

CU

# THE FLEET & FAMILY SUPPORT CENTER



Naval Air Station Patuxent River  
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## JULY 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		
JULY 2	MIND BODY MENTAL FITNESS – STRESS RESILIENCE	0900-1000
JULY 2	YOUR MONEY! YOUR RETIREMENT! (BRS & TSP)	1400-1530
JULY 3	FFSC CLOSED – HAPPY 4 <sup>th</sup> OF JULY!	0730-1630
JULY 8	PRESEP (ACTIVE DUTY ONLY)	0900-1130
JULY 8	EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) 101	1100-1200
JULY 8	DEVELOPING YOUR SPENDING PLAN	1400-1530
JULY 10	DOMESTIC VIOLENCE CMT/FAP BRIEF	1000-1130
JULY 13-17	SAPR 40 HOUR (iHub)	0730-1630
JULY 15	SUICIDE PREVENTION COORDINATOR QUATERLY MEETING	1300-1430
JULY 16	HOME BUYING (Teams)	1400-1530
JULY 17	DEPLOYMENT SUPPORT	0800-0900
JULY 20	PRESEP (ACTIVE DUTY ONLY)	0900-1130
JULY 21	FEDERAL RESUME WRITING	0930-1100
JULY 22	CCC MEETING/TRAINING	0900-1030
JULY 22	SPONSOR TRAINING (Teams)	1100-1200
JULY 22	SAVING & INVESTING	1400-1530
JULY 24	COPING SKILLS (Teams)	0900-1030
JULY 28	DADS TO DADS – PARENTING CLASS (Teams)	1300-1400
JULY 27-31	COMMAND FINANCIAL SPECIALIST (CFS) TRAINING	0800-1630



\*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.**