

# THE FLEET & FAMILY SUPPORT CENTER



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



## JULY 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		
JULY 2	MIND BODY MENTAL FITNESS: MINDFULNESS & MEDITATION (virtual – Register through MyNavyFamily)	1000-1130
JULY 4	HAPPY 4 <sup>th</sup> of JULY! - FFSC CLOSED	0730-1630
JULY 9	MIND BODY MENTAL FITNESS: LIVING CORE VALUES (virtual – Register through MyNavyFamily)	1000-1130
JULY 10	EFFECTIVE RESUMES	1000-1200
JULY 11	SPONSOR TRAINING (Teams)	0900-1000
JULY 15	INTERVIEW SKILLS (Teams)	1000-1200
JULY 16	AUVA/UVA REFRESHER (AUVA/UVAs Only)	0900-1500
JULY 16	QUARTERLY SUICIDE PREVENTION COORDINATOR MEETING (Active Duty Only)	1300-1400
JULY 16	PETS ARE FAMILY TOO: LINKING ANIMAL ABUSE AND DOMESTIC ABUSE (virtual – Register through MyNavyFamily)	1400-1500
JULY 17	COMMAND FINANCIAL SPECIALIST QUARTERLY MEETING (Teams)	1300-1400
JULY 18	EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) 101	1200-1300
JULY 19	PRESEP (Active Duty Only)	0830-1130
JULY 22-26	TRANSITION ASSISTANCE PROGRAM (TAP) (Active Duty Only)	0800-1600
JULY 23	MIND BODY MENTAL FITNESS:FLEXIBILITY (virtual – Register through MyNavyFamily)	1000-1130
JULY 29-AUG 2	COMMAND FINANCIAL SPECIALIST TRAINING (Active Duty Only)	0800-1600
JULY 30	MIND BODY MENTAL FITNESS: PROBLEM SOLVING (virtual – Register through MyNavyFamily)	1000-1130

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

