

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Intercultural Relations 0800-1530 (V) MBMF Mod.1: Stress Resilience 1300-1600	TEEN Masteral Job Mastery 1430-1600	(V) MBMF Mod. 2: Mindfulness & Meditation 1300-1530	MBMF Module 1: Stress Resilience 0900-1100 (V) MBMF Mod.3: Living Core Values 1300-1600 (V) Banking and Financial Services 1500-1600
7	Arrivederci 0800-1200 Federal Job Mastery 0900-1100 (V) MBMF Mod.4 Flexibility 1300-1600 (V) Money Prep: Baby on Board 2000-2100	8	Capstone Day 0800-12:00	11
		9	VA one on one (OMSC) 0730-1530 (V) MBMF Mod.5: Problem Solving 1300-1600	10
14	TAP 0800-1600 Basic Italian Course 1000-1200 VA one on one (Benefit Advisor) 0800-1600 (V) Federal job Mastery 1400-1600 (V) TSP: Choosing the Right Path 1700-1800	15	TAP (DOL) Dep. Of Labor Employment Track 0800-1600 Ombudsman Assembly Meeting 1000-1200 (V) Consumer Awareness 1700-1800	18
		16		17
21	Intercultural Relations 0800-1530 (V) Million Dollar Sailor 0800-1600	22	Capstone Day 0800-1200 Sponsor Training 0900-1200 (V) Command Financial Specialist Training 0800-1600 EFMP POC Training 1430-1530	25
		23	(V) Command Financial Specialist Training 0800-1600	24
28	Basic Italian Course 1000-1200 (V) Federal job Mastery 1400-1600	29		25
	Co-Parenting through Separation & Divorce 0900-10:30 Basic Italian Course 1000-1200 (V) MBMF Mod.1 : Stress Resilience 1300-1600	30		

(V) Virtual Class on www.mynavyfamily.com

- TRANSITION SERVICES
- FAMILY EMPLOYMENT READINESS
- FINANCIAL MANAGEMENT
- RELOCATION SERVICES
- COUNSELING AND ADVOCACY PROGRAM

- LIFE SKILLS
- OMBUDSMAN PROGRAM
- NEW PARENT SUPPORT
- CLINICAL SERVICES
- EXCEPTIONAL FAMILY MEMBER PROGRAM



Hours of Operation
 Mon, Tue, Thu, Fri: 0730-1600
 Wednesday: 0730-1400
Closed weekends and holidays
 DSN 624-4291 • COMM +39 095-56-4291
 FFSC-sigonella@us.navy.mil