



U.S. NAVAL SUPPORT ACTIVITY, NAPLES

BASEWIDE MONTHLY EVENTS & ACTIVITIES

All-In-One Place ➤ Updated Monthly

CALENDAR



Service to the Armed Forces

VOLUNTEERS WELCOME!



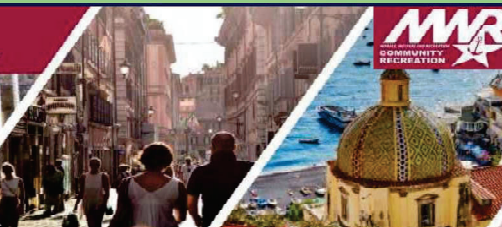
What's Happening...



Liberty Activities

For E1-E6 single and unaccompanied service members

TICKETS & TRAVEL



Captain's Cup

MONTHLY EVENTS @ USO Naples

STARS  STRIPES®

EUROPE

ADVENTURE

EXPLORE

DISCOVER



FALL/WINTER EDITION

AVAILABLE STARTING SEPT. 11TH

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

Sponsorship Training

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

2026

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



COMMAND SPONSOR AND INDOCTRINATION PROGRAM OPNAVINST 1740.3E

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

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

Registration required.

Email: nsanaplesffsc@us.navy.mil



DSN: 629-6372
COMM: 081-811-6372



Updated 10 Sep 25

New to NSA Naples?

Attend Area Orientation!

2026*

JANUARY

Mo	Tu	We	Th	Fr	Sa	Su
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

MARCH

Mo	Tu	We	Th	Fr	Sa	Su
23	24	25	26	27	28	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

MAY

Mo	Tu	We	Th	Fr	Sa	Su
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
1	2	3	4	5	6	7

JULY

Mo	Tu	We	Th	Fr	Sa	Su
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2
3	4	5	6	7	8	9

SEPTEMBER

Mo	Tu	We	Th	Fr	Sa	Su
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
5	6	7	8	9	10	11

NOVEMBER

Mo	Tu	We	Th	Fr	Sa	Su
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

FEBRUARY

Mo	Tu	We	Th	Fr	Sa	Su
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	1
2	3	4	5	6	7	8

APRIL

Mo	Tu	We	Th	Fr	Sa	Su
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3
4	5	6	7	8	9	10

JUNE

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5
6	7	8	9	10	11	12

AUGUST

Mo	Tu	We	Th	Fr	Sa	Su
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

OCTOBER

Mo	Tu	We	Th	Fr	Sa	Su
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8

DECEMBER

Mo	Tu	We	Th	Fr	Sa	Su
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

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

*Dates subject to change

Two ways to register:

Scan here >>



or

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

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





AUTO SKILLS WORKSHOP

AUTO SKILLS CENTER, SUPPORT SITE



Wednesday
Sept. 30 and Oct. 28
3-4 p.m.

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

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

Auto Skills Center
Hours of Operation

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



For more information or to reserve a bay, call 081-811-4971 / DSN 629-4971.
Connect with MWR 27/7 at navymwrnaples.com.



Budget for Baby® Workshop



Free to Active
Duty, Retirees &
Eligible Family
Members

Naples NMCRS Budget for Baby Workshop Registration

We will discuss a baby's impact on your budget, ideas on how to save money, local resources and help you develop a basic financial plan.

Every 3rd Tuesday of the Month
10am-1pm @ S.Site Library.

Attendees Receive:

\$50 Amazon Gift Card

Handmade Baby Blanket

Visiting Nurse Program Information



Register Today



nmcrs.org
Powered by compassion

NSA Naples September 2026
Sexual Assault Prevention and Response
Calendar of Events

SEP 10	VA Refresher Training Fleet and Family Readiness Conference Room, Cops (Building 454) 1200-1400
SEP 15	Resident Advisor Training Fleet and Family Readiness Conference Room, Cops (Building 454) 1200-1400
SEP 24	SAPR Common Military Training Fleet and Family Support Center, SS 1100-1200

Advanced registration is recommended for all classes: nsasapr@nssnaples.navy.mil

All classes are subject to change

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



Food Court **Closure**

Bella Napoli
Closed
Monday, Sept. 7
for maintenance

We apologize for any inconvenience.



Bend and Brew



**Wednesday, Sept. 23
7-9 a.m.
Tennis Court, Capodichino**



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

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

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

Please register, order/pay for your optional breakfast at the Capodichino or Support Site fitness centers by **Sept. 18.**

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



USO NAPLES

VOLUNTEER OPEN HOUSE

**USO CAPO LOUNGE,
AIR TERMINAL BUILDING**

SEPT 28
1100-1200



Interested in volunteering with the USO? Now is the perfect time to jump in!

Meet our team, learn more about volunteering with USO Naples, and complete your volunteer intake on the spot—and get your USO volunteer T-shirt!

You'll leave ready to jump right in, get involved, and start making an immediate impact in our military community.

No RSVP needed—just stop by!



USO.org/CENTERS

TICKETS & TRAVEL



SEPTEMBER DAY TOURS

Saturday, Sept. 5

Path of the Gods Hike

Depart Support Site 6 a.m., depart Capodichino 6:30 a.m.
\$78 Adult (18 years and older only, no children allowed)

Sunday, Sept. 6

Horseback Riding in Mt. Vesuvius National Park

Depart Support Site 7 a.m., depart Capodichino 7:30 a.m.
\$67 Adult and children
€65 horse fee

Monday, Sept. 7 Labor Day

Amalfi Coast by bus

Depart Support Site 8 a.m., depart Capodichino 8:30 a.m.
\$139 Adult, \$99 Child 2-11 • Lunch included

Saturday, Sept. 12

Paestum and Mozzarella Farm

Depart Support Site 7:30 a.m., depart Capodichino 8 a.m.
\$82 Adult, \$55 Child 2-11
€15 Paestum Archaeological site entry fee
€6 Bufala farm entry fee

Sunday, Sept. 13

Wine Tasting in Pompeii*

Depart Support Site 10 a.m., depart Capodichino 10:30 a.m.
\$113 Adult, \$89 Child (3-15) • Lunch included

Saturday, Sept. 19

Capri and Anacapri

Depart Support Site 6:30 a.m., depart Capodichino 7 a.m.
\$208 Adult, \$159 child 2-11 • Lunch included
€3 headphone rental

Sunday, Sept. 20

Amalfi and Positano by boat

Depart Support Site 6:30 a.m., depart Capodichino 7 a.m.
\$69 Adult, \$51 Child 2-11
€40 boat fee

Saturday, Sept. 26

Pompeii and Cameo Factory

Depart Support Site 8 a.m., depart Capodichino 8:30 a.m.
\$65 Adult, \$39 Child 2-11
€22 entry fee

Sunday, Sept. 27

Sorrento Shopping and Limoncello Factory*

Depart Support Site 8:30 a.m., depart Capodichino 9 a.m.
\$63 Adult, \$49 Child 2-11
€20 entry fee

*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 an email notification and a refund.
- Prices are in U.S. dollars, unless otherwise stated.
- Entry fees are not always included.
- Please bring euro cash to pay for your entry fee.
- Tips and gratuities are optional and not included in the price.
- Entry fees may change without notice.

To reserve a tour or for more information:

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





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!





SEPTEMBER

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)
Sept. 2 and 3, Sept. 16 and 17, Sept. 30 and Oct. 1
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, Sept. 4 and 18 | 7:45 a.m.-2:30 p.m.

🌱 LIFE SKILLS

Focus Forward:

Time Management and Goal Setting
Thursday, Sept. 10 | 10-11 a.m.

Mind Body Mental Fitness at Midday:
Living Core Values
Friday, Sept. 11 | 12:30-1:30 p.m.

Fostering Wellness:
Self Care, Stress Management and Healthy Relationships
Thursday, Sept. 24 | 10-11 a.m.

Mind Body Mental Fitness at Midday:
Flexibility
Friday, Sept. 25 | 12:30-1:30 p.m.

👤 NEW PARENT SUPPORT HOME VISITATION PROGRAM

Postpartum Support Group
Wednesday, Sept. 2 and 16 | 10-11:30 a.m.
Family Housing Community Center, Support Site

👤 SEXUAL ASSAULT PREVENTION AND RESPONSE (SAPR)

SAPR trainings are subject to change.

Victim Advocate Refresher Training
Thursday, Sept. 10 | Noon-2 p.m.
Capodichino FFR Conference Room

Resident Advisor Training
Tuesday, Sept. 15 | Noon-2 p.m.
Capodichino FFR Conference Room

Common Military Training (CMT)
Thursday, Sept. 24 | 11 a.m.-1 p.m.

Step Forward for Prevention 5k run/1.5k walk

Suicide, sexual assault and domestic violence awareness

In partnership with MWR

Supported by American Red Cross, Stars and Stripes and USO

Wednesday, Sept. 30 | 4-5:30 p.m.
Central Park, Support Site

Open to the NSA Naples community.

*Virtual class



INTERCULTURAL RELATIONS

Easy Italian (Beginners)
Tuesday, Sept. 1, 8 and 15 | 10:30 a.m.-12:30 p.m.

Intercultural Relations Trip:
Winery Tour with Grape Stomping
Thursday, Sept. 10 | 9:30 a.m.-2:30 p.m.

Italian at Lunch Time (Basic Italian for beginners)
Monday, Sept. 14 and 21 | 11 a.m.-12:30 p.m.
Capodichino FFR Conference Room



PERSONAL FINANCIAL MANAGEMENT

Paying for Higher Education
Thursday, Sept. 3 | 10-11 a.m.

Emergency Money Management
Thursday, Sept. 17 | 1-2 p.m.



FAMILY EMPLOYMENT READINESS PROGRAM (FERP)

LinkedIn Profiles
Wednesday, Sept. 2 | 9-11 a.m.

Federal Hiring Basics
Wednesday, Sept. 2 | 11:30 a.m.-1 p.m.



FAMILY READINESS

Volunteer Orientation with American Red Cross*
Wednesday, Sept. 16 | 1:30-2:30 p.m.

Ombudsman Appreciation Luncheon
Friday, Sept. 18 | 12-3 p.m.

Ombudsman Coffee Resource Roundtable
Tuesday, Sept. 22 | 9-10 a.m.



EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

EFMP 101 for Family Members
Tuesday, Sept. 1 | 9:30-10:30 a.m.

Command POC Training*
Thursday, Sept. 10 | 11 a.m.-12 p.m.

Introduction to IF SPs, IEPs and 504 Plans
Wednesday, Sept. 16 | 10 a.m.-12 p.m.

Moving with your Exceptional Family
Friday, Sept. 25 | 3-4 p.m.



RELOCATION

Sponsorship Training
Thursday, Sept. 24 | 9 a.m.-12 p.m.
Command Conference Center, Capodichino



FAMILY ADVOCACY PROGRAM

Lunchtime Learning for Leadership:
Working with Victim Advocates
Friday, Sept. 11 | 11:30 a.m.-12:30 p.m.
Capodichino FFR Conference Room

Recognizing and Eradicating Emotional Abuse
Friday, Sept. 18 | 11:30 a.m.-12:30 p.m.
Capodichino FFR Conference Room



TRANSITION ASSISTANCE PROGRAM

Must be registered by Command Career Counselor

Pre-Separation Executive TAP Workshop
Monday-Wednesday, Sept. 14-16 | 8 a.m.-4 p.m.

Department of Labor Employment Workshop (DOLEW)
Thursday and Friday, Sept. 17 and 18 | 8 a.m.-4 p.m.

Capstone Event
Tuesday, Sept. 29 | 9 a.m.-12 p.m.

VIRTUAL WORK AND FAMILY LIFE PROGRAMS

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

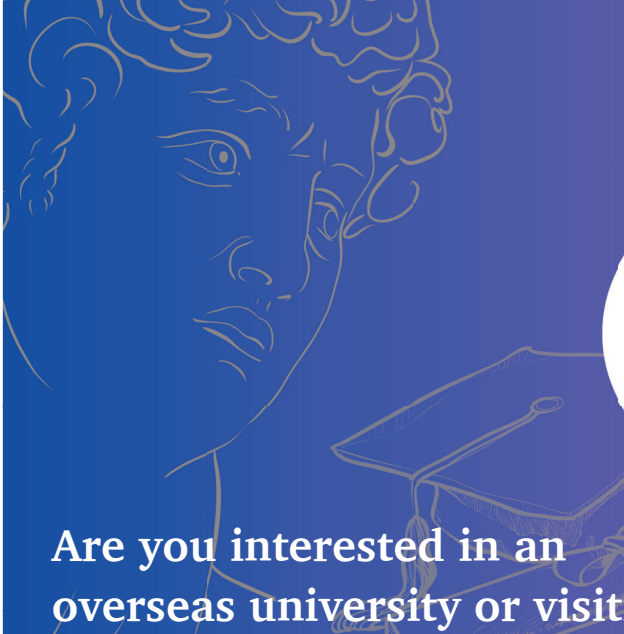
Scan the QR code below to book a 1:1 consultation with a team member.



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





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

FLORENCE COLLEGE TOUR TRIP



Friday, Oct. 23
6:30 a.m.-8:30 p.m.
Teen Center, Support Site

\$50

Take a tour of the
Florence Institute of Design International.

Bring money for lunch and dinner
(suggest €60 cash or card).

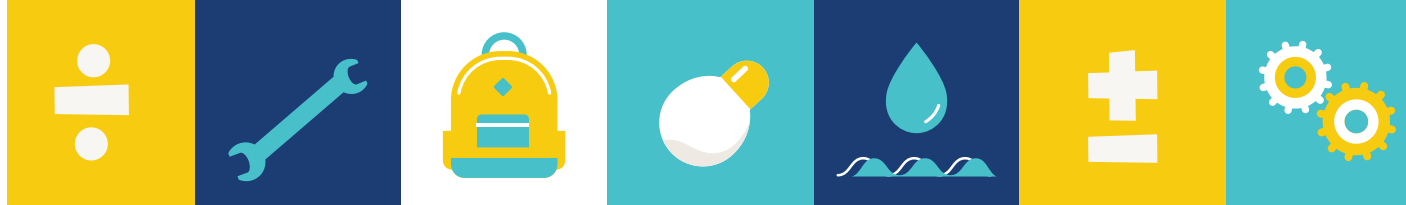
Students in grades 9-12 are welcome to attend.
Parents are welcome to attend if space is
available.

To guarantee your spot, complete the CYP registration packet,
field trip permission form and pay at the School Age Care (SAC)
front desk. Spots are limited.

Register by Oct. 10.



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



FULL STEAM AHEAD!

SCIENCE – TECHNOLOGY – ENGINEERING – ART – MATH

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

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

Thursday, Sept. 3, 10, 17 and 24
10:30 a.m.

Support Site Library

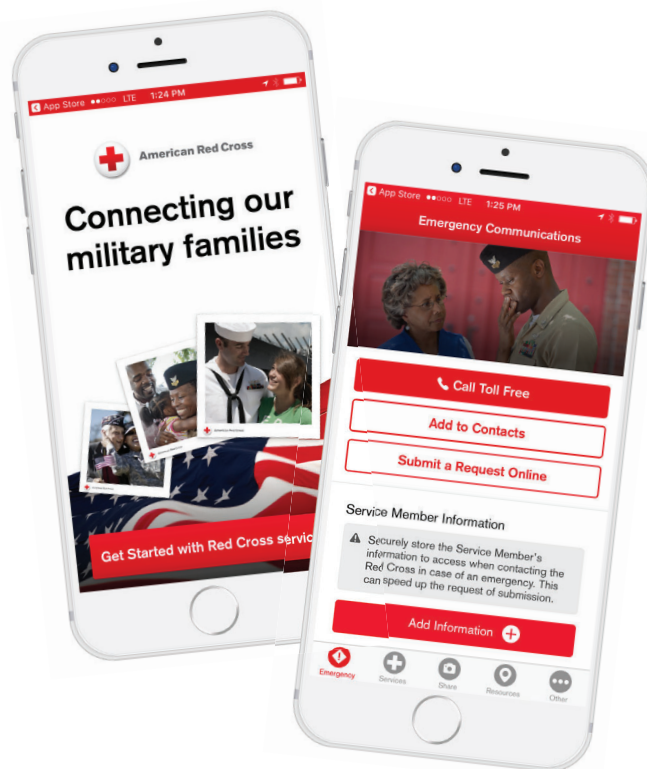
Sept. 3: Welcome back
Sept. 10: Blast off to read
Sept. 17: Library card sign-up
Sept. 24: Play time

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



FREE Hero Care mobile app

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



Our new Hero Care mobile app enables users to:

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



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



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



**American
Red Cross**

USO NAPLES

USO MIL SPOUSE SOCIAL SERIES:

CRAFTS AND COFFEE



REGISTRATION



Start building your village—one cup at a time.

Join us at the Village Forum to meet fellow military spouses—both new and seasoned—connect with USO volunteers and leadership spouses, enjoy interactive games, win prizes, and discover the resources, support, and friendships waiting for you in Naples.

Because every great tour begins with great connections.



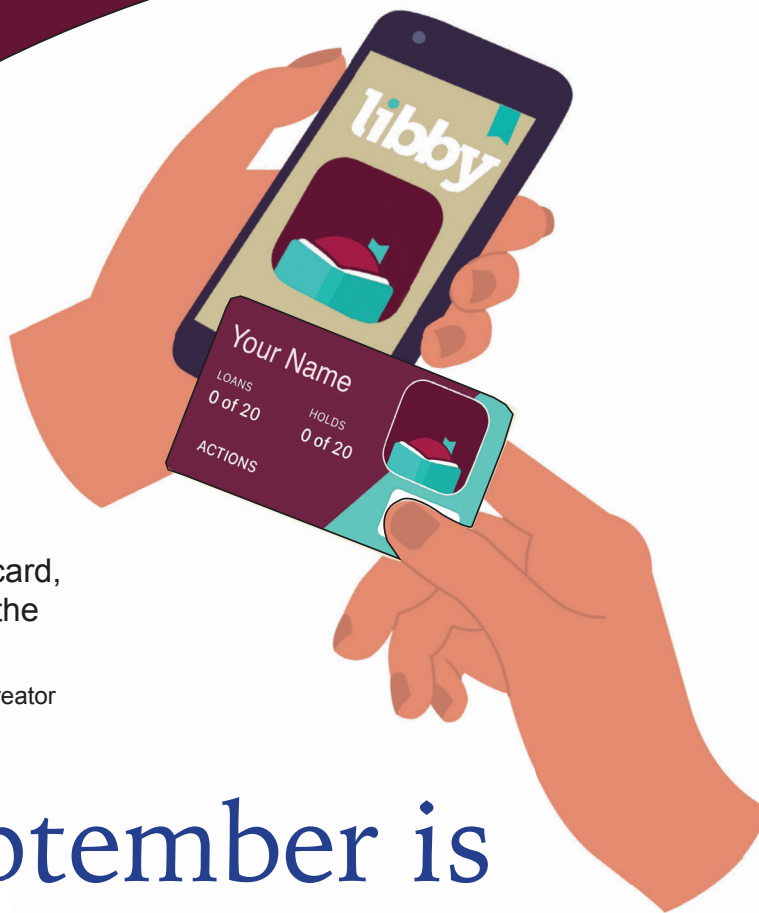
USO.org/CENTERS

bit.ly/4pWAOLn

REGISTER HERE



SCAN HERE



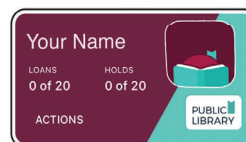
“When you have a library card,
it’s like having a key to all the
information in the world!”

~ Stan Lee, super heroes creator

September is National Library Card Sign-up Month

Get your voice at the library!

Register for your library account during
National Library Card Sign-Up Month.



NSA Naples libraries will celebrate this month with
special displays and bibliographies.

Stop by the library and take “Test your Library IQ” quiz.
You may win a prize!

For additional information, go to
<https://dodmwrlibraries.org>



Libby

For more information, call
Support Site Library 081-811-4361 / DSN 629-4361
Capodichino Library 081-568-3666 / DSN 626-3666
Connect with MWR 24/7 www.navywmrnaples.com



See a movie

at Reel Times 2 Cinema



New stadium seating!



Scan here for a
weekly schedule

Reel Times 2 cinema





Naples Mental Health Roadmap

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



FAMILY, FRIENDS, & CHAIN OF COMMAND

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



CHAPLAINS

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

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



MILITARY & FAMILY LIFE COUNSELING

Scan QR code below for local contacts

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



FLEET & FAMILY SUPPORT CENTER

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

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



MILITARY ONESOURCE

Contact: 00-800-342-9647

MilitaryOneSource.mil

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



USNH NAPLES MENTAL HEALTH

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

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

USNH NAPLES MEDICAL HOMEPORT

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

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



EMERGENCY ROOM

+39 081-568-4911 | DSN: 911

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

988 | **SUICIDE & CRISIS LIFELINE**

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

SCAN HERE FOR A FULL LIST OF MENTAL HEALTH RESOURCES



HIGH ← INDIVIDUAL LEVEL OF STRESS → LOW



Naples Thrift Shop~September 2026

On Support Site, to the left of the Veterinarian | (081) 568-3913 | naples@nmcrs.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10am-1pm	2 3pm-6pm **PPSG	3 4 5		
6	7	8 10am-1pm	9 3pm-6pm	10		
13	14	15 10am-1pm *B4B	16 3pm-6pm **PPSG	17	3 linktr.ee/naplesnmcrs	
20	21	22 10am-1pm	23 3pm-6pm	24 25 26		
27	28	29 10am-1pm	30 3pm-6pm			

We need Thrift Shop Leads
~reimbursed milage and childcare~
More volunteers means more days we
can be OPEN... apply today!

*Budget for Baby Workshop
**Postpartum Support Group
Both programs are held on Support Site,
please check the link for all program and
contact information

JOIN US AT THE CHAPEL

NSA NAPLES SUPPORT SITE & CAPODICHINO

CATHOLIC WORSHIP

Saturday

16:00 | Confession & Adoration

17:00 | Mass | Support Site

Sunday

10:45 | Confessions

11:30 | Mass | Support Site

Weekday Masses

(Except for Federal Holidays falling on M-F)

Tuesdays & Thursdays | 12:00 | Capo

Wednesdays & Fridays | 08:30 | Support

Site

Confessions 30 mins prior to Mass.

PROTESTANT SUNDAY SERVICE

Sunday | 09:30 Service | Support Site



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

† WOMEN'S GROUPS

Catholic Women of the Chapel

Tuesdays | 18:30 | Support Site

Wednesdays | 09:30 | Support Site

Facebook: CWOC - Naples, Italy

Protestant Women of the Chapel

Tuesdays | 09:00 | Support Site

Facebook: PWOC Naples, Italy Group

† MEN'S GROUPS

Catholic Men's Bible Study

Saturdays | 08:00 | Support Site

Knights of Columbus

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

Protestant Men's Bible Study

Wednesdays | 18:00 | Support Site

† RELIGIOUS EDUCATION

Catholic CCD

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

Catholic Youth Group

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

Catholic OCIA

Tuesdays | 18:00 | Support Site

Protestant Awana Club

Sundays | Support Site

Protestant Youth Group

Second & Third Wednesdays | 17:00 | Support Site

Family Life Group

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

CONTACT INFO

Facebook @NSA Naples Chapel

Chaplain's Office Support Site

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

Chaplain's Office Capodichino

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

Duty Chaplain | +39 366-680-5972

Catholic Religious Education

naplescdd@gmail.com

Catholic Women of the Chapel

naplescwoc@gmail.com

Knights of Columbus

kofcnaples@gmail.com

Protestant Contact

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

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

September Updates 2026

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

***Congrats, Chief Selectees!
Update your wardrobe at the
NMCRS Uniform Locker***

linktr.ee/nmcrcsnaples

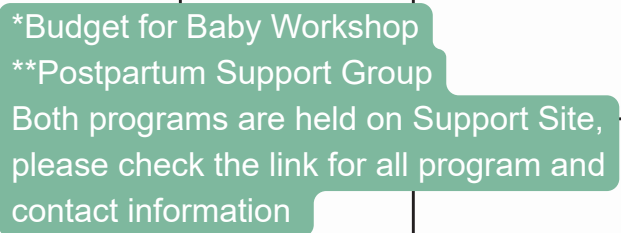
All program, office, and open position details are available here!

The Office & Uniform Locker are located by Capo Fitzzone & Community Bank. Open 9am-2pm M-Th



Naples Thrift Shop~September 2026

On Support Site, to the left of the Veterinarian | (081) 568-3913 | naples@nmcrcs.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10am-1pm	2 3pm-6pm **PPSG	3	4	5
6	7	8 10am-1pm	9 3pm-6pm	10	 We need Thrift Shop Leads ~reimbursed milage and childcare~ More volunteers means more days we can be OPEN... apply today!	
13	14	15 10am-1pm *B4B	16 3pm-6pm **PPSG	17		
20	21	22 10am-1pm	23 3pm-6pm	24	25	26
27	28	29 10am-1pm	30 3pm-6pm	 *Budget for Baby Workshop **Postpartum Support Group Both programs are held on Support Site, please check the link for all program and contact information		

Naples Area Postpartum Support Group

CONNECT. SHARE. HEAL. TOGETHER.

Becoming a mother is a huge personal and life change, period. It becomes even more difficult when you struggle with, "things not being the way you pictured," or symptoms of sadness and anxiety.

Babies
are welcome
under the
age of one.



This is a **FREE** group specifically for moms who wish to connect with other mothers.

The group offers:



Information



Support



Confidentiality



Tools to help you
feel like yourself again!



EVERY 1ST & 3RD
WEDNESDAY OF THE MONTH
@Support Site Community Center

Join us! 

FACILITATED BY:



Kathi Conrad
FFSC New Parent Support
BSW



Jordan Page
Naples NMCRS Visiting Nurse
RN-BSN-CEN

We see you. We hear you. We're here for you.

For more information:

email Kathi.b.conrad.naf@us.navy.mil



BUDGET FOR BABY WORKSHOPS

Naples NMCRS Budget for Baby Workshop Registration

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





**American
Red Cross**

**Adult & Pediatric
First Aid/AED +
CPR Training**

**Blended learning format:
Online & In-person**

We also offer:

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

 081-568-4788

 naples@redcross.org

**Upcoming classes
and registration**





**American
Red Cross**

Service to the Armed Forces

VOLUNTEERS WELCOME!



**Interested in
joining us?**



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





SEPTEMBER 2026

CALENDAR OF EVENTS

FUN. CONNECTION. COMMUNITY.

Something for Everyone. Every Week.



STAY IN THE LOOP!

Scan to join our WhatsApp group for flyers, updates & upcoming events!

- ✓ Program Updates
- ✓ Event Flyers
- ✓ Important Announcements



**YOU SERVE.
WE SUPPORT.
WE CONNECT.**

We're Here for You.



SUN	MON	TUE	WED	THU	FRI	SAT
		1 1100-1200 TROOP TIME @ CAPO LOUNGE	2 1345-1445 AFTER SCHOOL CRAFT ATTACK @ SUPPORT SITE TEDDY BEAR CLUB	3 1100-1200 TROOP TIME @ CAPO LOUNGE	4	5 WE ❤️ OUR TROOPS
6	7 CLOSED FOR LABOR DAY	8 1100-1200 TROOP TIME @ CAPO LOUNGE	9 1345-1445 AFTER SCHOOL CRAFT ATTACK @ SUPPORT SITE	10 1100-1200 TROOP TIME @ CAPO LOUNGE	11 1000-1100 SPOUSE COFFEE @ COMM CTR APPRECIATION DROPS PATRIOTS DAY	12 WATER WARS 10-1130
13	14 1000-1100 TODDLER TIME @ COMM CTR	15 1100-1200 TROOP TIME @ CAPO LOUNGE	16 1345-1445 AFTER SCHOOL CRAFT ATTACK @ SUPPORT SITE	17 1100-1200 TROOP TIME @ CAPO LOUNGE 1730-1830 VOLUNTEER OPEN HOUSE 1700-1830 STEM EXPLORATION	18 1800-1900 SUNSET JOURNALING @ SUPPORT SITE	19
20	21 1000-1100 TODDLER TIME @ COMM CTR	22 1100-1200 TROOP TIME @ CAPO LOUNGE TASTE OF HOME BBQ AT THE TRIANGLE	23 1345-1445 AFTER SCHOOL CRAFT ATTACK @ SUPPORT SITE	24 1100-1200 TROOP TIME @ CAPO LOUNGE	25	26
27	28 1000-1100 TODDLER TIME @ COMM CTR VOLUNTEER OPEN HOUSE 11-12	29 1100-1200 TROOP TIME @ CAPO LOUNGE	30 1345-1445 AFTER SCHOOL CRAFT ATTACK @ SUPPORT SITE 1600-1745 STEP FORWARD FOR PREVENTION 5K @ CENTRAL PARK			



CONNECTING SERVICE MEMBERS AND FAMILIES THROUGH USO NAPLES PROGRAMS.



USO NAPLES LOCATIONS:

S-SITE • VILLAGE FORUM M-F 10-16
CAPO • AIR TERMINAL LOUNGE M-T
FROM 830-1630

FOLLOW US ON SOCIAL MEDIA

Facebook: FACEBOOK.COM/USONAPLES
Instagram: @USONAPLES

BECOME A USO VOLUNTEER!

Sign up at
volunteers.uso.org



Training in Your Time

Zone

Wherever you are in the world, access valuable programs and services to support your personal and professional growth. We're bringing the resources to your screen — anytime, anywhere. FFSP is just a click away.

ITALY AND BAHRAIN TIMES

September 2026

DEPLOYMENT



		Italy	Bahrain
Deploy Solo and Deploy Strong	9/15	3:00 PM	4:00 PM
Deployment-Ready Finances: Securing Your Future	9/22	4:00 PM	5:00 PM
Equipping Your Kids During Deployment	9/10	5:00 PM	6:00 PM
Homefront Ready: Family Care Planning	9/29	2:00 PM	3:00 PM
Keeping it Together During Deployment	9/1	7:00 PM	8:00 PM
	9/18	2:00 PM	3:00 PM
Plan. Prepare. Deploy.	9/23	8:00 PM	9:00 PM

EMPLOYMENT



		Italy	Bahrain
AI Prompt Engineering: From Idea to Output	9/9	4:30 PM	5:30 PM
AI Resume Building: A Paradigm Shift	9/2	4:30 PM	5:30 PM
Becoming Federal Resume Savvy	9/3	11:00 AM	12:00 PM
Bounce Back From Job Rejection	9/2	2:30 PM	3:30 PM
Building the Modern Resume	9/28	8:00 PM	9:00 PM
Conquering Civilian Interviews	9/11	11:00 AM	12:00 PM
	9/18	8:00 PM	9:00 PM
Demystifying Unemployment Compensation	9/14	3:00 PM	4:00 PM
Job Search Hacks	9/8	7:00 PM	8:00 PM
	9/23	5:00 AM	6:00 AM
Leveraging AI for your 2026 Job Search	9/4	4:30 PM	5:30 PM
Mastering the Civilian Resume	9/24	5:00 PM	6:00 PM
Mastering Virtual Interviews	9/1	9:00 PM	10:00 PM
Federal Job Mastery	9/15	12:00 PM	1:00 PM
	9/28	12:00 PM	1:00 PM
Remote Ready: A Spouse's Roadmap to a Virtual Career!	9/10	8:00 PM	9:00 PM
Stoicism Principles and Stress Management	9/18	4:30 PM	5:30 PM
Understanding USAJOBS	9/17	2:00 PM	3:00 PM
USAJobs 2026	9/11	4:30 PM	5:30 PM
Virtual Interview Techniques	9/3	8:00 PM	9:00 PM
Volunteer to Career	9/11	6:00 PM	7:00 PM

PARENTING



		Italy	Bahrain
Equipping Your Kids During Deployment	9/10	5:00 PM	6:00 PM
Healing Through Parenting: Strategies for Co-parenting with DV	9/3	8:00 PM	9:00 PM
Helping Kids Thrive Through Change	9/29	11:00 AM	12:00 PM
	9/30	3:00 PM	4:00 PM
How to Protect the Next Generation in the Digital Age	9/23	7:00 PM	8:00 PM
Nine Steps To Positive Parenting	9/28	5:00 PM	6:00 PM
Operation: Family Move	9/10	5:00 PM	6:00 PM
Problematic Sexual Behavior in Children and Youth	9/15	7:00 PM	8:00 PM
Single.Serving.Parent: Dual Mission	9/18	5:00 AM	6:00 AM
Spotting the Signs of Youth Suicide	9/2	3:00 PM	4:00 PM
	9/3	7:00 PM	8:00 PM
What About the Kids?	9/17	7:00 PM	8:00 PM

EMERGENCY PREPAREDNESS



		Italy	Bahrain
Be Ready, Be Confident: Emergency Preparedness	9/23	5:00 PM	6:00 PM
Disaster-Proof Your Wallet	9/16	1:00 PM	2:00 PM
Financial Preparation for Disasters	9/3	7:00 PM	8:00 PM

EXCEPTIONAL FAMILY MEMBER



		Italy	Bahrain
CLIFF Notes to Hearing Impairments/Deafness Under IDEA	9/15	8:00 PM	9:00 PM
The Road Ahead- Special Needs Future Planning	9/3	5:00 PM	6:00 PM

NAVY LIFE



		Italy	Bahrain
Who Is an Ombudsman?	9/9	5:00 PM	6:00 PM

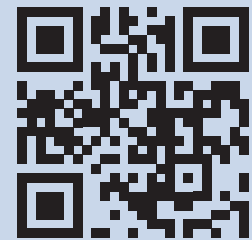
RELOCATION



		Italy	Bahrain
Operation: Family Move	9/10	5:00 PM	6:00 PM
PCS Smooth Track	9/22	6:00 PM	7:00 PM
Smooth Move	9/15	7:00 PM	8:00 PM
Stepping up Support: Sponsorship Training	9/1	11:00 AM	12:00 PM
	9/23	1:00 PM	2:00 PM
The PCS Process	9/28	5:00 AM	6:00 AM

Go to
MyNavyFamily.com

Log in or make a
new account to register
for any of these sessions.



Find a Fleet and Family
Support Center near you at

<https://ffr.cnic.navy.mil/Family-Readiness/Fleet-And-Family-Support-Program/FFSC-Directory>

PERSONAL FINANCE



		Italy	Bahrain
Achieving Financial Empowerment while Experiencing IPV	9/28	6:00 PM	7:00 PM
Banking and Financial Services	9/4	3:00 PM	4:00 PM
	9/22	7:00 PM	8:00 PM
Birth & Adoption of a Child Financial Workshop	9/24	7:00 PM	8:00 PM
Car Buying Strategies	9/2	2:00 PM	3:00 PM
	9/18	8:00 PM	9:00 PM
Consumer Awareness	9/9	2:00 PM	3:00 PM
	9/17	5:00 PM	6:00 PM
	9/28	2:00 PM	3:00 PM
Deployment-Ready Finances: Securing Your Future	9/22	4:00 PM	5:00 PM
Disaster-Proof Your Wallet	9/16	1:00 PM	2:00 PM
Financial Preparation for Disasters	9/3	7:00 PM	8:00 PM
Home Buying	9/21	7:00 PM	8:00 PM
Making the Most of Your Overseas Pay	9/25	3:00 PM	4:00 PM
Maximize Your GI Bill	9/11	5:00 PM	6:00 PM
Military Retirement Planning: Know the Facts	9/11	5:00 AM	6:00 AM
	9/24	3:00 PM	4:00 PM
Million Dollar Sailor Day 1	9/16	2:00 PM	3:00 PM
Million Dollar Sailor Day 2 (Must attend both sessions)	9/17	2:00 PM	3:00 PM
Money Prep: Baby on Board	9/8	8:00 PM	9:00 PM
	9/30	2:00 PM	3:00 PM
The Financially Fit Holiday Blueprint	9/17	8:00 PM	9:00 PM
Thrift Savings Plan: Choosing the Right Path	9/14	5:00 PM	6:00 PM
	9/24	6:00 AM	7:00 AM
TSP Basics for Navy Life	9/3	9:00 PM	10:00 PM
Virtual Million Dollar Sailor Day 1	9/1	2:00 PM	3:00 PM
Virtual Million Dollar Sailor Day 2 (Must attend both sessions)	9/2	2:00 PM	3:00 PM
Your Money and Your Mindset	9/29	7:00 PM	8:00 PM

TRANSITION



		Italy	Bahrain
Conquering Civilian Interviews	9/11	11:00 AM	12:00 PM
	9/18	8:00 PM	9:00 PM
Demystifying Unemployment Compensation	9/14	3:00 PM	4:00 PM
Leveraging the VMET in Your Job Search	9/15	6:00 PM	7:00 PM
Life After Tricare	9/4	8:00 PM	9:00 PM
Mastering the Civilian Resume	9/24	5:00 PM	6:00 PM
Retirement Ready Navy Spouse	9/9	6:00 AM	7:00 AM
Thrift Savings Plan: Choosing the Right Path	9/14	5:00 PM	6:00 PM
	9/24	6:00 AM	7:00 AM
VTAP DOL Employment Fundamentals for Career Transition	9/16	8:00 PM	9:00 PM
	9/23	2:00 PM	3:00 PM
	9/30	3:00 PM	4:00 PM
VTAP DOL Vocational Track Day 1	9/24	2:00 PM	3:00 PM
VTAP DOL Vocational Track Day 2	9/25	2:00 PM	3:00 PM
VTAP Financial Planning for Transition	9/15	8:00 PM	9:00 PM
	9/22	7:00 PM	8:00 PM
	9/29	8:00 PM	9:00 PM
VTAP Managing Your Transition	9/22	4:15 PM	5:15 PM
	9/29	5:15 PM	6:15 PM
VTAP MOC Crosswalk	9/22	5:00 PM	6:00 PM
	9/29	6:00 PM	7:00 PM
VTAP Pre-Separation Brief	9/14	8:00 PM	9:00 PM
	9/22	2:00 PM	3:00 PM
	9/29	3:00 PM	4:00 PM

WARRIOR AND FAMILY RESILIENCE



		Italy	Bahrain
Am I Okay?	9/20	6:00 AM	7:00 AM
Anger Management	9/10	9:00 PM	10:00 PM
Better Reactions, Better Outcomes	9/8	11:00 AM	12:00 PM
	9/9	3:00 PM	4:00 PM
	9/10	7:00 PM	8:00 PM
Bounce Back Better	9/25	8:00 PM	9:00 PM
	9/30	9:00 PM	10:00 PM
Can I Communicate Without Conflict?	9/23	5:00 PM	6:00 PM
Healing Through Parenting: Strategies for Co-parenting with DV	9/3	8:00 PM	9:00 PM
Healthy Behaviors: Expanded Operational Stress Control for Caregivers (EOSC_C)	9/9	8:00 PM	9:00 PM
How to Protect the Next Generation in the Digital Age	9/23	7:00 PM	8:00 PM
Mind Body Mental Fitness (MBMF)			
Mod 1: Stress Resilience	9/15	3:00 PM	4:00 PM
Mod 2: Mindfulness & Meditation	9/16	3:00 PM	4:00 PM
Mod 3: Living Core Values	9/17	3:00 PM	4:00 PM
Mod 4: Flexibility	9/22	3:00 PM	4:00 PM
Mod 5: Problem Solving	9/23	3:00 PM	4:00 PM
Mod 6: Connection	9/24	3:00 PM	4:00 PM
Mindful Practices During Stressful Times	9/22	11:00 AM	12:00 PM
	9/23	3:00 PM	4:00 PM
	9/24	7:00 PM	8:00 PM
Navy Spouse Life 101	9/21	4:00 PM	5:00 PM
Spotting the Signs of Youth Suicide	9/2	3:00 PM	4:00 PM
	9/3	7:00 PM	8:00 PM
Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	9/15	6:30 PM	7:30 PM
Strangulation Training	9/10	6:00 PM	7:00 PM
Strength Through Struggle: A case study on Resilience and Recovery from Domestic Violence	9/10	3:00 PM	4:00 PM
Stress Management	9/29	4:00 PM	5:00 PM
Suicide Prevention	9/17	5:00 PM	6:00 PM
	9/23	8:00 PM	9:00 PM
The Power of Connection: Building Support Systems	9/15	11:00 AM	12:00 PM
	9/16	3:00 PM	4:00 PM
	9/17	7:00 PM	8:00 PM
Understanding Anger	9/15	4:00 PM	5:00 PM
Why Do I Get so Angry and Emotional?	9/9	5:00 PM	6:00 PM

Need to talk? For virtual clinical counseling services Call 1-855-205-6749 to book an appointment.

Scan to schedule a one on one appointment to discuss personal financial management, employment, deployment, relocation, parenting, and more.



Resilience & Readiness



SEPTEMBER IS SUICIDE PREVENTION MONTH

Join us for virtual workshops that build resilience, connection, and coping skills.

WHAT YOU'LL LEARN

Learn to identify suicide warning signs
and connect others with support

Explore mindfulness and healthy coping
strategies for managing stress

Build stronger connections that foster
resilience and hope

MONDAYS | 8PM EDT

JAPAN TUESDAY 9AM

- Better Reactions, Better Outcomes (9/7)
- The Power of Connection: Building Support Systems (9/14)
- Mindful Practices During Stressful Times (9/21)
- Helping Kids Thrive Through Change (9/28)

TUESDAYS | 5AM EDT

ITALY 11 AM | JAPAN 6PM

- Better Reactions, Better Outcomes (9/8)
- The Power of Connection: Building Support Systems (9/15)
- Mindful Practices During Stressful Times (9/22)
- Helping Kids Thrive Through Change (9/29)

WEDNESDAYS | 9AM EDT

ITALY 3:00 PM

- Spotting the Signs of Youth Suicide (9/2)
- Better Reactions, Better Outcome (9/9)
- The Power of Connection: Building Support Systems (9/16)
- Mindfulness Practices During Stressful Times (9/23)
- Helping Kids Thrive Through Change (9/30)

THURSDAYS | 1PM EDT

ITALY 7:00 PM

- Better Reactions, Better Outcomes (9/7)
- The Power of Connection: Building Support Systems (9/14)
- Mindful Practices During Stressful Times (9/21)
- Helping Kids Thrive Through Change (9/28)

To register scan the QR Code
or visit: MyNavyFamily.com



Teens & Youth

Is Life Feeling Heavy?

It doesn't have to.

Moving again... 😞

Uuugh... overwhelmed!

 **SCHOOL
ADJUSTMENT**

Self-Esteem

SOCIAL MEDIA

Dealing with Body Image

STRESS 

 **RELATIONSHIPS**

Bullying 

 **HOW TO DEAL WITH
MY EMOTIONS**

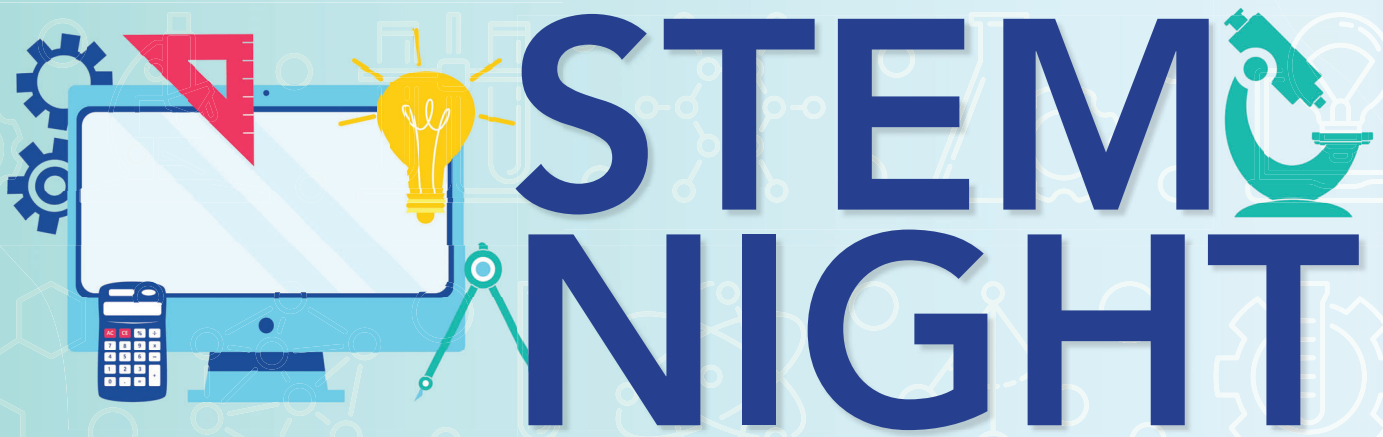
EMERGENCY CRISIS
DSN: 911
COMMERCIAL:
081-568-4911



Scan for Mental Health Resources.



NSA Naples
FLEET & FAMILY
SUPPORT CENTER

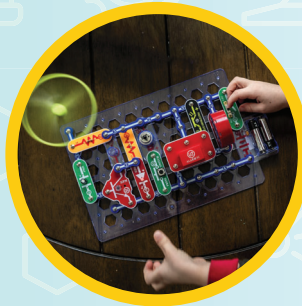


STEM NIGHT

It's an evening filled with interactive activities to allow your child to explore Science, Technology, Engineering and Mathematics in a fun way.



Magnetic Fishing



Circuit Boards



Rocket



OOBLEK



Slime



Ice Cream in a Bag

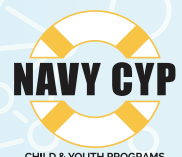
**Thursday,
Sept. 17**

**5-6:30 p.m.
Youth Gym, Support Site**

Food and beverages available for purchase from Navy Ball Committee.
Child Youth Program staff hosts the event in collaboration with our community partners.

Supported by

American Red Cross • Boy Scouts • Girl Scouts • NCIS • Liberty Center • Library
Public Works • Security • Stars and Stripes • University of Maryland Global Campus
U.S. Naval Hospital • USO



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

SAVE

THE

DATE!

CYP STEM EXPLORATION

DISCOVER. CREATE. EXPLORE. **TOGETHER!**



THURSDAY

SEPTEMBER 17, 2026



1700 – 1830

YOUTH PROGRAM GYM

SENSORY ACTIVITIES!



MAGNETIC
FISHING



CIRCUIT
BOARDS



MAKE A
ROCKET



FIND OUT
WHAT A
FLINKER IS!



MAKE
OOBLEK



EXPERIMENT
AT THE
SLIME STATION



MAKE ICE CREAM
IN A BAG



...AND
MORE!



THE ENTIRE COMMUNITY IS WELCOME!

NAVY CYP

Come Curious.
Leave Inspired!



FUN FOR ALL AGES!
FAMILIES, FRIENDS
& FUTURE INNOVATORS!

Hungry?

Short on time?

Place your order on the Strikers Grill app

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

It's convenient for breakfast, lunch and dinner.



How to Order

in just a few easy steps:

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

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

Strikers Grill Hours

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

Breakfast served:

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

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



TRANSITION ASSISTANCE PROGRAM (TAP) 2026 WORKSHOPS

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

CORE WORKSHOPS

Pre-Retirement

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

Pre-Separation

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

Executive TAP

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

Transition Tracks

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

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



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



Contact Us



081-811-6372
629-6372



NSANaplesFFSC@us.navy.mil

TRANSITION ASSISTANCE PROGRAM (TAP) 2026 CAPSTONE EVENT CALENDAR

What is the Capstone Event?

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

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

2026 Dates

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

Required Documentation

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

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

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

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



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



Contact Us



081-811-6372
629-6372



NSANaplesFFSC@us.navy.mil

STARS AND STRIPES[®]

VOLUNTEER TRAINING

Naples

Interested in becoming a Stars and Stripes volunteer? Grab a friend and join us for training! See how you can become a contributing writer and marketing volunteer.

WHEN

September 9th
1000-1200
At the Community
Center on Support Site

POC

Victoria Avila
avila.victoria@stripes.com



USO YOUTH PROGRAMS

TEDDY BEAR ADVENTURE CLUB!

COMMUNITY CENTER, SUPPORT SITE



Adventure awaits!

Our brand-new Teddy Bear Adventure Club is kicking off, and we want your little explorer along for the ride.

Join us Wednesday, 2 Sept for a full hour of fun, a sneak peek at all the adventures we have planned this year, and a craft to bring home.

Every adventurer gets their own official kit to start the journey right.

Bring your favorite bear and let's get exploring!



<https://bit.ly/teddybearclub>

REGISTER HERE



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.

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.



NAPLES NMCRS VISITING NURSE

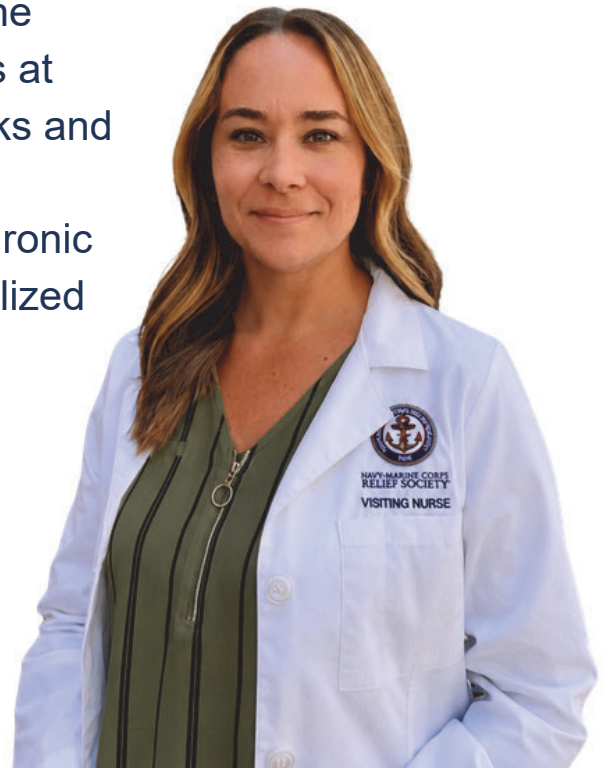
IN-HOME AND VIRTUAL HEALTHCARE SUPPORT

Free in-home and virtual visits to support the health of Sailors, Marines and their families at every stage of life. From baby weight checks and breastfeeding support for new parents to guidance on medications and managing chronic conditions, our nurse can provide individualized health education and support.

Jordan Page
RN-BSN-CEN

AVAILABLE
MONDAY - THURSDAY

*HOURS SUBJECT TO CHANGE TO MEET THE NEEDS OF THE COMMUNITY.



Contact Jordan by scanning the QR code, call, or e-mail.



Office: +39 081 568 6164

DSN: 629-6164



Work Cell: +39 344 498 2222

Jordan.Page@NMCRS.Org

*We Serve Active Duty and Retired Sailors,
Marines & Their Eligible Family Members



nmcrs.org

Powered by compassion

Visiting Nurse Program



**Helping Sailors,
Marines, and their families
through pregnancy and beyond**

Our registered nurse provides trusted support, resources, and guidance—from pregnancy and newborn care to ongoing health and wellness education—at home or virtually. Families are provided resources that nurture mental and physical well-being. We're able to work with healthcare providers to enhance and support the care a family already receives, ensuring the best outcomes for new moms, their babies, and their families.

Participants receive

- ✓ **Personalized, ongoing care**—Expert guidance and support from registered nurses throughout pregnancy and a baby's first year
- ✓ **Collaboration**—We coordinate care with you and other healthcare providers upon request
- ✓ **Infant feeding and growth monitoring**—Individualized support for breast and bottle feeding and weight checks between pediatrician appointments
- ✓ **Customized home or virtual visits**—Flexible visits tailored to meet the family's unique needs and busy schedule
- ✓ **Education and resources**—Connections to local resources and evidence-based tools for pregnancy, childbirth, and early parenting

Eligibility: Pregnant Sailors, Marines, and their eligible family members at 20 weeks of pregnancy and beyond qualify for participation.

About us

Since 1922, NMCRS's Visiting Nurse Program has been a trusted source of care and support for active duty and retired Sailors, Marines, and their families. Our compassionate registered nurses provide free, confidential in-person and virtual health education, fostering well-being and continuity of care throughout life's challenges. We can also collaborate with other healthcare providers, further enhancing overall care in a coordinated fashion.

Schedule a visit with us today



nmcrs.org
Powered by compassion

NMCRS VISITING NURSE REFERRAL

REFERRAL TYPE

Mother/Baby/Pediatric ☐

Med.Surg/Medication/
Chronic Condition ☐

Other: ☐

PERSONAL INFORMATION

Today's Date : _____ / _____ / _____

Full Name (FIRST & LAST) :

Date Of Birth : _____ / _____ / _____ Gender : ☐ Male ☐ Female

Address : _____

Phone Number : _____ E-Mail : _____

If pregnant or expecting what is your
estimated due date or your child's date of
birth. : _____ / _____ / _____

Sponser's Command : _____

Are You A Retiree ? : ☐ Yes ☐ No

Is there anything specific that you would like to discuss with the nurse?

THANK YOU!



You can also
complete this
form online!



nmcrs.org

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OFFICE USE ONLY

Date Referral Received : _____

Contact Attempt Date #1: _____

Contact Attempt Date #2: _____

Contact Attempt Date #3: _____

Learn more: www.nmcrs.org/our-services/visiting-nurses

NMCRS VISITING NURSE Provider Referral

REFERRAL TYPE

Mother/Baby/Pediatric ☐

Med.Surg/Medication/
Chronic Condition ☐

Other: ☐

Active Duty
Sailor/Marine ☐

Eligible Family Member ☐

Navy or Marine Retiree ☐

PATIENT INFORMATION

Today's Date : ____ / ____ / ____

Patient's Name
(FIRST & LAST)

:

Date Of Birth : ____ / ____ / ____ Gender : ☐ Male ☐ Female

Address : _____

Phone Number : _____ E-Mail : _____

If Obstetrics Referral-

Sponser's Command : _____

EDD : ____ / ____ / ____

GTPAL : ____ / ____ / ____

Notes to the Nurse: (Any area's of concern or things I should be aware of?)

THANK YOU!



Powered by compassion

Contact Me Directly At:

☎ Office DSN: 626-6164
Cell: +39 344 498 2222

🌐 Jordan.Page@NMCRS.org

OFFICE USE ONLY

Date Referral Received : _____

Contact Attempt Date #1: _____

Contact Attempt Date #2: _____

Contact Attempt Date #3: _____

Learn more: www.nmcrs.org/our-services/visiting-nurses

STARS STRIPES.
**WRITER'S
WORKSHOP**
Naples

Interested in becoming a writer for Stars and Stripes? Do you have writer's block and looking for new writing ideas? Join our workshop! New and experienced writers welcome.

WHEN

September 9th
1400-1700
At the Community
Center on Support Site

POC

Victoria Avila
avila.victoria@stripes.com





VTAP

Navy Virtual Transition Assistance Program



TRANSITION ASSISTANCE PROGRAM



The Navy provides interactive virtual webinars through the Virtual Transition Assistance Program (VTAP) for all eligible service members preparing to transition back to civilian life. Service members must complete their required congressional-mandated training at no less than 365 days before their official retirement or separation from military service. VTAP is designed for Service members who are unable to attend in-person training sessions in a timely manner. VTAP webinar classes are available to Service members and their spouses at any stage of their career and at any time zone.

SEPTEMBER 2026

Schedule is Subject to Change

WEEK of 14-18 Sept		Date	EDT	Millington	San Diego	Hawaii		Bahrain		Japan	
2 hrs.	Pre-Separation Briefing	14 Sept	2:00 PM	1:00 PM	11:00 AM	14 Sept	8:00 AM	14 Sept	9:00 PM	15 Sept	3:00 AM
30 mins.	Managing Your Transition	14 Sept	4:15 PM	10:15 AM	6:15 AM	14 Sept	10:15 AM	14 Sept	11:15 PM	15 Sept	5:15 AM
1.5 hrs.	MOC Crosswalk	14 Sept	5:00 PM	4:00 PM	2:00 PM	14 Sept	11:00 AM	14 Sept	12:00 AM	15 Sept	6:00 AM
4 hrs.	Financial Planning for Transition	15 Sept	2:00 PM	1:00 PM	11:00 AM	15 Sept	8:00 AM	15 Sept	9:00 PM	15 Sept	3:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	16 Sept	2:00 PM	1:00 PM	11:00 AM	16 Sept	8:00 AM	16 Sept	9:00 PM	17 Sept	3:00 AM
WEEK of 22-25 Sept		Date	EDT	Millington	San Diego	Hawaii		Bahrain		Japan	
2 hrs.	Pre-Separation Briefing	22 Sept	8:00 AM	7:00 AM	5:00 AM	22 Sept	2:00 AM	22 Sept	3:00 PM	22 Sept	9:00 PM
30 mins.	Managing Your Transition	22 Sept	10:15 AM	9:15 AM	7:15 AM	22 Sept	4:15 AM	22 Sept	5:15 PM	22 Sept	11:15 PM
1.5 hrs.	MOC Crosswalk	22 Sept	11:00 AM	10:00 AM	8:00 AM	22 Sept	5:00 AM	22 Sept	6:00 PM	23 Sept	12:00 AM
4 hrs.	Financial Planning for Transition	22 Sept	1:00 PM	12:00 PM	10:00 AM	22 Sept	7:00 AM	22 Sept	8:00 PM	23 Sept	2:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	23 Sept	8:00 AM	7:00 AM	5:00 AM	23 Sept	2:00 AM	23 Sept	3:00 PM	23 Sept	9:00 PM
8 hrs.	DOL (2Day) Vocational Day 1 8am-4pm Day 2 8am-4pm	24 Sept	8:00 AM	7:00 AM	5:00 AM	24 Sept	2:00 AM	24 Sept	3:00 PM	-	-
		25 Sept	8:00 AM	7:00 AM	5:00 AM	25 Sept	2:00 AM	25 Sept	3:00 PM	-	-
WEEK of 29 Sept-2 Oct		Date	EDT	Millington	San Diego	Hawaii		Bahrain		Japan	
2 hrs.	Pre-Separation Briefing	29 Sept	9:00 AM	8:00 AM	6:00 AM	29 Sept	3:00 AM	29 Sept	4:00 PM	29 Sept	11:00 PM
30 mins.	Managing Your Transition	29 Sept	11:15 AM	10:15 AM	87:15 AM	29 Sept	5:15 AM	29 Sept	6:15 PM	30 Sept	12:00 AM
1.5 hrs.	MOC Crosswalk	29 Sept	12:00 PM	11:00 AM	9:00 AM	29 Sept	6:00 AM	29 Sept	7:00 PM	30 Sept	1:00 AM
4 hrs.	Financial Planning for Transition	29 Sept	2:00 PM	1:00 PM	11:00 AM	29 Sept	8:00 AM	29 Sept	9:00 PM	30 Sept	3:00 AM
8 hrs.	DOL (1Day) Employment Fundamental for Transition	30 Sept	9:00 AM	8:00 AM	6:00 AM	30 Sept	3:00 AM	30 Sept	4:00 PM	1 Oct	11:00 PM



www.ffsp.navy.mil

CNIC's Learning Management System (LMS)

Regardless of a sailor's career stage or time zone, VTAP webinar classes are available. To register for any session, log in to <https://mynavyfamily.com>

USO YOUTH PROGRAMS

WATER WARS

CENTRAL PARK, SUPPORT SITE

SEPT 12
10-11:30



September may be here, but the fun isn't cooling down!

Join the USO for Water Wars, with special support from our local Fire Department!

Kids can splash, play, enjoy water activities, cool off, and grab some refreshments while spending a fun morning with their USO community.

Come dressed to get wet and don't forget a towel!

Parent/Guardian Notice: A parent or legal guardian must remain onsite with their child(ren) for the entire duration of the program. This is not a drop-off event.





PROGRAMS FOR SERVICE MEMBERS



CONNECT. RECHARGE. SUCCEED.



The USO is here for you - offering programs and services that support your well-being, build community, and enhance your time in service.



Troop Time

More than lunch - it's a chance to recharge, connect, and take a break from the mission.



EVERY Tues & Thurs



11:00 AM - 12:00 PM



Capo Lounge - Air Terminal



Water Wars

Battle your friends or just have a great time with our cool water activities! Kid friendly!



Saturday, September 12



10:00 AM - 11:30 AM



Central Park - Support Site



Volunteer Open House

Stop by to learn more about volunteering with the USO and/or celebrate our volunteers!



Thursday, September 17



5:30 PM - 6:30 PM



@ Community Center - Support Site



Monday, September 28



11:00 AM - 12:00 PM



@ USO Lounge - Air Terminal



Sunset Journaling

No journaling experience needed. This is simply a chance to pause, reflect, and show up for yourself



Friday, September 18



6:00 PM - 7:00 PM



Central Park - Support Site



Taste of Home

Single Sailors - Join us at the Triangle for a home cooked meal and connections!



Tuesday, September 22



5:30 PM - 7:00 PM



The Triangle - Support Site

★ **USO LOCATIONS** ★



USO Capodichino Lounge

Air Terminal

Open Monday to Thursday
08:30 - 16:30



Village Forum

Support Site

Open Monday to Friday
10:00 - 16:30

STAY CONNECTED:



USO Naples



@usonaples



uso.org



All events are **FREE** and open to our military community!

**Wed
2**



Teddy Bear Club

Adventure Awaits! Get a sneak peek of the adventures planned this year!

🕒 10:00 AM - 11:00 AM

📍 Village Forum - S. Site

**WEDS
2, 9
16, 23, 30**



Craft Attack

Make the most of early release day with a fun craft and snack with the USO!

🕒 1:45 PM - 2:45 PM

📍 Village Forum - S. Site

**TUE
12**



Water Wars

Battle your friends or just have a great time with our cool water activities! Kid friendly!

🕒 10:00 AM - 11:30 AM

📍 Central Park - Support Site

**MONS
14, 21,
28**



Toddler Time

A place to play, grow, and belong! Co-hosted with EDIS.

🕒 10:00 AM - 11:00 AM

📍 Community Center - S. Site

**THURS
17
MON
28**



Volunteer Open House

Stop by to learn more about volunteering with the USO and/or celebrate our volunteers!

📅 **Thursday, September 17**

🕒 5:30 PM - 6:30 PM
📍 @ Community Center - Support Site

📅 **Monday, September 28**

🕒 11:00 AM - 12:00 PM
📍 @ USO Lounge - Air Terminal

★ USO LOCATIONS ★



USO Capodichino Lounge

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Open Monday to Thursday
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Support Site
Open Monday to Friday
10:00 - 16:30

STAY CONNECTED:



USO Naples



@usonaples



uso.org