

OCTOBER CLASS SCHEDULE

FFSC HOURS OF OPERATION:

MON, WEDS - FRI: 0800-1630

TUES: 0930-1630

757-458-4141/4153

October is
Domestic Violence
Awareness Month



Monday

Tuesday

Wednesday

Thursday

Friday



Domestic Violence Awareness Month Proclamation Signing, 1115 at FFSC

Tear Free Dinner (LMS) 1200-1330

Wake-up and Break the Silence of Domestic Violence (McDonald's) 0600-0730

Climbing the Ranks: Your Financial Guide to Promotions (LMS) 1200-1330



Transition Assistance Program (TAP) 0800-1600

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 SAPR Watchbill Training 1330-1430

U.S. Navy 250th Birthday

BASE INDOC 14
Bulkeley Hall, Auditorium 0830-1600

 SAPR First Responder Training 1330-1430

BASE INDOC 15
FFSC Training Room 0830-1600

Communication Skills (LMS) 1100-1300

Wake-up and Break the Silence of Domestic Violence (McDonald's) 0600-0730

Base INDOC, BUS TOUR, 0800-1300
Registration Required

Navigating Employment: A Resource Guide for Exceptional Family Members (LMS) 1200-1300

Achieving Financial Empowerment while Experiencing Intimate Partner Violence (LMS) 1200-1300

Conflict Management (LMS) 1100-1200

Federal Employment Workshop 0900-1200



Single Sailor Deployment Tools (LMS) 1800-1900

Joy and Peace Through the Holidays (LMS) 1100-1200

Stress Management (LMS) 1200-1300

Staying Safe: Vigilance and Awareness in Preventing Stalking in Intimate Partner Relationships (LMS) 1400-1500

Wake-up and Break the Silence of Domestic Violence (McDonald's) 0600-0730

The Good Life: Saving & Investing for Yourself (LMS) 1300-1430

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Open to ALL Residents of Guantanamo Bay at **No Cost**
Register for LMS Virtual Class at
www.mynavyfamily.com



Sat. Oct 25
0700-1000
Phillips Dive Park
SAPR Zombie Chase