

# THE FLEET & FAMILY SUPPORT CENTER



CU  
 Naval Air Station Patuxent River  
 21993 Bundy Road, Building 2090  
 Patuxent River, MD 20670-1154  
 301-342-4911  
 naspaxffsc@us.navy.mil



## MAY 2026 WORKSHOP & EVENT SCHEDULE

To register for a workshop, call or email FFSC. Classes are available to all with base access, unless otherwise noted.

FFSC CLASSROOM		
MAY 1	SAPR ADMINISTRATIVE UVA TRAINING	1000-1200
MAY 1	EFFECTIVE COMMUNICATION	0900-1000
MAY 4-8	SAPR 40 HOUR	0800-1700
MAY 4	SPONSOR TRAINING (Teams)	0800-0900
MAY 4	PRESEP	0900-1130
MAY 6	EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) 101	1100-1200
MAY 7	MENTAL HEALTH AWARENESS KICKOFF EVENT (NEX)	1100-1300
MAY 7	SAVINGS & INVESTING	1400-1530
MAY 8	MILITARY SPOUSE APPRECIATION EVENT (NEX)	1000-1200
MAY 12	DEPLOYMENT SUPPORT	1000-1100
MAY 12	OMBUDSMAN ASSEMBLY & ADVANCED TRAINING	1600-1800
MAY 13	FAMILY ADVOCACY PROGRAM CURRICULUM	0800-1600
MAY 13	GETTING READY FOR KINDERGARTEN (Teams)	1200-1300
MAY 14	BUILDING HEALTHY RELATIONSHIPS (Teams)	1200-1300
MAY 15	SURVIVOR BENEFIT PLAN (SBP) (Teams)	1400-1530
MAY 16	MENTAL HEALTH AWARENESS MARATHON 5K/10K RUN WITH MWR & CHAPLAIN (Drill Hall)	0800
MAY 18-20	OMBUDSMAN BASIC TRAINING (OBT)	0800-1600
MAY 18	LET'S TALK FEDERAL EMPLOYMENT	0900-1100
MAY 19	SAPR ADMINISTRATIVE UVA TRAINING	1300-1500
MAY 20	PRESEP	0900-1130
MAY 22	MIND BODY MENTAL FITNESS – FLEXIBILITY	0800-0930
MAY 21	YOUR MONEY! YOUR RETIREMENT! (BRS & TSP)	1400-1530
MAY 27	SAPR CDO TRAINING	1000-1200
MAY 27	DEVELOPING YOUR SPENDING PLAN	1400-1530
MAY 28	SAPR ADMINISTRATIVE UVA TRAINING	1400-1600
MAY 29	DOMESTIC VIOLENCE CMT/FAP BRIEF	1000-1130

\*TAP Schedule is on [www.tapevents.mil](http://www.tapevents.mil). Please see Command Career Counselor for TAP Class Registration\*

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