



U.S. NAVAL SUPPORT ACTIVITY, NAPLES

BASEWIDE MONTHLY EVENTS & ACTIVITIES

All-In-One Place ➤ Updated Monthly

CALENDAR



Service to the Armed Forces

VOLUNTEERS WELCOME!



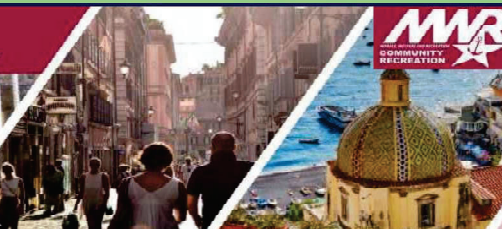
What's Happening...



Liberty Activities

For E1-E6 single and unaccompanied service members

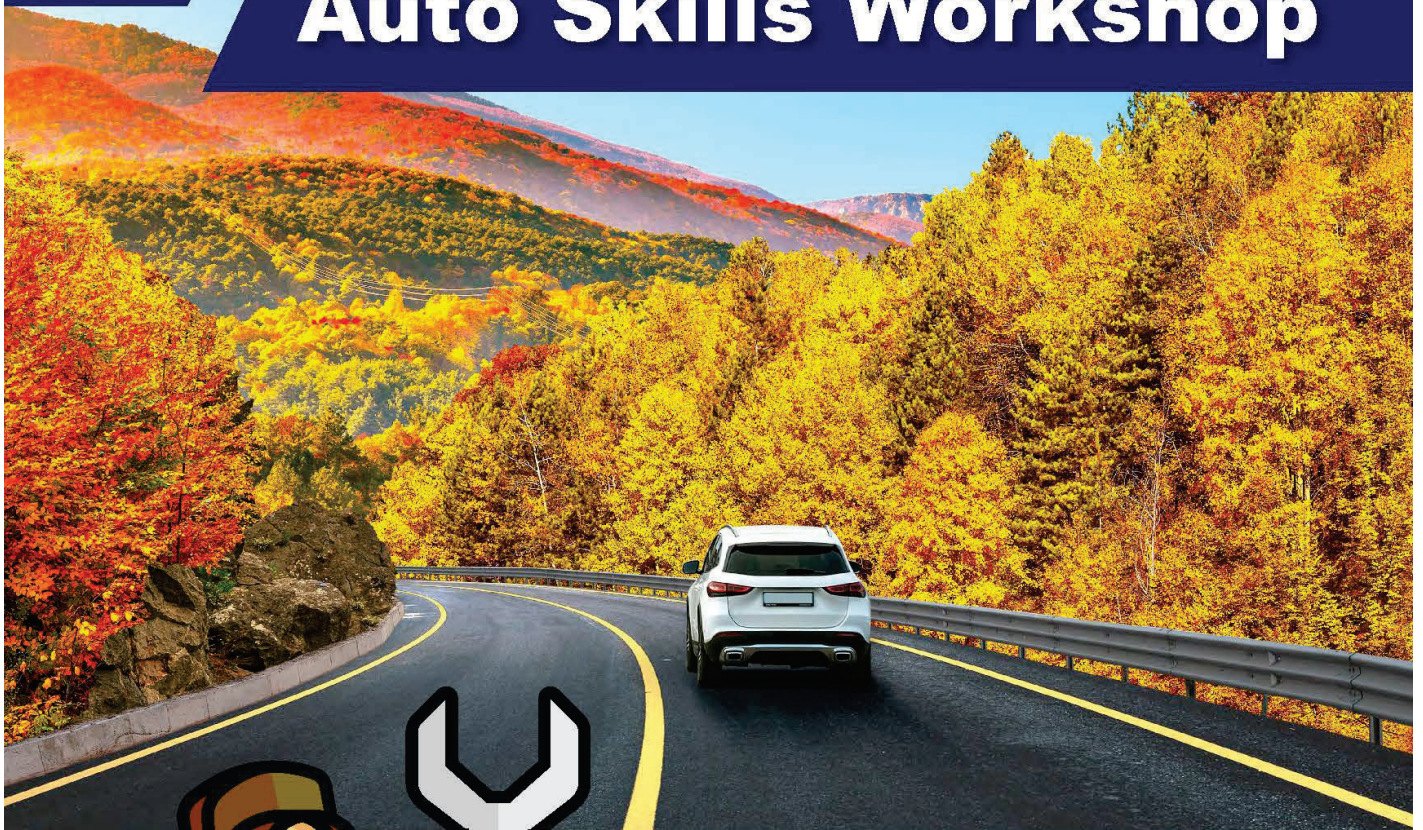
TICKETS & TRAVEL



Captain's Cup

MONTHLY EVENTS @ USO Naples

Auto Skills Workshop



Auto Skills Center, Support Site

Tuesday
Sept. 23 and Oct. 28
3:30-5 p.m.

Work on your vehicle in lift bays. Help ensure your autumn car trips are safe by preparing your vehicle today. 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, 10 a.m.-6 p.m.
Sunday-Monday, Closed

For more information or to reserve a bay, call 081-811-4971 / DSN 629-4971.
Connect with MWR 24/7 at navymwrnaples.com.

www.facebook.com/mwrnaples [instagram.com/nsanaplesmwr](https://www.instagram.com/nsanaplesmwr)





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!



Captain's Cup

2025



Carney Park
Tuesdays and
Thursdays
6 p.m.

Flag Football

Season begins Tuesday, Sept. 16

Rep your command and compete to win the coveted 2025 Captain's Cup trophy!

Coaches meeting on Tuesday, Sept. 9, 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.

Register your Command Team by Sept. 12 at the Fitness Forum.
No additions to rosters will be allowed.



For more information, call 081-811-6528 / DSN 629-6528.

MWR
MOVING WARDEN RANGERS
SPORTS



CHEF ROBERT IRVINE'S WARRIOR KITCHEN

Burger and Hot dog Burn Volunteers Needed

Friday, Sept. 5, 3-7 p.m. and Saturday, Sept. 6, all day
Naples Middle/High School

Volunteers will receive a letter of appreciation
and volunteer hours documentation.

Criteria to volunteer:

- Must be a high school Freshman or older
- Must be able to be on your feet all day
- Must be able to lift 10-30 pounds

Registration required and begins Aug. 11. To register, email
naplesmwr_specialevents@us.navy.mil with the
following information:

- Names and ages of volunteers
- Specific times available on Sept. 5 and 6

Learn more at ArmedForcesEntertainment.com



No official
endorsement intended



SEPTEMBER 2023

YOUR *Virtual* FFSC WEBINAR SCHEDULE

We have webinars scheduled to suit time zones around the world!

Visit [MyNavyFamily.com](https://www.mynavyfamily.com), select a topic, and view available sessions with times automatically converted to your local time.

EMPLOYMENT

The Road to Remote Success	9/3/2025	1:00 PM EDT	10:00 AM PDT
AI Resume Building - A Paradigm Shift	9/4/2025	9:00 AM EDT	6:00 AM PDT
Leveraging AI For Your 2025 Job Search	9/5/2025	9:00 AM EDT	6:00 AM PDT
USAJOBS 2025	9/12/2025	9:00 AM EDT	6:00 AM PDT
PAIN FREE - Resume Writing	9/16/2025	2:00 PM EDT	11:00 AM PDT
Acing the Interview!	9/17/2025	3:00 PM EDT	12:00 PM PDT
The ART of the Interview	9/18/2025	10:00 AM EDT	7:00 AM PDT
Stoicism Principles and Stress Management	9/19/2025	9:00 AM EDT	6:00 AM PDT

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

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

EXCEPTIONAL FAMILY MEMBER (EFMP)



The Road Ahead-Special Needs Planning Considerations	9/18/2025	11:30 AM EDT	8:30 AM PDT
Burnout: Self-Care and Resiliency for the EFMP Family	9/24/2025	1:00 PM EDT	10:00 AM PDT

FAMILY EMERGENCY PREPAREDNESS AND RESPONSE

Emergency Preparedness: Your Peace of Mind 9/8/2025 2:00 PM EDT 11:00 AM PDT

MENTAL WELL-BEING



Suicide Prevention	9/4/2025 9/18/2025	10:00 AM EDT 12:00 PM EDT	7:00 AM PDT 9:00 AM PDT
Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	9/15/2025	1:30 PM EDT	10:30 AM PDT
Healing Through Parenting	9/22/2025	1:00 PM EDT	10:00 AM PDT

PARENTING

Mental Health Begins at Birth	9/9/2025	12:00 PM EDT	9:00 AM PDT
New Spouse Orientation	9/9/2025	12:00 PM EDT	9:00 AM PDT
Effects of Divorce on Children	9/9/2025	11:00 AM EDT	8:00 AM PDT
What About the Kids	9/18/2025	1:00 PM EDT	10:00 AM PDT
Parenting and Sexual Development (SHAPE Module 1)	9/18/2025	7:30 PM EDT	4:30 PM PDT

Join us for these webinars offered several times throughout the month:

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

DEPLOYMENT SUPPORT



IA Deployment 101	9/9/2025	4:00 PM EDT	1:00 PM PDT
<p>Looking for Deployment topics?</p> <p>Click Deployment for the following training topics.</p> <ul style="list-style-type: none"> • Deployment Sleep Strategies • Equipping Your Kids During Deployment 	<ul style="list-style-type: none"> • Ready, Set Deploy: Pre-Deployment Planning • Single Sailor Deployment Tools • The Service Member's Guide to Family Care Plans 		

- Ready, Set Deploy: Pre-Deployment Planning
- Single Sailor Deployment Tools
- The Service Member's Guide to Family Care Plans



1 Go to [MyNavyFamily.com](https://www.mynavyfamily.com) to log in or create a free account.

2 Select the category on the home page, then select your webinar.

3 Confirm the start time and click "Enroll Me."

The FFSC LMS also has comprehensive resources like New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.

PERSONAL GROWTH



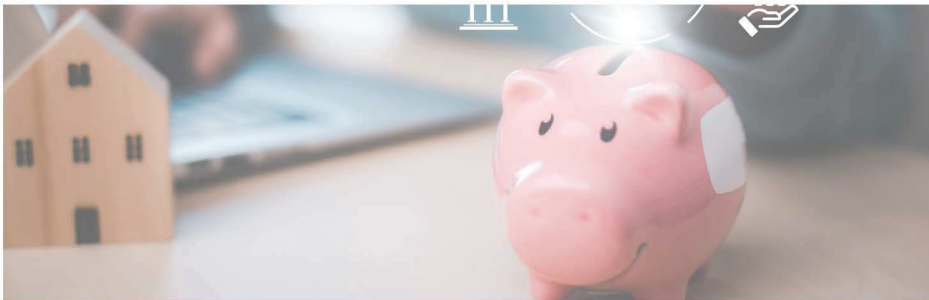
Understanding Anger	9/9/2025	10:00 AM EDT	7:00 AM PDT
Personal Communication	9/11/2025	11:00 AM EDT	8:00 AM PDT
Stress Management	9/16/2025	10:00 AM EDT	7:00 AM PDT
Building Healthy Relationships	9/24/2025	11:00 AM EDT	8:00 AM PDT

PERSONAL FINANCIAL MANAGEMENT

Virtual Million Dollar Sailor Day 1	9/3/2025	8:00 AM EDT	5:00 AM PDT
Virtual Million Dollar Sailor Day 2	9/4/2025	8:00 AM EDT	5:00 AM PDT
Financial Preparation for Disasters	9/4/2025	1:00 PM EDT	10:00 AM PDT
Love Paying Credit Cards? NOT!!!!	9/17/2025	10:00 AM EDT	7:00 AM PDT
Baby Breaks the Bank!	9/17/2025	1:00 PM EDT	10:00 AM PDT
Money Munchkins: Raising Money-Savvy Kids	9/24/2025	1:00 PM EDT	10:00 AM PDT
Now I'm the Landlord	9/24/2025	1:00 PM EDT	10:00 AM PDT
Birth of a Child and Adoption Financial Workshop	9/25/2025	1:00 PM EDT	10:00 AM PDT

Click Personal Financial Management for webinars on:

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



RELOCATION

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

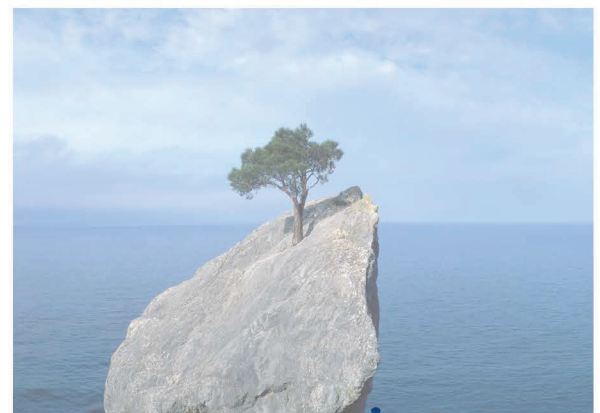
A Smooth PCS? It CAN Happen!	9/10/2025	12:00 PM EDT	9:00 AM PDT
Smooth Move	9/15/2025	12:00 PM EDT	9:00 AM PDT
Moving with Exceptional Family Member	9/16/2025	12:00 PM EDT	9:00 AM PDT

RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 5: Problem Solving	9/2/2025	1:00 PM EDT	10:00 AM PDT
Module 6: Connection	9/9/2025	1:00 PM EDT	10:00 AM PDT
Module 1: Stress Resilience	9/16/2025	1:00 PM EDT	10:00 AM PDT
Module 2: Mindfulness and Meditation	9/23/2025	1:00 PM EDT	10:00 AM PDT
Module 3: Living Core Values	9/30/2025	1:00 PM EDT	10:00 AM PDT
Assess the Climate Masterclass (DEOCS/ CRT Prep/ Wrap Up)	9/3/2025	9:00 AM EDT	6:00 AM PDT

Want to learn more about resilience? Join us for Bounce Back Better, Mission Ready, Mentally Strong or Run for Resilience. See the LMS for times in your time zone.



VIRTUAL WORK and FAMILY LIFE PROGRAM

Book a Free 1:1
Consultation with a
team member today



CYP is HIRING!

Build a rewarding
career in child care
and recreation!



Information and interview opportunities

Drop-in Interviews

Tuesday, Sept. 9

9 a.m.-Noon

Youth Center (Bldg. 2072)

Support Site

Please arrive by 11 a.m. to begin
the process.

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

*Join our
team!*

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 up to \$2,000 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 100 percent discount

Please note: Benefits are for
qualified or eligible employees.



USO COFFEE CONNECTIONS

SEP 26
1000-1100

CAPODICHINO : FALL SUGAR SCRUB



Always wanted to attend a Coffee Connections craft, but you work? Well wish no longer...

Join us for a cozy fall sugar scrub workshop. Create your own luxurious apple cinnamon scented sugar scrub using natural ingredients like jojoba oil while connecting with fellow spouses over coffee.

Learn all about natural skincare benefits, enjoy raffle giveaways, and leave with a beautiful homemade spa treat and new friendships!



[https://bit.ly/CapoFallSugar
Scrub](https://bit.ly/CapoFallSugarScrub)

SCAN TO REGISTER



TICKETS & TRAVEL



SEPTEMBER DAY TOURS

Monday, Sept. 1

Capri and Anacapri

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

\$199 Adult, \$145 Child 2-9

Includes lunch and all fees

LABOR DAY

Friday, Sept. 5

Naples Underground in the Evening

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

\$50 Adult, \$35 Child 2-11

Entry fee €14

Saturday, Sept. 6

Amalfi Coast by bus

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

\$125 Adult, \$89 Child 2-11

Includes lunch

Sunday, Sept. 7

Wine Tasting in Irpinia*

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

\$115 Adult, \$89 Child 3-15

Includes lunch

Saturday, Sept. 13

Horseback riding on Mt. Vesuvius

Depart Support Site 7:30 a.m., depart Capodichino 8 a.m.

\$66 Adult and child 6-11 (no children 5 years or younger)

Horse fee €65

Saturday, Sept. 20

Amalfi and Positano by boat

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

\$69 Adult, \$49 child 2-11

Boat fee €40

Sunday, Sept. 21

Sorrento and Pizza-making Lesson

in Vico Equense

Depart Support Site 8:30 a.m., depart Capodichino 9 a.m.

\$115 Adult, \$89 Child 2-11

Includes pizza lunch

Saturday, Sept. 27

Wine Tasting in Avellino*

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

\$115 Adult, \$89 Child 3-15

Includes lunch

Sunday, Sept. 28

Capri and Anacapri

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

\$199 Adult, \$145 Child 2-9

Includes lunch and all fees

Professional tour guide leads group.

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



- All tours are subject to cancellation if minimum reservations are not met.
- If your tour is canceled, all paid customers will receive 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 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



ATTENTION ALL NAPLES COMMANDS



Feedback Fuels Readiness

Share Your Perspective. Take the DEOCS.
Convenient. Confidential. Crucial.

Active Duty Service Members | DoD Civilians | Local National Employees

1. Scan the QR code or follow the link below.
2. Enter your DoD ID, E-mail, or Phone Number which will direct you to your specific Command's survey.*
3. For any questions, contact your CMEQ.



* Each Command can open their DEOCS anytime between 1 AUG and 31 OCT. If you are unsure of when your Command's survey is open, contact your CMEQ.

surveysdrc.com/DEOCS



Defense Organizational Climate Survey



USO GAMING

SEP 26
1800-1930

GAME NIGHT AT EAT TF RESTAURANT



Love trivia? Join us at EAT TF for a great evening!

- Participate in 3 rounds of Trivia
- Prizes for the winning team
- Food & drinks available for purchase from the restaurant

Come for the food, stay for the fun!

X @USOGG

DISCORD.GG/THEUSO

TWITCH.TV/THEUSO



USO.org/GAMING

GLOBAL USO GAMING PARTNERS





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. 3 and 4 or Sept. 17 and 18

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

Monday, Sept. 8 and 22

7:45 a.m.-2:30 p.m.

Monday, Sept. 29

7:45 a.m.-2:30 p.m. (all ages)

TRANSITION ASSISTANCE PROGRAM

Must be registered for TAP workshops by Command Career Counselor.

Pre-Separation Workshop

Monday-Wednesday, Sept. 15-17

8 a.m.-4 p.m.

Department of Labor

Employment Workshop

Thursday and Friday, Sept. 18 and 19 or

Sept. 25 and 26

8 a.m.-4 p.m.

Executive TAP Workshop

Monday-Wednesday, Sept. 22-24

8 a.m.-4 p.m.

Capstone Event

Tuesday, Sept. 30

1-4 p.m.

SEXUAL ASSAULT PREVENTION AND RESPONSE

SAPR training and workshops subject to change.

Resident Advisor Training

Thursday, Sept. 11

1-3 p.m.

FFR Conference Room, Capodichino

Common Mandatory Training

Monday, Sept. 15

Noon-1:30 p.m.

Victim Advocate

Refresher Training (2 CEUs)

Wednesday, Sept. 24

Noon-2 p.m.

RELOCATION

Sponsorship Training

Thursday, Sept. 25

9 a.m.-Noon

Command Conference Center, Capodichino

***Virtual class**

INTERCULTURAL RELATIONS

Easy Italian (beginners)

Tuesday, Sept. 2, 9 and 16

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

**Intercultural Relations trip:
Wine Cellar Visit and
Grape Stomping Experience**

Thursday, Sept. 11

9:30 a.m.-2:30 p.m.

Italian at Lunchtime

(basic Italian for beginners)

Tuesday, Sept. 16 and 23

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

Capodichino

Intermediate Italian

Tuesday, Sept. 23

10-11:30 a.m.

**Intermediate Italian
at Lunchtime**

Tuesday, Sept. 30

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

Capodichino

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

Command Point of Contact Training*

Thursday, Sept. 4

11 a.m.-Noon

Leadership Brief*

Tuesday, Sept. 9

3-4 p.m.

EFMP Overview*

Wednesday, Sept. 17

10-11 a.m.

LIFE SKILLS

Mind-Body Mental Fitness:

Stress Resiliency

Wednesday, Sept. 10

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

Capodichino

Mind-Body Mental Fitness:

Mindfulness and Meditation

Wednesday, Sept. 17

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

Capodichino



FAMILY READINESS

Ombudsman Appreciation

Luncheon

Friday, Sept. 12

Noon-3 p.m.

FAMILY EMPLOYMENT READINESS PROGRAM

LinkedIn Profiles Workshop

Thursday, Sept. 11

9-11 a.m.

LinkedIn Job Search Workshop

Thursday, Sept. 11

11:30 a.m.-1:30 p.m.

VIRTUAL WORK AND FAMILY LIFE PROGRAMS

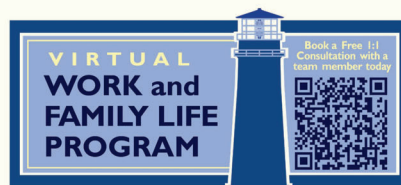
Additional programs are being offered virtually. Visit mynavyfamily.com to create an account and access virtual classes and online resources.

LIFE SKILLS

PERSONAL FINANCE MANAGEMENT

FAMILY EMPLOYMENT READINESS PROGRAM

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



Scan for email



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.





CHEF ROBERT IRVINE'S WARRIOR KITCHEN

Spaces limited!
Register today!



Burger and Hot Dog Burn

Saturday, Sept. 6

2-3:30 p.m.

Naples Middle/High School

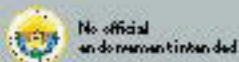
Registration required

To register, email

naplesmwr_special_events@us.navy.mil

with names and ages of all participants.

Learn more at ArmedForcesEntertainment.com



Continuation Pay



Service members covered under the Blended Retirement System (BRS) may be eligible to receive a one-time, midcareer bonus payment in exchange for an agreement to perform additional obligated service. This direct cash payout is in addition to any other career field-specific incentives or retention bonuses. It is calculated from recipients' Pay Entry Base Date. Most service members under BRS will be eligible for continuation pay, but each service determines the timing and amount. Those who receive continuation pay but do not fulfill the service agreement may have to return some of that pay.

Key Considerations



Eligibility. This one-time payout is available to active-duty, National Guard and reserve service members covered under the BRS with between seven and 12 years of service who are able to enter into an agreement to perform additional obligated service.



Amount. Active-duty service members may be eligible for a continuation pay multiplier of 2.5 to 13 times their monthly basic pay. Members of the National Guard or reserves in drilling status may be eligible to receive a multiplier of 0.5 to 6 times their monthly basic pay (as if serving on active duty). [Continuation pay rates](#) are updated annually.



Pay rates. Pay-rate multipliers may be based on service-specific retention needs, specialty skills and hard-to-fill positions, similar to career field incentives and reenlistment bonuses. Each service will determine and publish its own guidance on continuation pay.



Investing. Service members may invest continuation pay, along with other specialty pays, bonuses and incentives, into their [Thrift Savings Plan](#) or other investment account, up to the [annual maximum allowed by the IRS](#).

Resources

- **Learn** more about the BRS at <http://militarypay.defense.gov/BlendedRetirement>.
- **Project** your retirement benefits using the Blended Retirement System calculator at <https://militarypay.defense.gov/Calculators/Blended-Retirement-System-Standalone-Calculator/>.
- **Navigate** the details by making a free appointment with a personal financial manager or counselor at your installation's Military and Family Support Center, or search <https://installations.militaryonesource.mil> or <https://finred.usalearning.gov/pfcMap>.
- **Explore** FINRED's financial information and resources at <https://finred.usalearning.gov>.



U.S. Department of Defense



Download the DoD financial literacy app, Sen\$e, for finances at your fingertips. Find it in the [Google Play](#) and [iOS](#) app stores.

As you reach new milestones and complete your [service's financial readiness training](#), look to the [Office of Financial Readiness](#) and your service for additional trusted resources.

You can also follow @DoDFINRED on



September | activities

Events are held at the Fleet Recreation Center, unless specified.

September is...



Library Card Sign up Month

Stop by and sign up for a library card! You may use this card to check out books at the Gaeta Fleet Recreation Center and at the MWR Naples libraries and access the Navy's digital library.

National Fall Hat Month

Sept. 1-30

A fun way to begin the fall season! Enter MWR's hat contest by bringing in your favorite hat or send a picture to add to our display. Win a prize for the most original hat.

Learn about this observance and its history.



Labor Day Specials

Monday, Sept. 1



Boat tour

Cruise around the bay of Gaeta. Call the MWR Customer Service Desk for more information. Register and pay by Aug. 28.

Picnic in the Park

Enjoy your holiday with a picnic at the Olde Mill Inn Park. Reserve a pavilion by calling the MWR Customer Service Desk.

Game Time with Nintendo Switch

Friday, Sept. 19 • Begins at noon

Explore all the fun sports games. Challenge your friends or an MWR staff member to a video game.

Sand Art

Thursday, Sept. 25

10 a.m.-Noon

Create a design by using colored sand. Fun for children and adults. MWR provides supplies while they last.

Afternoon Sports

Thursday, Sept. 4

3-5 p.m. • Olde Mill Inn Park

Meet the MWR staff at the park and check out sports equipment to play your favorite sports such as volleyball, dodgeball, tennis or softball. Fun for adults and children.

Shop the New Fall Arrivals

Friday, Sept. 26

€23 for roundtrip transportation

MWR takes you to La Reggia Outlet. Depart Fleet Landing at 8:30 a.m. Minimum 15 people for trip to go.

Deck Party

Friday, Sept. 12 • Begins at noon

Grill your own meat on MWR's grill.

The deck will be decorated.

National Fall Foliage Week

Sept. 26-Oct. 2

Help MWR create a fall tree by adding fall-colored foliage.

Ping-Pong Challenge

Wednesday, Sept. 17

Challenge your friend or an MWR staff member to a game of ping-pong!

Stop by the MWR Customer Service Desk to learn about these fun opportunities:

- Siteseeing tours
- Fitness classes
- Music lessons
- Spa (discounted rates)

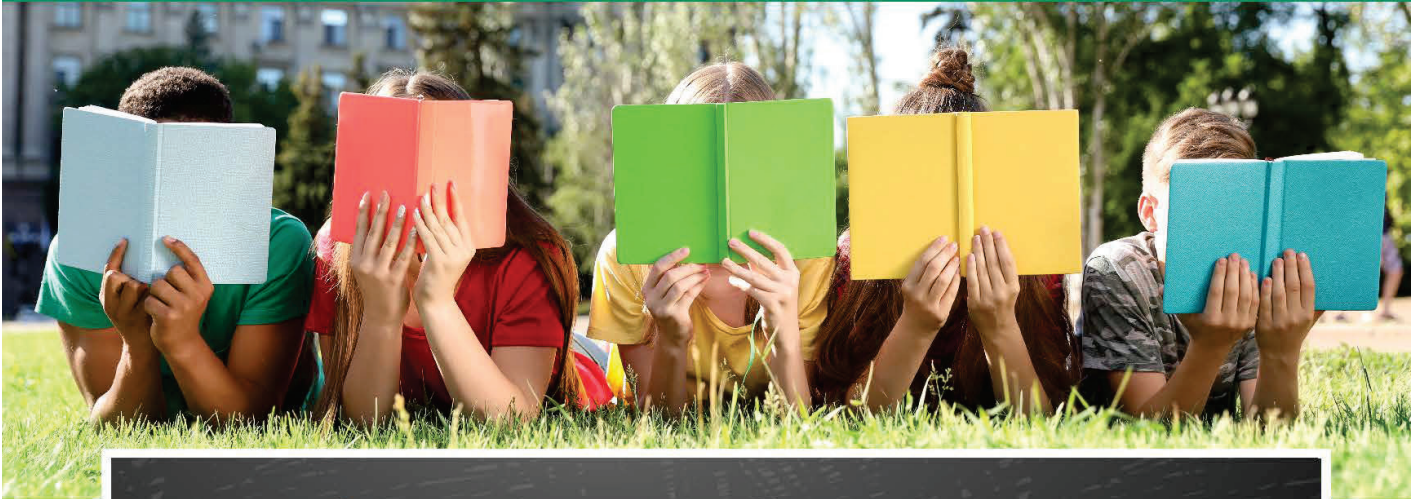
For more information, please call the MWR Service Desk at 081-568-8357 / DSN 626-8357

or email NaplesMWR_Gaeta@us.navy.mil

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



Calling all bookworms ages 8-12 years old!
If you love to read, this group is for you!



MIDDLE GRADERS BOOK CLUB

First Tuesday of each month • 3-4 p.m.
Library Conference Room, Support Site

Book Club members will read the same book and meet to discuss the book's plot, characters and setting along with other guided discussion questions and a critique. Then, the group will vote on the next book to read.



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



2025

GREAT NAVY CAMPOUT

Discover Your Adventure

SPONSORED BY

T Mobile



Friday-Sunday, Sept. 5-7 • Carney Park

Lots of fun and fresh air! Campout activities include backyard barbecue, court and lawn games, family kickball game and a bonfire.

Reserve/pay for a cabin for Friday night and get Saturday night for free!
Reservations for cabins and tent sites are on a first-come, first-served basis by emailing NaplesMWR_CarneyPark@us.navy.mil or calling 081-526-1579.

Pledge to camp and be entered to win a \$500 or \$2,500 gift card! Get the details at www.navymwrnaples.com/CarneyPark.



For more information, go
navymwrnaples.com.

No Navy endorsement implied.

Dance Classes

Fall 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 Sept. 1-Dec. 30 for one-month sessions. (No class on U.S. holidays.)

Ages 3-6: \$50 per month for one class per week

\$85 per month for two classes per week

Ages 7-9 and 10-17: \$60 per month for one class per week

\$100 per month for two classes per week

Registration opens the 15th of each month for the next session.

Scan here to register and pay. >>



SEPTEMBER Liberty Activities

For E1-E6 single and unaccompanied service members



Your off-duty connection to fun and recreation!

ONE-DAY TRIPS



Spa Day in Sorrento

*Monday, Sept. 1 (Labor Day)
9 a.m.-4 p.m.*

Relax this holiday on the iconic Sorrento Coast! Enjoy the saunas, massages and other TLC services. A relaxing time for guys and gals. Services must be booked separately and paid at venue.



Discover Benevento

*Saturday, Sept. 6
9:30 a.m.-4 p.m.*

Take a step back in time to the Imperial Age and visit treasured sites such as Arch of Trajan, Roman amphitheater, Church of Hagia Sophia, Sannio Museum and Cloister of Santa Sofia, Rocca dei Rettori (Benevento Castle) Benevento Cathedral and Hortus Conclusus of Benevento.



Shop 'til You Drop!

*Saturday, Sept. 13
9:30 a.m.-4 p.m.*

The fall fashions will be available at La Reggia Designer Outlet. Transportation only. Bring euro for shopping and lunch.



Sailor Adventure Quest: Fishing 101

*Saturday, Sept. 20
9:30 a.m.-4:30 p.m.*

All skill levels welcome! Learn or enhance your fishing skills at a beautiful Campania fishing venue. Bring euro for fishing fees to pay venue and lunch.



Pizza by Savaris

*Friday, Sept. 26
7-9 p.m.*

Enjoy the various specialties of the Savaris Pizzeria in Teverola.

Wheels 'n Deals

Tuesday, Sept. 2, 9 and 16

5:30-7:30 p.m.

Need to go off base for weekly food or home goods shopping, but no car? Hop on the Liberty shuttle to various nearby shopping areas.

Italian Culture Fest

Thursday, Sept. 4 and 18

5:30-7:30 p.m.

Learn more about our host country in a relaxed setting. Learn useful everyday phrases and greetings. Discuss and explore cultural differences and, of course, sample some amazing Italian recipes.

Pillows and Popcorn: Back to Hogwarts

Monday, Sept. 8, 15 and 29

5-7:30 p.m.

Bring your pillow and wear your favorite Hogwarts House swag to enjoy classic Harry Potter films! Freshly made popcorn available to munch on during the movie.

Lunch 'n Learn Italian

Wednesday, Sept. 10, 17 and 24

Noon-1 p.m.

Bring your lunch to the Liberty Center and have a conversation in Italian with Liberty local national employees. Learn the language while enjoying your lunch.

Pizza with the CMC

Thursday, Sept. 25

5:30-6:30 p.m.

This is your opportunity to have a relaxed conversation to discuss all the things about NSA Naples and share your ideas with your fellow sailors and the CMC. Food provided.



Trips leave from Support Site Liberty BEQ Bldg. 2087 parking lot.
\$5 trip fee per trip

Events held at Support Site Liberty Center unless otherwise stated.

For more information, call 081-811-4705 / DSN 629-4705.

#MeetMeAtLiberty www.navy.mwrnaples.com

www.facebook.com/libertynaples

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





No Cost

APPLIED SEPTEMBER 11-12

SUICIDE

INTERVENTION

**SKILLS
TRAINING**



Capo Chapel Fellowship Hall
0800-1600

Register

NOW



Contact us: CREDO@EU.NAVY.MIL | 314-626-5255 | 081-568-5255

facebook: CREDOEURAFCENT

USO COFFEE CONNECTIONS

SEP 05
1000-1100

WELCOME BACK COFFEE KICKOFF



Whether you're new to the area or a seasoned member of the community, this is the perfect chance to connect, share stories, and enjoy some quality time together. Our Senior Spouse Lead will be there to welcome everyone, help spark new friendships, and strengthen connections within our community.

Enjoy complimentary coffee, light refreshments, and fun giveaways as we kick off the season. Come for the coffee, stay for the conversation—you belong here!



<https://bit.ly/CoffeeKickoff>

SCAN TO REGISTER



See a movie

at Reel Times 2 Cinema



New stadium seating!



Scan here for a
weekly schedule

Reel Times 2 cinema



SEPTEMBER 2025



NMCRS NAPLES

OFFICE AND THRIFT STORE SCHEDULE

CAPO OFFICE & UNIFORM LOCKER HOURS

- MONDAY-THURSDAY 9AM-2PM

BUDGET FOR BABY CLASS DETAILS

- 19SEP25 FROM 9AM-12 PM
- S. SITE CHAPEL CLASSROOM
- PLEASE SIGN UP THROUGH NAPLES@NMCRS.ORG OR VIA QR CODE SHARED ON OUR FB PAGE

CONTACT US

- FB PAGE
 - NAVY-MARINE CORPS RELIEF SOCIETY NAPLES, ITALY
- FB GROUP
 - NSA NAPLES NMCRS THRIFT SHOP
- MAIN OFFICE
 - FRONT DESK: (081) 568-3913
 - DSN: 626-3913
 - EMAIL: NAPLES@NMCRS.ORG

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 LABOR DAY CAPO-CLOSED	2 10AM-2PM	3 1PM-4PM	4 10AM-2PM	5	6
7	8	9 10AM-2PM	10 1PM-4PM	11 10AM-2PM	12	13 SHOPPING & DONATIONS 9AM-12PM
14	15	16 10AM-2PM	17 1PM-4PM	18 10AM-2PM	19	20
21	22	23 SHOPPING & DONATIONS 10AM-2PM	24 ACTIVE DUTY ONLY SHOPPING 4PM-7PM	25 SHOPPING & DONATIONS 10AM-2PM	26	27 SHOPPING & DONATIONS 9AM-12PM
28	29	30 SHOPPING & DONATIONS 10AM-2PM				

THRIFT STORE HOURS ARE SUBJECT TO CHANGE AND DONATIONS MAY BE STOPPED AT ANY TIME DUE TO VOLUNTEER OR SPACE AVAILABILITY. PLEASE, ALWAYS CHECK OUR FB FOR UPDATES.



LIVINGWORKS

No Cost

SAFE TALK



Suicide Alertness for everyone

SEPTEMBER 16

Capo Chapel Fellowship Hall
0800-1100

Register

NOW



Contact us: CREDO@EU.NAVY.MIL | 314-626-5255 | 081-568-5255

facebook: CREDOEURAFCENT

Parent and Me Swim Classes

**New
fall
session!**

Tuesday-Friday, Sept. 9-19

Support Site Pool • \$40 for eight 30-minute classes

Teach your baby or toddler water skills to help them know how to react in water. Our instructors create a comfortable, interactive and engaging learning environment by using songs and other fun activities. Instructors will explain skills and routines as well as assist parents with submersions, back floating and movement in the water.

For class dates/times and to register/pay, please scan here:



For more information, call 081-811-6513 or email
NaplesMWR_Aquatics@us.navy.mil.



**Extended
summer
hours!**

2025

POOL

HOURS

Now through Oct. 13!

Go to www.navymwrnaples.com/seasonal-pools for more information.



USO NAPLES

USO TROOP TIME: GOOD FOOD, GREAT COMPANY!



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

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



USO.org/CENTERS



Naples NMCRS Budget for Baby Workshop Registration

Please Join us:
Tuesday, September 16th
9am-12pm @ S.Site Chapel Class Room #2



NSA Naples September 2025

Sexual Assault Awareness and Prevention

SEP 11	SAPR Resident Advisor Training Capo Conference Room, 1300-1500
SEP 15	SAPR CMT FFSC Support Site Conference Room, 1200-1330
SEP 24	SAPR VA Refresher Training (CEU) FFSC Support Site Conference Room, 1200-1400

The NSA Naples SAPR Team invites you to participate in these events and training opportunities. Please email Fleet and Family Support Center to register: NSANaplesFFSC@us.navy.mil

SAPR VA Refresher Training: For SAPR VAs renewing their certification. This class can count toward your required 8 hours of face-to-face Continuing Education Units (CEU), out of the total 32 required training hours. For more info: <https://www.trnova.org/credentialing/d-saacp-dod/>

***All classes are subject to change.*

We look forward to seeing you!



NSA Naples School Advisory Committees

What is

School Advisory Committee

SAC

The SAC is a dedicated group of parents, teachers and students (for high school SAC) who work together to enhance the school experience.

- Advises the school principal on school-related, non-personnel matters.
- Provides input on policies, student activities and educational programs.
- Ensures open communication among administrators, military leaders and families.

IAC

Installation Advisory Committee

The IAC brings together representatives from all SACs within NSA Naples to address education-related concerns that impact the entire installation.

- Advises the military services and DoDEA district superintendents regarding issues concerning students' education within the Naples installation.
- It addresses issues affecting, or that may affect, the educational environment.
- It fosters communication, facilitates problem solving and recommends action to appropriate officials.

Key differences:

SAC

School-level focus, led by the principal to resolve school-specific concerns.

IAC

Installation-wide focus, chaired by the NSA Naples Commander to address military support for schools.

Why Get Involved?

Your voice matters! These committees ensure parents, students and educators have a say in shaping education within NSA Naples.

School Year 2025-2026 Meeting Dates:*

NES SAC

Oct. 8 and Dec. 3, 2025; Feb. 4 and May 13, 2026 at 4 p.m., NES Library

NMHS SAC

Sept. 24 and Nov. 12, 2025; Feb. 11 and April 22, 2026 at 4 p.m., NMHS Library

IAC

Oct. 22 and Dec. 10, 2025; Feb. 25 and May 27, 2026 at 4 p.m. at NES Library

IAC meetings have MS Teams virtual options. Scan here to join via Teams:
Meeting ID: **993 985 327 158** Passcode: **Ah9gS7bH**



*Additional dates may be added to reflect community needs.



For more information or to get involved, please contact the NSA Naples School Liaison:



NaplesSLP@us.navy.mil



081-811-6549 | DSN-629-6549



SEPTEMBER

2025



FOR THE PEOPLE WHO SERVE.™

USO NAPLES

Support Site Location

Village Forum

Hours:

M-F 10am-4pm

Capo Location

Air Terminal

Hours:

M-Th 8:30am-4pm

*Some events may be registration only -check with your local center for more information

S	M	T	W	T	F	S
	01 <i>Holiday</i>	02 1000 - 1100 Toddler Time Support Site Community Room 1100 - 1200 Troop Time Capo	03	04 1100 - 1200 Troop Time Capo	05 1000 - 1100 Coffee Connections Support Site Community Center	06
07	08	09 1000 - 1100 Toddler Time Support Site Community Room 1100 - 1200 Troop Time Capo	10	11 1100 - 1200 Troop Time Capo	12	13
14 1200-1400 Ready-Set-Cook: Emergency Cookoff Support Site Village Forum	15	16 1000 - 1100 Toddler Time Support Site Community Room 1100 - 1200 Troop Time Capo	17 1000 - 1100 Teddy Bear Club Support Site Community Center	18 1100 - 1200 Troop Time Capo 1730 - 1900 Taste of Home Support Site BEQ	19 1000 - 1100 Coffee Connections SS Community Center	20
21	22	23 1000 - 1100 Toddler Time Support Site Community Room 1100 - 1200 Troop Time Capo	24 1730-1830 Volunteer Open House Support Site 1100-1300 Culture and Resiliency Fair Capo Spine	25 1100 - 1200 Troop Time Capo	26 1000 - 1100 Coffee Connections Capo 1800-1930 Game Night EAT TF SS	27
28	29 1730-1830 Paws in the Park: Pawtastic Tote Bags Support Site Dog Park	30 1000 - 1100 Toddler Time Support Site Community Room 1630-1800 Step Forward Run Support Site Community Room 1100 - 1200 Troop Time Capo			BECOME A USO VOLUNTEER! Sign up at volunteers.uso.org	

USO COFFEE CONNECTIONS

SEP **19**
1000-1100

SUPPORT SITE : FALL SUGAR SCRUB



Join us for a cozy fall sugar scrub workshop. Create your own luxurious apple cinnamon scented sugar scrub using natural ingredients like jojoba oil while connecting with fellow spouses over coffee.

Learn all about natural skincare benefits, enjoy raffle giveaways, and leave with a beautiful homemade spa treat and new friendships!



[https://bit.ly/SSFallSugar
Scrub](https://bit.ly/SSFallSugarScrub)

SCAN TO REGISTER



USO CANINE PROGRAM

PAWS IN THE PARK: PAWTASTIC TOTE BAGS



Join us for Paws in the Park on **September 22nd** from **1800-1900** at the **dog park near the skate park** on Support Site for a paw-tastic paint night!

Bring your four-legged friends to create their own mini tote bag, painted by them and their favorite human!



USO.org/CANINE



September



DAILY TOURS

MONDAY SEPTEMBER 1ST

SASSI "STONES" OF MATERA

ADULT €59 CHILD €54

SATURDAY SEPTEMBER 6TH

A DAY AT THE BEACH- GAETA

ADULT €38 CHILD €35

SUNDAY SEPTEMBER 7TH



GRAPE HARVEST AT CANTINA DEL VESUVIO

ADULT €53 CHILD €44

SATURDAY SEPTEMBER 13TH

POSITANO AND AMALFI BY BOAT

ADULT €72 CHILD €68

SUNDAY SEPTEMBER 14TH

THE ISLAND OF PROCIDA

ADULT €79 CHILD €77

SCHEDULE

SATURDAY SEPTEMBER 20TH

ENCHANTING RAVELLO

ADULT €45 CHILD €40

SUNDAY SEPTEMBER 21ST

RUINS OF PAESTUM AND MOZZARELLA FARM

ADULT €49 CHILD €44

SATURDAY SEPTEMBER 27TH



GRAPE HARVEST AT PORTO DI MOLA

ADULT €64 CHILD €54

SUNDAY SEPTEMBER 28TH

ANGEL CAVES OF PERTOSA

ADULT €64 CHILD €55

SEPTEMBER 13-14TH

CHILI PEPPER FESTIVAL

ADULT €135 CHILD €99



Naples

**MULTIPLE DATES
AVAILABLE



For reservations and details, please visit:

www.sg-tours.com



Late NIGHT MENU

Friday and Saturday, 9-11 p.m.

Mozzarella Steaks

Buffalo Chicken Nachos

Chicken Tenders

Curly Fries

French Fries

Wings

Sweet Potato Fries

BBQ

Onion Rings

Buffalo

Jalapeño Poppers

Cajun Dry Rub

Honey Mustard

Lumpia

Lemon Pepper

Sweet Spicy Asian





Swim lanes reserved

In support of the
Naples Tiger Sharks Swim Team,
five swim lanes are reserved
for team practice
weekdays 3-7 p.m.

Thank you for your cooperation.

For more information, see Aquatics Manager or call 081-568-4256/DSN 626-4256.



USO YOUTH PROGRAMS

TEDDY BEAR CLUB: BE READY WITH TEDDY & FRIENDS



Join us for Teddy Bear Club: Be Ready with Teddy and Friends!

In collaboration with the ARC and NSA Fire Department, we are hosting a special "Be Ready" event for children on Tuesday, September 17th from 10:00-11:00 AM at the Support Site Community Center.

Bring your child's favorite teddy bear to meet Pedro the Penguin, Sparky from NSA Fire Department, and Teddy the USO Teddy!

They'll learn important safety tips and create their own emergency pillowcases - making sure they're ready for anything!



USO.org/YouthPrograms

SCAN TO REGISTER



Swim LESSONS

at the Support Site Pool

Ages 4-15 years

New Fall sessions!

**Tuesday-Friday
Sept. 9-19**

Register

Monday, Aug. 25-Saturday, Sept. 6.

Lesson times

5-5:30 p.m.

5:40-6:10 p.m.

6:20-6:50 p.m.

\$60*

Includes eight
30-minute
sessions

**SCAN HERE
TO REGISTER**



For information on levels, email
NaplesMWR_Aquatics@us.navy.mil

*If the class does not meet the minimum of three students per class, swimmers have the opportunity to attend a semi-private class (two swimmers) for \$80 per student.

For more information, call 081-811-6513 / DSN 629-6513.

Connect with MWR 24/7, navymwrnaples.com, [facebook.com/mwrnaples](https://www.facebook.com/mwrnaples), [instagram.com/sanaplesmwr](https://www.instagram.com/sanaplesmwr)



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)

Mondays, Tuesdays & Thursdays | 12:00 | Capo

Wednesdays and Saturdays | 12:00 | 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

† RELIGIOUS EDUCATION

Catholic CCD

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

Catholic Youth Group

Weekly gatherings on Sundays after

Mass and as announced | Support Site

Catholic OCIA

Tuesdays | 18:00 | Support Site

† 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

Protestant Awana Club

Sundays | Support Site

Protestant Youth Group

Wednesdays | 17:00 | Support Site

Family Life Group

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

CONTACT INFO

Facebook @NSA Naples Chapel

Duty Chaplain | +39 366-680-5972

Chaplain's Office Support Site

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

Chaplain's Office Cappodichino

DSN: 626-3539 | Com: 081-568-3539

USO YOUTH PROGRAMS

TODDLER TIME



Toddler Time with USO & EDIS!

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



[USO.org/YouthPrograms](https://www.uso.org/YouthPrograms)



Upcoming News from the University of Maryland Global Campus!

Travel and get College Credit!

The University of Maryland Global Campus (UMGC) Field Study Program offers students the opportunity to enhance their academic experience through immersive, short-term international learning experiences. Designed to complement online or hybrid courses, the program allows students to travel to various global destinations to explore topics like history, culture, art history, and English literature.

Upcoming Opportunities-

- **Venice, Italy- HIST 317K: On-site in Venice October 10-13, 2025**

Walk the streets, ride the boats, and taste the dishes that have made Venice world-renowned as a center of culture, visited by travelers from around the globe. The Venetian Republic lasted over a thousand years and was an international city of commerce, diplomacy, and art during the Renaissance period. You'll explore the nature of Venice's historical legacy of culture, economy, and society. Leave the crowded tourist zones to visit local neighborhoods and use the city's fabric (paving stones, street names, cisterns) to understand how Venetians have lived throughout the city's glorious history.



Register before September 17th, 2025

- **Krakow, Poland- HUMN 100: On-site in Krakow October 24-26, 2025**

Kraków's UNESCO World Heritage status, renowned cultural landmarks and vibrant arts and academic scene provide an exceptional backdrop for studying humanities. A guided excursion to Auschwitz offers a profound opportunity to connect the philosophical and literacy themes of ethics, memory, and resilience with the historical realities of the Holocaust.



Register before October 1st, 2025

Upcoming News from the University of Maryland Global Campus!

Registration NOW OPEN!

Registration for On-Site Fall 2 classes is now OPEN! Online and on-site learning is not a sideline or an afterthought at UMGC—it's what we do. On-site courses provide students with the opportunity to learn in a collaborative environment and work face-to-face without experienced professors, in a motivating and hands-on environment.



Upcoming course options for Fall 2: October 15th- December 9th

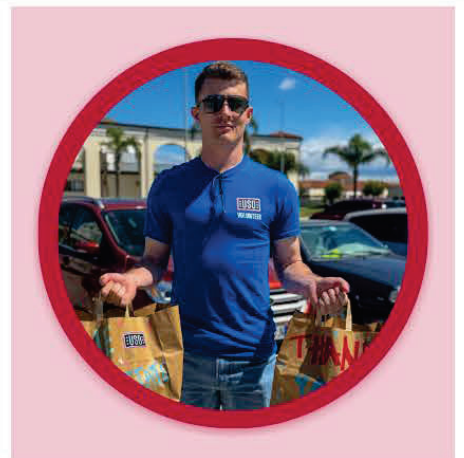
- **CMIT 265: Fundamentals of Networking-**
An introduction to networking technologies for local area networks, wide area networks, and wireless networks. The aim is to recognize the type of network design appropriate for a given scenario. Topics include the OSI (open system interconnection) model, security, and networking protocols.
- **ECON 201: Principles of Macroeconomics-**
An introductory study of macroeconomy. The objective is to apply select macroeconomic theories to real-world situations. Discussion covers economic growth, technological innovation, unemployment, inflation, and the roles of monetary policy and fiscal policy in determining macroeconomic performance.
- **WRTG 111: Foundations of Writing and Communication-**
An introduction to essential skills in reading, writing, and speaking for academic and professional contexts. The goal is to develop proficiency in creating and analyzing different types of communication, including written, spoken, visual, and multimodal formats, while connecting ideas with other perspectives. Topics include integrating sources with attribution, exploring ethical and effective use of AI in communication, and making rhetorical choices to achieve clarity and audience engagement.
- **BIOL 211: Environmental Science-**
A survey of ecological principles as they apply to the interrelated dilemmas of sustainability. Topics include overpopulation, pollution, over-consumption of natural resources, and the ethics of land use.
- **STAT 200: Introduction to Statistics-**
An introduction to statistics. The objective is to assess the validity of statistical conclusions; organize, summarize, interpret, and present data using graphical and

tabular representations; and apply principles of inferential statistics. Focus is on selecting and applying appropriate statistical tests and determining reasonable inferences and predictions from a set of data.



FOR THE PEOPLE WHO SERVE.™

VOLUNTEER WITH USO NAPLES



USO Naples volunteer program serves our military community through diverse opportunities that support service members and their families stationed here in Naples, Italy.

Key components of the volunteer program include:

- ✓ Program Support and Execution
- ✓ Community Engagement
- ✓ Orientation and Training
- ✓ Volunteer Skills Placement
- ✓ Flexible Scheduling
- ✓ Awards and Recognition
- ✓ Special Events
- ✓ Communication and Connection

Apply Now:



<https://bit.ly/NaplesVolunteerSignup>





VTAP

Virtual Transition Assistance Program

JUL-SEP 2025

The Transition Assistance Program

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

Certificate of Completion

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

Transitioning Spouses

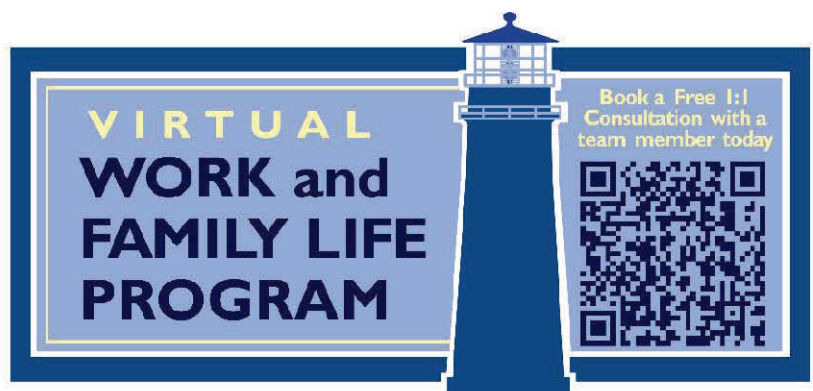
- Spouses are welcome to attend VTAP training.
- The self-paced [*Navy Spouses in Transition*](#) is available 24/7 to prepare spouses for uncertainties such as a possible move, financial adjustment and job searching. The training can be found in the Navy Career and Transition section of the home page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

Classes fill quickly. Register early!

Title	Date	EASTERN	PACIFIC
Pre-Separation Counseling 2 Hours	8 Jul	11:00 AM	8:00 AM
	22 Jul	6:00 PM	3:00 PM
	12 Aug	9:00 AM	6:00 AM
	26 Aug	6:00 PM	3:00 PM
	9 Sep	11:00 AM	8:00 AM
	23 Sep	6:00 PM	3:00 PM
Military Occupational Codes Crosswalk (MOC Crosswalk) 1.5 Hours	23 Jul	7:15 PM	4:15 PM
	12 Aug	5:00 PM	2:00 PM
	27 Aug	7:15 PM	4:15 PM
	24 Sep	7:15 PM	4:15 PM
Managing Your Transition (MY Transition) 1 Hour	23 Jul	6:00 PM	3:00 PM
	27 Aug	11:30 AM	8:30 AM
	24 Sep	6:00 PM	3:00 PM
Financial Planning for Transition 3.5 Hours	24 Jul	6:00 PM	3:00 PM
	12 Aug	1:00 PM	10:00 AM
	28 Aug	6:00 PM	3:00 PM
	25 Sep	6:00 PM	3:00 PM
DOL Employment Fundamentals of Career Transition 8 Hours	13 Aug	9:00 AM	6:00 AM
DOL Vocational (Part 1 of 2) 8 Hours	14 Aug	9:00 AM	6:00 AM
DOL Vocational (Part 2 of 2) 8 Hours	15 Aug	9:00 AM	6:00 AM

To Register for these or any other Virtual FFSC webinars:

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





**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!





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.navy.mwr.naples.com



SOCIAL MEDIA

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



MWR

facebook.com/mwrnaples



Child and Youth Programs

facebook.com/napleschildandyouthprograms



Liberty

facebook.com/libertynaples



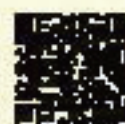
MWR

instagram.com/naplesmwr



Child and Youth Programs

instagram.com/naples_cyp



Liberty

instagram.com/naplesliberty



Fleet and Family Support Center

facebook.com/NaplesFFSC



Naples Housing

facebook.com/NSANaplesHousing



Navy Life Naples

Download Navy Life Naples app

GAETA

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



facebook.com/mwrgaeta



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.



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.



BABYSITTER'S TRAINING

With Pediatric First Aid/CPR/AED

September 20 and 22, 2025

Day 1 (9:00AM-2:00PM):
Babysitter's Training

Day 2 (12:00PM-2:00PM): Pediatric
First Aid/CPR/AED



**Location: Support Site
Community Center**

Price: \$15*

***Includes both sessions**

Please reach out to the email below or
scan QR Code for additional details and
sign-up information:



**American
Red Cross**

naples@redcross.org

Mindful Movement

Naples Red Cross is now offering FREE Mindful Movement classes to any interested groups on base!

Family Class

- Interactive mindfulness
- Connect with your child as you partner up together to learn helpful new tools

Adult 18+ Class

- Activities are for all levels of fitness
- Pairs well with training days
- Counts for PT/Resiliency

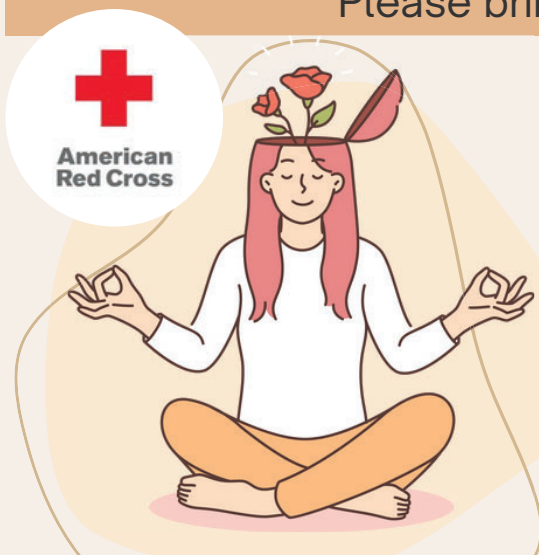
You will learn techniques to de-stress and wind down that you can use anywhere from work to school to Naples traffic!

Learn breathing techniques, light stretches, and Mindful thinking to bring you to the present moment.

Classes are 45min

Adult must be present with child

Please bring a towel or yoga mat



Please join us for
our program launch
sessions on
Tuesday,
September 9th!

Sign Up using QR
Code:

