

THE FLEET & FAMILY SUPPORT CENTER



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



DECEMBER 2023 WORKSHOP SCHEDULE

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

FFSC CLASSROOM		
DEC. 1	COMBATTING HOLIDAY STRESS & LONELINESS (Teams)	1100-1200
DEC. 4-8	COMMAND FINANCIAL SPECIALIST (CFS)	0800-1600
DEC. 4	RESUME WRITING (Teams)	1000-1200
DEC. 6	INTERVIEW SKILLS	1000-1200
DEC. 7	JOB SEARCH STRATEGIES	1000-1100
DEC. 11-15	TRANSITION ASSISTANCE PROGRAM (TAP)	0800-1600
DEC. 11	THE FIVE LOVE LANGUAGES	0900-1000
DEC. 11	NAVIGATING FEDERAL EMPLOYMENT (Teams)	1000-1200
DEC. 12	SMOOTH MOVE - EXCEPTIONAL FAMILY MEMBERS (Teams)	1400-1500
DEC. 13	MIND BODY MENTAL FITNESS – MINDFULNESS & MEDITATION	0900-1000
DEC. 14	EFFECTIVE PARENTING (Teams)	1100-1200
DEC. 19	EFFECTIVE COMMUNICATION	1200-1300
DEC. 21	EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) 101	1300-1400

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

Happy Holidays