

# THE FLEET & FAMILY SUPPORT CENTER



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



## APRIL 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		
APRIL 3	BUILDING HEALTHY RELATIONSHIPS	1000-1130
APRIL 3	SAPR AUVA	1300-1500
APRIL 4	NEW SPOUSE ORIENTATION	1100-1200
APRIL 5	SAPR UVA REFRESHER	0900-1700
APRIL 6	BABYSITTING BASICS with CPR & FIRST AID	0800-1600
APRIL 7	MIND BODY MENTAL FITNESS – PROBLEM SOLVING	0900-1030
APRIL 10-14	TAP CLASS	0800-1600
APRIL 11	EFFECTIVE COMMUNICATION (Virtual)	1000-1100
APRIL 11	OMBUDSMAN ASSEMBLY & ADVANCED TRAINING	1800-2000
APRIL 13	TACKLING ANGER (Virtual)	1300-1400
APRIL 14	MIND BODY MENTAL FITNESS – CONNECTION	0900-1030
APRIL 17-19	TAP CLASS	0800-1600
APRIL 20	AUTISM AWARENESS LUNCH & LEARN	1200-1400
APRIL 20	EFMP 101	1300-1400
APRIL 21	SAPR 5K (Parade Field)	1000-1300
APRIL 25	SUICIDE PREVENTION COORDINATOR QUARTERLY MEETING	1300-1500
APRIL 26	COMMAND FINANCIAL SPECIALIST QUARTERLY FORUM (Virtual)	1300-1400
APRIL 28	EMOTIONAL INTELLIGENCE	0800-1600

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