

# THE FLEET & FAMILY SUPPORT CENTER



Naval Air Station Patuxent River  
21993 Bundy Road, Building 2090  
Patuxent River, MD 20670-1154  
301-342-4911



## SEPTEMBER 2024 WORKSHOP & EVENT SCHEDULE

To register for a workshop, call FFSC at 301-342-4911. Classes are available to all with base access, unless otherwise noted.

FFSC CLASSROOM		
SEPTEMBER 4	PRESEP (Active Duty Only)	1300-1530
SEPTEMBER 5	EXCEPTIONAL FAMILY MEMBER PROGRAM 101	1030-1130
SEPTEMBER 5	SUICIDE PREVENTION AWARENESS MONTH KICK OFF (NEX)	1100-1300
SEPTEMBER 5	GAMBLING AWARENESS	1400-1530
SEPTEMBER 6	SMOOTH MOVE	0900-1000
SEPTEMBER 9-13	SEXUAL ASSAULT PREVENTION & RESPONSE (SAPR) 40 HOUR CLASS	0800-1700
SEPTEMBER 9	NAVIGATING FEDERAL EMPLOYMENT (TEAMS)	1000-1130
SEPTEMBER 11	EMERGENCY PREPAREDNESS	1100-1200
SEPTEMBER 12	EFFECTIVE RESUME WRITING	1000-1200
SEPTEMBER 12	EXCEPTIONAL FAMILY MEMBER PROGRAM POC TRAINING	1300-1430
SEPTEMBER 16-20	TRANSITION ASSISTANCE PROGRAM (TAP) (Active Duty Only)	0800-1600
SEPTEMBER 16	INTERVIEW SKILLS (Teams)	1200-1330
SEPTEMBER 17	MIND BODY MENTAL FITNESS – STRESS RESILIENCY (MyNavyFamily)	1300-1430
SEPTEMBER 18	JOB SEARCH STRATEGIES	1100-1230
SEPTEMBER 19	LAPS FOR LIFE - SUICIDE PREVENTION AWARENESS (Wood Hobby Track behind the Fire Dept.)	1100-1300
SEPTEMBER 21	OMBUDSMAN APPRECIATION LUNCHEON (INVITE ONLY)	1100-1300
SEPTEMBER 23-25	RETIREE TRANSITION ASSISTANCE PROGRAM (TAP) (Active Duty Only)	0800-1600
SEPTEMBER 23	DEPLOYMENT READINESS (Teams)	1000-1100
SEPTEMBER 24	BELLS ACROSS AMERICA GOLD STAR FAMILY EVENT (Base Theater)	1300-1500
SEPTEMBER 24	MIND BODY MENTAL FITNESS – MINDFULNESS & MEDITATION (MyNavyFamily)	1300-1530
SEPTEMBER 26	CREDIT MANAGEMENT	1400-1530
SEPTEMBER 27	PRESEP (Active Duty Only)	0830-1100

**Note: Classes are subject to change. Please call for the most updated schedule.**