LCDR Downie, for any questions registering for this upcoming election.
Visit the link below today to make your voice heard on Election Day!

DSN: 314-626-4460

Website: <https://www.fvap.gov/>



DATE	NAME
8 OCTOBER	CAPT JOHN RANDAZZO



OCTOBER 13, 1775



**HAPPY
BIRTHDAY
UNITED
STATES**

“Semper Fortis”

NAVY

CULTURAL
AWARENESS

OBSERVANCE



SEPT 15 - OCT 15

NATIONAL HISPANIC HERITAGE MONTH



PIONEERS OF CHANGE:

SHAPING THE FUTURE TOGETHER

National Hispanic Heritage Month (NHHM) commemorates the many achievements and cultures of Hispanic Americans. Celebrated from September 15th through October 15th, it is the only Department of Defense special observance to span multiple months, coinciding with Independence Day celebrations for several Latin American countries.

During this time of year, the Department of Defense (DoD) honors the Hispanic Americans who have sacrificed for, contributed to, and served our great nation.

The 2024 NHHM theme is "Pioneers of Change: Shaping the Future Together." This theme emphasizes the Hispanic Americans who have sacrificed to create a better future for the Nation and all Americans.

The future is impacted by leaders of bravery, humanitarianism, and selflessness. One such person was Roberto Clemente.

Clemente was a legendary Puerto Rican baseball player who faced adversity, served his country, became a champion, and sacrificed everything to help others.

Born in 1934 in Carolina, Puerto Rico, he spent his young life playing track and field sports as well as baseball. At just 17 years old, he began playing for the Santurce Crabbers. By 1954, he was scouted and signed by the Brooklyn Dodgers.

The following year, he joined the Pittsburgh Pirates, an organization upon which he would leave an indelible mark. While there, he enlisted in the Marine Corps in 1958, as a Reserve infantryman. For the following 6 years, he spent his offseasons serving his country.

With his iconic "21" jersey, Clemente dominated with the Pirates starting in 1960, when they defeated the New York Yankees in the World Series.

He is noted as one of the best right fielders in baseball history. When the Pirates won the World Series again in 1971, Clemente won the Most Valuable Player Award.

In the early 1970s, he secured sponsorships for baseball clinics in Puerto Rico, coached an amateur baseball team in Nicaragua, and worked on plans to build a sports complex for underprivileged children.

In 1972, a devastating earthquake struck Nicaragua. Clemente raised over \$150,000 and 26 tons of food, clothing, and medicine to help. On his way to transport supplies to those impacted, his plane crashed, and he tragically died. However, his legacy of humanitarianism lives on.

Clemente said, *"Any time you have an opportunity to make a difference in this world and you don't, then you are wasting your time on Earth."*

Through selfless service, helping others, and sacrifice, Clemente shaped the future for countless others.

CULTURAL
AWARENESS



OBSERVANCE

NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH



ACCESS TO GOOD JOBS FOR ALL

National Disability Employment Awareness Month (NDEAM) recognizes the contributions by those with disabilities who make our Nation great.

Led by the U.S. Department of Labor's Office (DOL) of Disability Employment Policy, NDEAM reaffirms the Department of Defense's (DoD) commitment to recruit and advance disabled individuals throughout its workforce. The DOL has chosen the theme, "Access to Good Jobs for All."

People with disabilities are part of a diverse group that includes people with sensory, physical, and mental conditions. Disabilities cross the lines of age, ethnicity, sex, race, sexual orientation, and socioeconomic status.

Almost everyone is likely to experience some form of disability—temporary or permanent—at some point in their life.

Do you know about *Olmstead v. L.C.*?

Olmstead v. L.C. is considered the most important Supreme Court case for disabled members' civil rights. 2024 marks the 25th anniversary of this key decision, which expanded the Americans with Disabilities Act (ADA) and bolstered the independent living movement.

The case was brought by Lois Curtis and Elaine Wilson after they were kept in Georgia mental institutions despite being recommended for community-based treatment.

As a result of neglect towards them, attorney Sue Jamieson filed a lawsuit on their behalf against the Georgia Department of Human Resources.

At the Supreme Court, the justices ruled in favor of the women, asserting that they had been unfairly segregated into institutions alongside others with disabilities.

The ruling specified that individuals with disabilities had the right to receive treatment in integrated settings if they choose, with their doctors' approval, and provided that the accommodations are reasonable. In the years since, the *Olmstead* decision has served as the basis of several other decisions that have increased the rights of disabled individuals.

Olmstead v. L.C. has allowed disabled individuals greater autonomy and freedom from discrimination. It tested the strength of the ADA and has served as the bedrock for Federal Government policies in providing opportunities for independent living and employment.

Nobody should be held back from access to job opportunities because of a disability. People with disabilities offer important, unique perspectives that can make the workplace, and our Nation at large, better. The DoD recognizes this and strives to build an inclusive workforce for total force readiness.

NAPLES AREA

BEHAVIORAL HEALTH ROADMAP



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

1

FRIENDS & FAMILY

Meet, Call, Text, or Message

- Trusted and personal
- Least intrusive
- Multiple battle buddy options
- Non-medical

2

CHAPLAINS

Duty Chaplain: (+39) 081-811-4600
(+39) 366-680-5972- after hours

- 100% Confidential
- More than spiritual counseling
- No reporting requirement
- No referral needed
- No health record documentation



4

MILITARY & FAMILY LIFE COUNSELING

Phone: (+39) 081-811-6549

- Non-medical counseling & classes
- Children, youth, and parents
- Duty to Warn reporting requirements
- No referral needed
- No health record documentation



3

FLEET & FAMILY SUPPORT CENTER

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

- Non-medical counseling
- Life Skills - financial, stress management, coping skills
- No referral needed
- No health record documentation



5

MILITARY ONE SOURCE

Contact: 00-800-342-9647/
MilitaryOneSource.mil

- Non-medical counseling for military personnel and family members
- No referral needed
- No health record documentation
- Life skill building i.e. stress, coping, relationships, finances



6

MEDICAL PROVIDER IN PRIMARY CARE CLINIC AT USNH

Appointments: (+39) 081-811-6000/
1-800 TRICARE

- Medication management/specialty referral as needed
- Collaborate with clinical providers and communicate with the CO when necessary
- Health record documentation



8

EMERGENCY ROOM

911 from base landline
(+39) 081-568-4911

- Danger to self, others, or gravely disabled
- Not for routine access to care...



BEHAVIORAL HEALTH AT USNH

Appointments: (+39) 081-811-6306

- Individual therapy, psychiatry, substance use treatment
- Military duty determinations
- May communicate with CO and other medical providers
- Health record documentation
- Active Duty priority for Behavioral Health services

LOW

INDIVIDUAL LEVEL OF STRESS

HIGH



NSA NAPLES SLP

NAVAL SUPPORT ACTIVITY NAPLES SCHOOL LIAISON PROGRAM

NEWS YOU CAN USE | OCT 2024 | 081-811-6549 | 629-6549 | NaplesSLP@us.navy.mil

UPCOMING EVENTS

October 2 • all day
Walk, Bike and Roll to School Day
Various locations

October 17 • 5 pm
Bullying, Cyberbullying and Social
Media 101
Naples Elementary School

October 19 • 12 pm
Sensory Friendly Movie Event
Reel Times 2 Cinema

October 25 • 7 am
Rome Colleges Trip
American University of Rome and
John Cabot University

October 30 • 1 pm
Sensory Friendly Halloween Open
House
Youth Programs Gym

November 7 • 5 pm
Paying for Higher Education
Naples Middle High School

November 15 • 2:30 pm
Homeschool Happening
Strikers Bowling Center

November 15 • 6 pm
Meet the School Liaison "Cookie
Decorating" event
O'Rhys Irish Pub

November 19 • 1 pm
College and Career Fair
Naples Middle High School

Questions? 081-811-6549
NaplesSLP@us.navy.mil

*The appearance of hyperlinks does not
constitute endorsement by the U.S. Navy.

College and Career Fair Volunteers Needed!

The NSA Naples School Liaison and the Naples Middle High School (NMHS) counseling department are planning a College and Career Fair during school hours on Nov. 19. Please let us know if you would like to volunteer your time and represent your alma mater. **To allow maximum participation, it is no longer required to become "vetted" or registered.**

- Trade School
- Workforce
- College/University

Questions that students may ask will be provided and can also be found [here](#).

If interested in participating, please contact NSA Naples School Liaison no later than Nov. 1.

PCS-ing Out Soon?

Tips and processes listed are provided by the School Liaison! Download a Naples specific checklist for outbound transfers from [here](#)!

DoD MWR Online Library

Offering 24/7 access to more than 80 resources such as eBooks, audiobooks, ancestry research, music, movies, DIY, hobbies, newspapers, magazines and children's corner. Connect [here](#).

Tutor.com for Military Homeschooling Families

Join a webinar to learn how Tutor.com/military can be a NO COST resource for your homeschool family!

Two sessions:
Thursday, Oct. 10 at 1:30 p.m. ET
Friday, Oct. 11 at 8:30 p.m. ET
Register [here](#).



Students in grades Kindergarten through College can use this FREE resource to get help in over 150 academic subjects, use the 12-Hour Drop Off Writing Review, prep for tests (PSAT, SAT, ACT, ASVAB and more...), plus tools to help with the college admission process!!! Don't miss it!

Joint Services Scholarship Database

AmeriCorps VISTA Volunteer, Emily Williams, and U.S. Navy School Liaison, Kristen Ferullo, have created a comprehensive, fully searchable Joint Services Scholarship Database for military dependents.

Taking over 500 hours to compile, this database includes 428 scholarships supporting military spouses, children, and dependents of all service branches. The Portsmouth Naval Shipyard proudly holds the first partnership between the U.S. Department of Defense (DoD) and AmeriCorps in the area of Military Family Support, bringing this database and future projects to life!

To view this incredible database visit [here](#). (*May not open on a government computer.)

Stabilization for Sailors with High School Seniors

Distribution Guidance Memorandum (DGM) #0405-1609

Purpose: Establishes procedures that afford active duty Navy families the ability to remain in the same geographic location to complete a dependent's senior year of high school.

Background: Working group developed strategies to reduce the Sailors choosing to execute a voluntary unaccompanied tour.

Action as follows:

- Applicable service members are those whose projected rotation dates (PRD) occur between the month of the first day of the high school dependent's junior year and the month of the high school graduation date. Stabilization may be achieved in one of the following ways:
 - The service member may request to extend in their current duty station or execute a permanent change of assignment (PCA) to a new command in the current geographic location, enabling the dependent to complete their last two years of high school.
 - For service members whose PRD months are before the first day of the dependent's junior year, on receipt of PCS orders the member may execute a PCS move to the Sailor's next duty station up to prior to the commencement of the dependent's junior year enabling high school stability for the dependent's senior year.
- Service members with an applicable dependent shall ensure the dependent is enrolled in DEERS and listed on the service members' NAVPERS 1070/602 as residing at the same residence as the service member.
- A guidance counselor or appointed school representative from the dependent's school shall submit an official memorandum verifying the dependent's required information.

***Please work with your command and detailer regarding all details related to this memorandum.**

But wait, there's more! Stay up-to-date! Find us at:

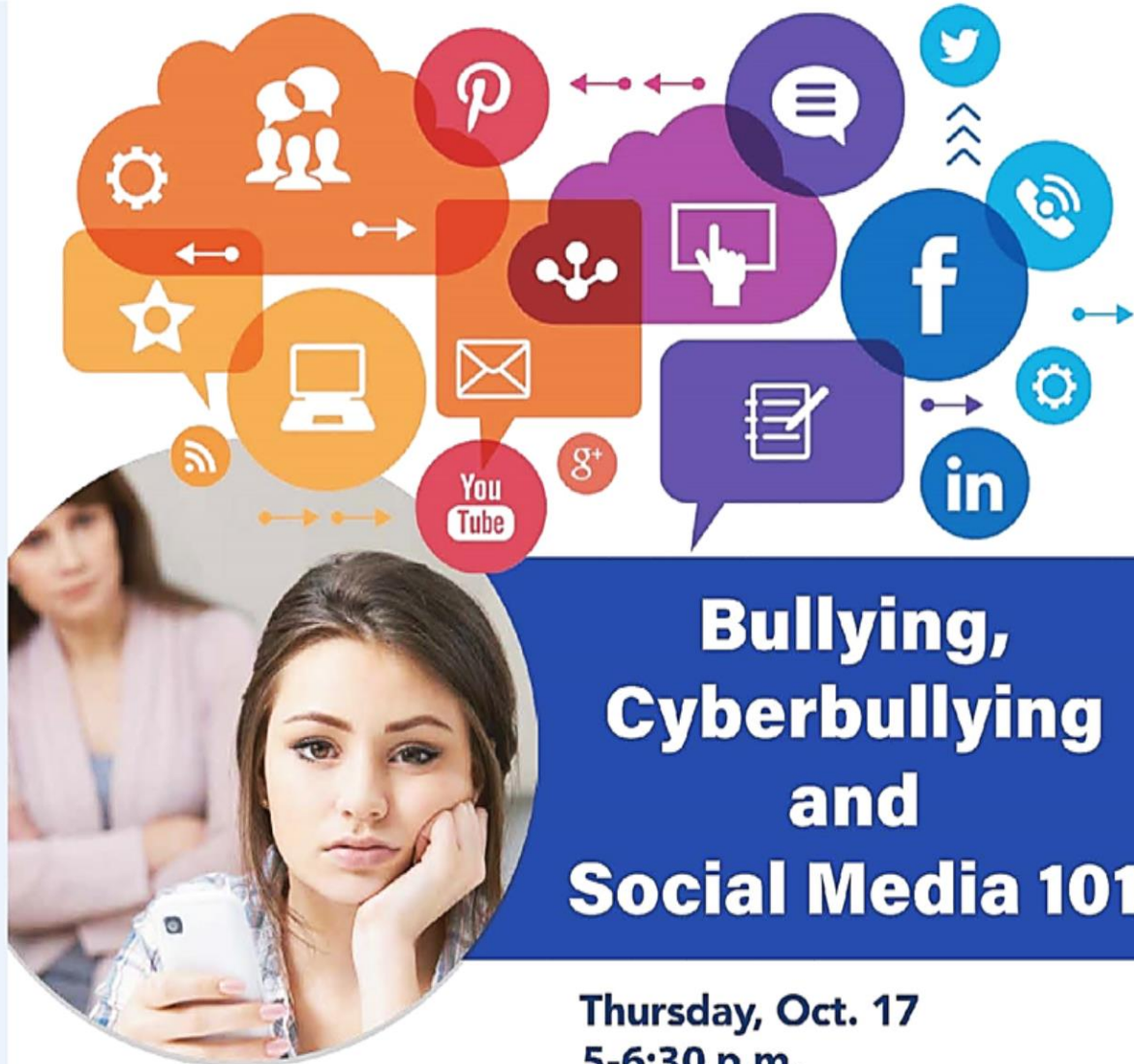
[Naples Child and Youth Programs Facebook page](#)

[Installation School Liaison Webpage](#)

[Navy Life Naples App—App Store](#)

[Navy Life Naples App—Google Play](#)





Bullying, Cyberbullying and Social Media 101

Thursday, Oct. 17
5-6:30 p.m.

Naples Elementary School

Parent information presentation and age-appropriate sessions for students in high school, middle school, Grades 4-6 and Kindergarten-Grade 3.

Presentations by Naval Criminal Investigative Service, Security/CID, Region Legal Service Office, Fleet and Family Support Center, Military and Family Life Counselors and DoDEA.

Worried about current trends, motivating factors and impacts?
Want to know how best to converse about school and home life issues and concerns? Come join us to deep dive into resources, processes and strategies.

Student and parent drawings for 12 gift cards!



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

Are you interested in
an overseas university or
visiting a college campus?

ROME COLLEGES TOUR TRIP



Friday, Oct. 25

8 a.m-7 p.m.

\$35

Take a trip to Rome to tour The American University of Rome and John Cabot University.

Lunch is provided. Please bring money for dinner (suggest €40 with cash or credit/debit card.)

Students in grades 9-12 are welcome to attend.
Parents are welcome to attend if space is available.
Departs and returns at Teen Center, Support Site.

To guarantee your spot, complete the CYP registration packet, field trip permission form and pay the School Age Care front desk.

Trip registration deadline is Oct. 9.



For more information email NaplesSLP@us.navy.mil.





CYP is HIRING!

Build a rewarding
career in child care!

Information and interview opportunities

Drop-in Interviews

Monday, Oct. 21

9 a.m.-Noon

Child Development Center
Support Site

Meet with an HR Specialist,
apply for a job and be interviewed.
Prepare to stay for several hours.

Please bring the following digital files on
your phone to the interview:

- Current resume
- High School diploma or college transcripts
- Orders
- Official passport (name/photo page)
- Italian Visa stamp (in passport)
- Sojourner's permit/application of Sojourner's permit
- Two written reference letters/reference forms

For a list of openings, details and
information on what to bring to
the interview, go to
<https://www.navymwrnaples.com/child-youth/cyp-hiring-event>.

**CYP staff members
may be eligible for a
\$500 sign-on bonus
and up to \$1,750 in
retention bonuses!**

Benefits include:

- Medical, dental and life insurance
- Exciting work locations
- Career advancement
- Tuition assistance
- Retirement and 401k with three percent employer match
- Location flexibility when you or your family needs to move
- Preferred child care for children with a 50 percent discount

Please note: Benefits are for
qualified or eligible employees.





Child and Youth Programs Hiring Incentives

Existing employees:

- Refer a friend and receive \$300 after the referred employee works 40 hours
- \$500 when you transfer to another Navy CYP Program

New employees receive:

- \$500 sign-on bonus after 40 hours worked
- \$500 sign-on bonus and eight-hour time off award after 90 days worked (full-time or flex position)
- \$500 sign-on bonus and eight-hour time off award after six months worked (full-time or flex position)
- \$750 sign-on bonus and eight-hour time off award after 12 months worked (full-time or flex position)



Child care discount:

100 PERCENT discount for the first child and 20 percent for additional child(ren) (direct-care employees including CYP Program Assistants and teachers in classrooms).

50 PERCENT discount for all children (Operations Clerks, Custodians, Food Service Workers, Cooks, Trainers and Directors).

For more information, call 081-811-4722 | DSN 629-4722
or email NaplesCYP1@us.navy.mil.



TICKETS & TRAVEL



OCTOBER DAY TOURS

Friday, Oct. 4

Naples Catacombs

Depart Support Site 8:15 a.m., Capodichino 8:45 a.m.

\$49 adults, \$39 child 2-11

Entry fee adults €14, child 17 or younger €7

Saturday, Oct. 5

Capri and Anacapri

Depart Support Site 6:30 a.m., Capodichino 7 a.m.

\$196 adult, \$139 child 2-9, includes lunch

Sunday, Oct. 6

Naples Archeological Museum and Pizza Time

Depart Support Site 8:15 a.m., Capodichino 8:45 a.m.

\$49 adult, \$35 child 2-11

Thursday, Oct. 10

Naples Underground in the Evening

Depart Support Site 3 p.m., Capodichino 3:30 p.m.

\$49 adult, \$35 child 2-11

Entry fee €12

Friday, Oct. 11

Pizza-making Lesson in Naples

Depart Support Site 9:45 a.m., Capodichino 10:15 a.m.

\$79 adult, \$56 child 2-11, includes pizza lunch

Saturday, Oct. 12

Wine Tasting in Pompeii*

Depart Support Site 10 a.m., Capodichino 10:30 a.m.

\$102 adult, \$71 child 3-15, includes lunch

Sunday, Oct. 13

Amalfi and Positano by boat

Depart Support Site 6:30 a.m., Capodichino 7 a.m.

\$63 adult, \$45 child 2-9

Boat fee €35, must bring euro

Monday, Oct. 14 Columbus Day

Horseback Riding on Mt. Vesuvius

Depart Support Site 7 a.m., Capodichino 7:30 a.m.

\$67 adult and child 6-11 (children 5 or younger not allowed)

Horse fee €60

Monday, Oct. 14 Columbus Day

Capri and Anacapri

Depart Support Site 6:30 a.m., Capodichino 7 a.m.

\$196 adult, \$139 child 2-9, includes lunch

Friday, Oct. 18

Leather Factory in Naples

Depart Support Site 9:15 a.m., Capodichino 9:45 a.m.

\$29 adult, \$25 child 2-11

Saturday, Oct. 19

Amalfi Coast by bus

Depart Support Site 8 a.m., depart Capodichino 8:30 a.m.

\$123 adult, \$89 child 2-11, includes lunch in Vietri

Sunday, Oct. 20

Wine Tasting in Quarto*

Depart Capodichino 9:30 a.m., Support Site 10 a.m.

\$104 adult, \$70 child 3-15, includes lunch

Friday, Oct. 25

Sorrento Shopping, Limoncello Demo and Gelato Lesson

Depart Support Site 9 a.m., Capodichino 9:30 a.m.

\$52 adult, \$37 child 2-11

€26 for limoncello demo and gelato lesson

Saturday, Oct. 26

Horseback riding on Mt. Vesuvius

Depart Support Site 7 a.m., Capodichino 7:30 a.m.

\$67 adult and child 6-11 (children 5 or younger not allowed)

Horse fee €60

Saturday, Oct. 26

Pompeii and souvenir shopping

Depart Support Site 8:15 a.m., Capodichino 8:45 a.m.

\$59 adult, \$45 child 2-11

Entry fee €21 adult, children 17 and younger free

Sunday, Oct. 27

Wine Tasting in Avellino*

Depart Capodichino 9:30 a.m., Support Site 10 a.m.

\$102 adult, \$71 child 3-15, includes lunch

Thursday, Oct. 31

Pumpkin Patch

Departs Support Site only at 9 a.m.

\$48 adult and child, includes entrance fee--a €22 value!



Happy Halloween!

*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.





OCTOBER

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)

Oct. 9 and Oct. 10, Oct. 23 and Oct. 24

Wednesday, 8:15 a.m.-2:30 p.m.

Thursday, 8:15 a.m.-3 p.m.

Reel Times 2 Cinema, Support Site

Cultural Assimilation trips to downtown Naples

Friday, Oct. 11 and 25 | 7:45 a.m.-2:30 p.m.

Monday, Oct. 28 (all ages) | 7:45 a.m.-2:30 p.m.



INTERCULTURAL RELATIONS

Easy Italian (beginners)

Tuesday, Oct. 1, 8 and 22

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

Italian Coffee Culture Seminar

Friday, Oct. 4 | 9 a.m.-Noon

Italian at Lunch Time

(beginners)

Capodichino

Monday, Oct. 7, 16 and 28

11 a.m.-Noon

ICR TRIP: Educational Farm Trip

Thursday, Oct. 10 | 9 a.m.-2:30 p.m.

ICR TRIP: San Gregorio Armeno (Christmas Alley)

Wednesday, Oct. 30 | 8:45 a.m.-2:30 p.m.



LIFE SKILLS

Mind-Body Mental Fitness: Problem-Solving

Thursday, Oct. 3 | 11:30 a.m.-1:30 p.m.

Mind-Body Mental Fitness: Connection

Thursday, Oct. 10 | 11:30 a.m.-1:30 p.m.

Mind-Body Mental Fitness: Stress Resilience

Capodichino
Wednesday, Oct. 16 | 11 a.m.-12:30 p.m.

Mind-Body Mental Fitness: Living Core Values

Tuesday, Oct. 22 | 11 a.m.-12:30 p.m.

Managing Your Anger*

Tuesday, Oct. 29 | 3-4 p.m.

Mind-Body Mental Fitness: Mindfulness and Meditation

Wednesday, Oct. 30 | 11 a.m.-12:30 p.m.

EXCEPTIONAL FAMILY MEMBER PROGRAM

Leadership Brief

Wednesday, Oct. 2 | 9-10 a.m.

Command Point of Contact Training

Wednesday, Oct. 9 | 11 a.m.-Noon

Healthy Caregiving for Families with Special Needs

Tuesday, Oct. 15 | 10-11 a.m.

PCSing with an Exceptional Family Member

Tuesday, Oct. 22 | 3-4 p.m.



FAMILY READINESS

Ombudsman Basic Training

Tuesday-Thursday, Oct. 1-3 | 8:30 a.m.-3:30 p.m.

Certified Ombudsman Basic Training

Monday-Wednesday, Oct. 7-9 | 8:30 a.m.-3:30 p.m.

Ombudsman Assembly Meeting

Tuesday, Oct. 15 | 5:30-6:30 p.m.

Reel Times 2 Cinema, Support Site

Red Cross Volunteer Orientation

Wednesday, Oct. 16 | Noon-12:30 p.m.

Mission Readiness Brief*

Thursday, Oct. 17 | 10 a.m.-Noon

FAMILY EMPLOYMENT PROGRAM

USAJobs 101

Friday, Oct. 4 | 9-11 a.m.

Acing the Interview

Tuesday, Oct. 8 | Noon-2 p.m.

Job Search Strategies*

Thursday, Oct. 17 | Noon-2 p.m.

Ten Steps to Federal Employment

Friday, Aug. 18 | 9 a.m.-Noon

Effective Resume Writing

Tuesday, Oct. 22 | 1-3 p.m.

Navy Spouses in Transition

Thursday, Oct. 24 | 1-2:30 p.m.

TRANSITION ASSISTANCE PROGRAM

Capstone Event

Thursday, Oct. 10 | 9 a.m.- Noon

Managing Your Education

Wednesday and Thursday, Oct. 16 and 17
8 a.m.- 4 p.m.

Pre-Separation Workshop

Monday-Wednesday, Oct. 21-23
8 a.m.-4 p.m.

Preparing for Capstone

Capodichino
Thursday, Oct. 24 | 11 a.m.-1 p.m.

Department of Labor Employment Workshop

Thursday and Friday, Oct. 24 and 25
8 a.m.-4 p.m.

PERSONAL FINANCE MANAGEMENT

Saving and Investing*

Tuesday, Oct. 22 | 11 a.m.-12:30 p.m.

RELOCATION

Smooth Move

Tuesday, Oct. 15 | 9 a.m.-Noon



* 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



B. S. CURRAN
CWO3, USN