

THE FLEET & FAMILY SUPPORT CENTER



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



FEBRUARY 2023 WORKSHOP & EVENT SCHEDULE

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

FFSC CLASSROOM

JAN. 29-FEB 3	COMMAND FINANCIAL SPECIALIST TRAINING	0800-1600
FEB. 6-10	TAP CLASS	0800-1600
FEB. 8	SAPR REFRESHER	0830-1630
FEB. 8	SPONSOR TRAINING	1300-1400
FEB. 10	STRESS MANAGEMENT	0900-1000
FEB. 11	TEEN HEALTHY RELATIONSHIPS	1300-1500
FEB. 14	BUILDING HEALTHY RELATIONSHIPS	1000-1100
FEB. 16	FEDERAL JOB SEARCH STRATEGIES	0900-1200
FEB. 16	EFMP 101	1300-1400
FEB. 17	MIND BODY MENTAL FITNESS – STRESS RESILIENCE	1000-1130
FEB. 18	TEEN BOWLING EVENT (Bowling Center)	1200-1500
FEB. 22	EFFECTIVE PARENTING	0900-1000
FEB. 23	MIND BODY MENTAL FITNESS – CONNECTION (Virtual)	1400-1530
FEB. 23	TEEN HEALTHY RELATIONSHIPS	1700-1900
FEB. 24	MASTERING EMOTIONAL INTELLIGENCE (EQ)	0800-1600
FEB. 27-FEB. 29	TAP CLASS	0800-1600
FEB. 27-MAR. 2	VIRTUAL OMBUDSMAN BASIC TRAINING	1700-2130

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