

# THE FLEET & FAMILY SUPPORT CENTER



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



## JANUARY 2023 WORKSHOP SCHEDULE

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

FFSC CLASSROOM		
JAN. 4	EFFECTIVE COMMUNICATION	1300-1430
JAN. 5	STRESS MANAGEMENT	1100-1200
JAN. 6	MIND BODY MENTAL FITNESS – PROBLEM SOLVING	0800-1000
JAN. 9-13	TAP CLASS	0800-1600
JAN. 9	MAKING ANGER YOUR FRIEND	0900-1000
JAN. 13	MIND BODY MENTAL FITNESS – CONNECTION	0800-1000
JAN. 18	EFFECTIVE PARENTING	1000-1100
JAN. 18	SAPR ADMIN VA TRAINING	1300-1500
JAN. 19	SAPR VICTIM ADVOCATE REFRESHER TRAINING	0830-1430
JAN. 19	MIND BODY MENTAL FITNESS – PROBLEM SOLVING (Virtual)	1400-1530
JAN. 23-27	TAP CLASS	0800-1600
JAN. 23	EVERYTHING YOU NEED TO KNOW ABOUT THE GI BILL	1700-1800
JAN. 24	SUICIDE PREVENTION COORDINATOR QUARTERLY MEETING	1300-1500
JAN. 25	COMMAND FINANCIAL SPECIALIST QUARTERLY FORUM (Virtual)	1300-1400
JAN. 27	NEW SPOUSE ORIENTATION	0900-1000
JAN. 27	EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) 101	1300-1400
JAN. 30- FEB. 3	COMMAND FINANCIAL SPECIALIST TRAINING	0800-1600

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