

THE FLEET & FAMILY SUPPORT CENTER



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



FEBRUARY 2024 WORKSHOP SCHEDULE

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

FFSC CLASSROOM		
FEB. 1	EFFECTIVE PARENTING (Teams)	0900-1000
FEB. 2	MIND BODY MENTAL FITNESS – LIVING CORE VALUES	1000-1100
FEB. 5	EFFECTIVE COMMUNICATION	0900-1000
FEB. 5	EFFECTIVE RESUMES (Teams)	1000-1200
FEB. 6	SEXUAL ASSAULT PREVENTION & RESPONSE UVA REFRESHER	0800-1600
FEB. 6	PRE-SEPARATION BRIEF	1300-1530
FEB. 7-8	BOOTS TO BUSINESS (TRANSITION ASSISTANCE PROGRAM CLASS)	1000-1600
FEB. 7	JOB SEARCH STRATEGIES	1000-1100
FEB. 7	RELATIONSHIP SMARTS WORKSHOP (Teen Center Bldg.2815)	1700-1900
FEB. 8	INTERVIEW SKILLS	1000-1200
FEB. 9	MIND BODY MENTAL FITNESS – FLEXIBILITY	0900-1000
FEB. 12	NAVIGATING FEDERAL EMPLOYMENT (Teams)	1000-1200
FEB. 13	NEW SPOUSE ORIENTATION	1000-1200
FEB. 13	EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) 101	1000-1100
FEB. 13	OMBUDSMAN ADVANCED TRAINING	1700-1800
FEB. 14	DEPLOYMENT READINESS	1000-1100
FEB. 14	THE FIVE LOVE LANGUAGES	1200-1300
FEB. 15	MIND BODY MENTAL FITNESS – PROBLEM SOLVING (Teams)	0900-1000
FEB. 15	AMAZING NEWBORN CLASS	1400-1600
FEB. 16	PRE-SEPARATION BRIEF	0830-1100
FEB. 22	MIND BODY MENTAL FITNESS – CONNECTION	1100-1200
FEB. 23	FAMILY CARE PLAN TRAINING	0900-1100
FEB. 26-MARCH 1	TRANSITION ASSISTANCE PROGRAM (TAP)	0800-1600

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