

THE FLEET & FAMILY SUPPORT CENTER



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



APRIL 2024 WORKSHOP 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		
APRIL 3	PRE-SEPARATION BRIEF (Active Duty Only)	1300-1500
APRIL 4	MIND BODY MENTAL FITNESS – MINDFULNESS & MEDITATION	1000-1100
APRIL 5	MIND BODY MENTAL FITNESS – FLEXIBILITY	1200-1300
APRIL 8-12	TRANSITION ASSISTANCE PROGRAM (TAP) (Active Duty Only)	0800-1600
APRIL 8	ALL YOU NEED TO KNOW ABOUT THE GI BILL (Teams)	1300-1400
APRIL 9	OMBUDSMAN ASSEMBLY & ADVANCED TRAINING (Ombudsman & Command Leadership Only)	1700-1900
APRIL 10	SPONSOR TRAINING (ACTIVE DUTY ONLY)	1300-1400
APRIL 10	EFMP LEARN ABOUT APPLIED BEHAVIOR THERAPY	1500-1630
APRIL 11	PAX JOB FAIR (Liberty Community Center)	1000-1400
APRIL 12	EFFECTIVE COMMUNICATION	0800-0900
APRIL 16	AUVA/UVA REFRESHER TRAINING (AUVA/UVA's Only)	0900-1500
APRIL 16	EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) 101	0930-1030
APRIL 16	QUARTERLY SUICIDE PREVENTION COORDINATOR MEETING (ACTIVE DUTY ONLY)	1300-1400
APRIL 17	COMMAND FINANCIAL SPECIALIST QUARTERLY FORUM (Teams)	1300-1400
APRIL 17	GETTING READY FOR KINDERGARTEN	1500-1600
APRIL 18	GETTING READY FOR KINDERGARTEN (Teams)	1500-1600
APRIL 19	SEXUAL ASSAULT PREVENTION & RESPONSE A MILE IN THEIR SHOES RUN/WALK (Drill Hall Track)	1030-1300
APRIL 22	MIND BODY MENTAL FITNESS – LIVING CORE VALUES	0900-1000
APRIL 24	MIND BODY MENTAL FITNESS – CONNECTION	1000-1100
APRIL 25	ANGER MANAGEMENT (Teams)	1100-1200
APRIL 26	PRE-SEPARATION BRIEF (ACTIVE DUTY ONLY)	0830-1100

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