

THE FLEET & FAMILY SUPPORT CENTER



Naval Air Station Patuxent River
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December 2025 WORKSHOP & EVENT SCHEDULE

Registration required please call or email FFSC. Classes are available to all with base access, unless otherwise noted.

	FFSC CLASSROOM	
DECEMBER 1	TACKLING THE LONELY SEASON	0900-1030
DECEMBER 1-5	SAPR 40 HR CLASS	0800-1700
DECEMBER 2	MIND BODY MENTAL FITNESS (MBMF) – PROBLEM SOLIVING (MyNavyFamily)	1300-1430
DECEMBER 3	EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) 101	1100-1200
DECEMBER 4	SMOOTH MOVE	1000-1100
DECEMBER 4	HOW TO SURVIVE THE HOLIDAYS FINANCIALLY	1400-1600
DECEMBER 5	TREE LIGHTING (Community Rec Office - join FFSC staff in the Sensory Friendly Tent)	1630-2000
DECEMBER 6	EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) SENSORY FRIENDLY BOOK READING WITH SANTA & MRS. CLAUS	1000-1100
DECEMBER 8	EFFECTIVE COMMUNICATION	0800-0900
DECEMBER 9	MIND BODY MENTAL FITNESS (MBMF) – CONNECTION (MyNavyFamily)	1300-1430
DECEMBER 10	YOUR MONEY YOUR RETIREMENT	1400-1530
DECEMBER 11	DEPLOYMENT SUPPORT	1100-1200
DECEMBER 12	NEW SPOUSE ORIENTATION	1300-1430
DECEMBER 15	PRESEP (ACTIVE DUTY ONLY)	0900-1100
DECEMBER 16	DEVELOPING YOUR SPENDING PLAN	1400-1530
DECEMBER 17	PRESEP (ACTIVE DUTY ONLY)	0900-1100
DECEMBER 17	HEALTHY RELATIONSHIPS (Teams)	1000-1100
DECEMBER 19	ANGER MANAGEMENT	0930-1030
DECEMBER 25-26	FFSC CLOSED	0730-1630



TAP Schedule is on www.tapevents.mils. Please see Command Career Counselor for TAP Class Registration

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