

THE FLEET & FAMILY SUPPORT CENTER



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



NOVEMBER 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		
NOV. 1	SPONSOR TRAINING (BLDG 401)	0900-1000
NOV. 2	EFFECTIVE RESUME WRITING	1000-1200
NOV. 2	RELATIONSHIP SMARTS	1700-1800
NOV. 3	MASTERING EMOTIONAL INTELLIGENCE	0800-1600
NOV. 6	CFS REFRESHER	0800-1600
NOV. 6	NAVIGATING FEDERAL EMPLOYMENT (Teams)	1000-1200
NOV. 8	JOB SEARCH STRATEGIES	1000-1200
NOV. 8	MIND BODY MENTAL FITNESS – CONNECTION (Teams)	1300-1400
NOV. 8	HOME BUYING	1300-1400
NOV. 13-17	TAP CLASS	0800-1600
NOV. 15	INTERVIEW SKILLS	1000-1200
NOV. 15	LUNCH CONNECTIONS – TACKLING HOLIDAY LONELINESS	1200-1300
NOV. 16	EFMP 101	1030-1130
NOV. 16	DEPLOYMENT READINESS	1300-1400
NOV. 17	EFFECTIVE COMMUNICATION	0900-1030
NOV. 20	ANGER MANGEMENT	0900-1030
NOV. 21	MIND BODY MENTAL FITNESS – MINDFULNESS & MEDITATION	1100-1200
NOV. 27	BUILDING HEALTHY RELATIONSHIPS	1000-1100
NOV. 29	NEW SPOUSE ORIENTATION	1100-1200
NOV. 30	TACKLING THE LONELY SEASON (Virtual – LMS)	1000-1100

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