

THE FLEET & FAMILY SUPPORT CENTER



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



MAY 2025 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	COMMAND CAREER COUNSELOR MEETING (Active Duty Only)	0900-1030
MAY 1	OMBUDSMAN TRAINING – BEST PRACTICES FOR COMMAND TRIADS (Teams)	1100-1200
MAY 1	MENTAL HEALTH AWARENESS KICKOFF (NEX)	1100-1300
MAY 2	MENTAL HEALTH & SPIRITUAL READINESS 5K (CEDAR POINT BEACH)	0900-1100
MAY 2	OMBUDSMAN TRAINING – FILLING OUT WORKSHEETS (Hybrid)	1000-1100
MAY 2	SMOOTH MOVE	1100-1200
MAY 5	NAVIGATING FEDERAL EMPLOYMENT (Teams)	1000-1200
MAY 5	SPONSOR TRAINING (Teams)	1400-1500
MAY 6	ANGER MANAGEMENT	1000-1100
MAY 6	INTERVIEW SKILLS	1000-1130
MAY 7	EFFECTIVE RESUMES	1000-1200
MAY 7	GETTING READY FOR KINDERGARTEN	1100-1200
MAY 7, 14, 21, 28	HARMONY AT HOME (6 Week Parenting Series)	1300-1400
MAY 8	OMBUDSMAN ASSEMBLY & ADVANCED TRAINING (Clinic)	1000-1200
MAY 8 & 22	RUCK CLUB FOR RESILIENCE	1000-1200
MAY 9	PRE-SEP (Active Duty Only)	0900-1130
MAY 9	MILITARY SPOUSE APPRECIATION EVENT (NEX)	1000-1200
MAY 9	HOME BUYING	1400-1530
MAY 12	SAPR CEU REFRESHER	0830-1200
MAY 12-14	OMBUDSMAN BASIC TRAINING	0900-1600
MAY 12	STRESS MANAGEMENT (Teams)	1100-1200
MAY 12	EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) 101	1300-1400
MAY 13	PRE-SEP (Active Duty Only)	1000-1230
MAY 13	CAR BUYING	1400-1530
MAY 15	SPONSOR TRAINING	0930-1030
MAY 15	FAP HOUR: TRANSITIONAL COMPENSATION & SAFETY PLANNING (MyNavyFamily)	1000-1100
MAY 15	OMBUDSMAN TRAINING – KNOW YOUR OMBUDSMAN & BE ONE	1100-1200
MAY 15	GETTING READY FOR KINDERGARTEN (Teams)	1200-1300
MAY 16	EFFECTIVE COMMUNICATION	1300-1400
MAY 19-23	TRANSITION ASSISTANCE PROGRAM (TAP) (Active Duty Only)	0800-1600
MAY 20	THE ORGANIZED PARENT:DECLUTTERING WITH KIDS	1300-1400
MAY 21	SUICIDE PREVENTION TRAINING – CMT (TEAMS)	1000-1100
MAY 22	DEVELOPING YOUR SPENDING PLAN	1100-1200
MAY 26	MEMORIAL DAY – FFSC CLOSED	0730-1630
MAY 27	TEEN EMPLOYMENT WORKSHOP	1600-1700
MAY 28	SPOUSE EMPLOYMENT 360	1000-1200
MAY 28	SURVIVOR BENEFIT PLAN (SBP) (Teams)	1000-1130
MAY 29	MASTERING EMOTIONAL INTELLIGENCE (EQ)	0900-1500

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