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



JUNE 2025 WORKSHOP & EVENT SCHEDULE

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

JUNE 2-4 TRANSITION ASSISTANCE PROGRAM (TAP) (Active Duty Only) 0800-1600 JUNE 2 OMBUDSMAN TRAINING - BEST PRACTICES FOR COMMAND TRIADS 1300-1400 JUNE 3 SMOOTH MOVE WITH EXCEPTIONAL FAMILY MEMBERS 1300-1400 JUNE 4 ANGER MANAGEMENT (Teams) 1000-1100 JUNE 4 OMBUDSMAN TRAINING - FILLING OUT WORKSHEETS (Teams) 1100-1200 JUNE 5 NAVIGATING FEDERAL EMPLOYMENT 1000-1200 JUNE 5 EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) 101 1200-1300 JUNE 6 PRESEP (Active Duty Only) 0900-1130 JUNE 6 PRESEP (Active Duty Only) 0900-1130 JUNE 6 MIND BODY MENTAL FITNESS - STRESS RESILIENCE 1000-1100 JUNE 9 NEW SPOUSE ORIENTATION 0900-1000 JUNE 9 INTERVIEW SKILLS 1300-1400 JUNE 10 DEVELOPING YOUR SPENDING PLAN 1000-1200 JUNE 11 EFFECTIVE RESUMES 1000-1200 JUNE 12 INTERVIEW SKILLS 1000-1200 JUNE 13 MIND BODY MENTAL FITNESS - MINDENCE (MyNavyFamily) 1000-1200 JUNE 14 CASTING HOPE - SUICIDE PREVENTION AWARENESS FISHING EVENT 1400-1600 JUNE 15 MIND BODY MENTAL FITNESS - MINDELUNESS & MEDITATION (Teams) 1100-1200 JUNE 16 MIND BODY MENTAL FITNESS - MINDELUNESS & MEDITATION (Teams) 1100-1200 JUNE 16 MIND BODY MENTAL FITNESS - MINDELUNESS & MEDITATION (Teams) 1100-1200 JUNE 17 PETS ARE FAMILY TOO - LINKING ANIMAL & DOMESTIC ABUSE (MYNAVYFAMILY) 1000-1230 JUNE 16 MIND BODY MENTAL FITNESS - MINDELUNESS & MEDITATION (Teams) 1100-1200 JUNE 16 MIND BODY MENTAL FITNESS - MINDELUNESS & MEDITATION (Teams) 1100-1200 JUNE 17 PRESEP (Active Duty Only) 1000-1230 JUNE 18 OMBUDSMAN ASSEMBLY/ADVANCED TRAINING 1100-1330 JUNE 19 JUNE 18 RENTING (ORE VALUES 0900-1000 JUNE 29 MIND BODY MENTAL FITNESS - PROBLEM DUTY Only) 1000-1230 JUNE 29 MIND BODY MENTAL FITNESS - PROBLEM DUTY Only) 1000-1230 JUNE 24 EFFECTIVE COMMUNICATION 1100-1200 JUNE 25 HOMB BUYING (Teams) 1000-1200 JUNE 26 SPOUSE EMPLOYMENT AGOTES DUTY Only) 1000-1200		FFSC CLASSROOM	
JUNE 3	JUNE 2-4	TRANSITION ASSISTANCE PROGRAM (TAP) (Active Duty Only)	0800-1600
JUNE 4	JUNE 2	OMBUDSMAN TRAINING – BEST PRACTICES FOR COMMAND TRIADS	1300-1400
JUNE 4	JUNE 3	SMOOTH MOVE WITH EXCEPTIONAL FAMILY MEMBERS	1300-1400
JUNE 5	JUNE 4	ANGER MANAGEMENT (Teams)	1000-1100
JUNE 5	JUNE 4	OMBUDSMAN TRAINING – FILLING OUT WORKSHEETS (Teams)	1100-1200
JUNE 5	JUNE 5	NAVIGATING FEDERAL EMPLOYMENT	1000-1200
JUNE 6	JUNE 5	EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) 101	1200-1300
JUNE 6	JUNE 5	RAISING FINANCIALLY FIT KIDS	1400-1530
JUNE 9-13 SAPR 40 HR TRAINING (Active Duty Only) 0800-1700 JUNE 9 NEW SPOUSE ORIENTATION 0900-1000 JUNE 9 INTERVIEW SKILLS 1300-1400 JUNE 10 DEVELOPING YOUR SPENDING PLAN 1000-1130 JUNE 11 EFFECTIVE RESUMES 1000-1200 JUNE 12 INTERVIEW SKILLS 1000-1200 JUNE 12 RUCK CLUB FOR RESILIENCE 1000-1200 JUNE 12 PETS ARE FAMILY TOO – LINKING ANIMAL & DOMESTIC ABUSE (MyNavyFamily) 1300-1400 JUNE 13 MIND BODY MENTAL FITNESS – MINDFULNESS & MEDITATION (Teams) 1100-1200 JUNE 14 CASTING HOPE – SUICIDE PREVENTION AWARENESS FISHING EVENT (West Basin Marina) 1400-1600 JUNE 16 MIND BODY MENTAL FITNESS – LIVING CORE VALUES 0900-1000 JUNE 16 JOB SEARCH STRATEGIES (Teams) 1000-1130 JUNE 17 PRESEP (Active Duty Only) 1000-1230 JUNE 18 OMBUDSMAN ASSEMBLY/ADVANCED TRAINING 1100-1300 JUNE 19 JUNETENTH – FFSC CLOSED 0730-1600 JUNE 20 MIND BODY MENTAL FITNESS – FLEXIBILITY 1000-1100 JUNE 23-27 TRANSITION ASSISTANCE PROGRAM (TAP) (Active Duty Only) 0800-1600 JUNE 24 EFFECTIVE COMMUNICATION 1100-1200 JUNE 25 HOME BUYING (Teams) 1000-1130 JUNE 26 SPOUSE EMPLOYMENT 360 (Teams) 1000-1200 JUNE 27 MIND BODY MENTAL FITNESS – PROBLEM SOLVING (Teams) 1100-1200 JUNE 27 MIND BODY MENTAL FITNESS – PROBLEM SOLVING (Teams) 1100-1200 JUNE 27 MIND BODY MENTAL FITNESS – PROBLEM SOLVING (Teams) 1100-1200 JUNE 27 MIND BODY MENTAL FITNESS – PROBLEM SOLVING (Teams) 1100-1200 JUNE 27 MIND BODY MENTAL FITNESS – PROBLEM SOLVING (Teams) 1100-1200 JUNE 27 MIND BODY MENTAL FITNESS – PROBLEM SOLVING (Teams) 1100-1200 JUNE 30 ADMINISTRATIVE UVA TRAINING (AUVAS Only) 1000-1200 JUNE 30 ADMINIS	JUNE 6	PRESEP (Active Duty Only)	0900-1130
JUNE 9	JUNE 6	MIND BODY MENTAL FITNESS – STRESS RESILIENCE	1000-1100
JUNE 9	JUNE 9-13	SAPR 40 HR TRAINING (Active Duty Only)	0800-1700
JUNE 10 DEVELOPING YOUR SPENDING PLAN 1000-1130 JUNE 11	JUNE 9	NEW SPOUSE ORIENTATION	0900-1000
JUNE 11	JUNE 9	INTERVIEW SKILLS	1300-1400
JUNE 12	JUNE 10	DEVELOPING YOUR SPENDING PLAN	1000-1130
JUNE 12 RUCK CLUB FOR RESILIENCE 1000-1200 JUNE 12 PETS ARE FAMILY TOO – LINKING ANIMAL & DOMESTIC ABUSE (MyNavyFamily) 1300-1400 JUNE 13 MIND BODY MENTAL FITNESS – MINDFULNESS & MEDITATION (Teams) 1100-1200 JUNE 14 CASTING HOPE – SUICIDE PREVENTION AWARENESS FISHING EVENT (West Basin Marina) 1400-1600 JUNE 16 MIND BODY MENTAL FITNESS – LIVING CORE VALUES 0900-1000 JUNE 16 JOB SEARCH STRATEGIES (Teams) 1000-1130 JUNE 17 PRESEP (Active Duty Only) 1000-1230 JUNE 18 OMBUDSMAN ASSEMBLY/ADVANCED TRAINING 1100-1300 JUNE 18 RENTING 14400-1530 JUNE 19 JUNETEENTH – FFSC CLOSED 0730-1600 JUNE 20 MIND BODY MENTAL FITNESS – FLEXIBILITY 1000-1100 JUNE 23-27 TRANSITION ASSISTANCE PROGRAM (TAP) (Active Duty Only) 0800-1600 JUNE 24 EFFECTIVE COMMUNICATION 1100-1200 JUNE 25 HOME BUYING (Teams) 1000-1200 JUNE 26 SPOUSE EMPLOYMENT 360 (Teams) 1000-1200 JUNE 27 MIND BODY MENTAL FITNESS – PROBLEM SOLVING (Teams) 1100-1200 JUNE 27 MIND BODY MENTAL FITNESS – PROBLEM SOLVING (Teams) 1100-1200 JUNE 27 MIND BODY MENTAL FITNESS – PROBLEM SOLVING (Teams) 1100-1200 JUNE 27 MIND BODY MENTAL FITNESS – PROBLEM SOLVING (Teams) 1100-1200 JUNE 27 MIND BODY MENTAL FITNESS – PROBLEM SOLVING (Teams) 1100-1200 JUNE 30 ADMINISTRATIVE UVA TRAINING (AUVAS ONLY) 1000-1200	JUNE 11	EFFECTIVE RESUMES	1000-1200
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JUNE 13	JUNE 12	RUCK CLUB FOR RESILIENCE	1000-1200
JUNE 14	JUNE 12	PETS ARE FAMILY TOO – LINKING ANIMAL & DOMESTIC ABUSE (MyNavyFamily)	1300-1400
JUNE 14	JUNE 13	MIND BODY MENTAL FITNESS – MINDFULNESS & MEDITATION (Teams)	1100-1200
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Note: Classes are subject to change. Please call for the most updated schedule.