

CLINICAL SERVICES

4C's: Couple's Communication
Crash Course

July 10 | 1000-1100

Learn how to identify personal needs and effectively communicate and advocate for those needs within your relationship. This one-hour class offers practical tools and real-life applications to strengthen communication, build understanding, and maintain a solution focused approach as you navigate challenges together as a team.

Relationship Roadmap:
Navigating every stage of
connection

July 28 | 0900-1030

Explore the foundations of healthy relationships and learn to recognize patterns, and awareness, and confidently navigate every stage in a relationship.

Project Reconnect

August 7 | 1100-1200

Between work, kids, extracurriculars, life demands, and the pressures society places on families, it's easy to feel disconnected from our partners. This class is designed as a 60-minute workshop to allow participants a moment to catch their breath and reconnect with their partner. We will explore couples' communication, identify the mental load we carry, explore intentional self-care, and find mini-moments to connect throughout our busy lives.

Parenting and Digital Age

August 25 | 0900-1030

Gain a better understanding of technology, social media trends, and online safety while building healthy digital habits and communication with their children.

Co-Parenting Through Separation
and Divorce

September 29 | 0900-1030

Learn the foundations of healthy co-parenting, including communication, teamwork, and strategies that support positive family relationships while they are going through separation or divorce.

Non-medical One-on-One
Counseling

Non-medical counseling is a confidential, short-term, solution focused service available to individuals, couples, and families experiencing relationship concerns, separation, grief, and other issues related to military and family life. We also provide educational programs and therapeutic groups. Please call the FFSC for more information.

Sailor Assistance and Intercept

for Life (SAIL)

This program provides rapid support for active-duty sailors after suicide ideation risk attempt, offering ongoing assessment, care coordination, reintegration assistance. Participation is voluntary.

Family Advocacy Program (FAP)

FAP provides a variety of interventions and treatment services to meet individual and family needs. When domestic or child abuse occurs, FAP works to ensure the safety of victims, change destructive behavior patterns, and help families overcome the effects of violence.

Problematic Sexual Behavior in
Children and Youth (PSB-CY)

This FAP program addresses PSB-CY with education, safety, support, clinical assessment, and treatment, promoting healthy child development, parental empowerment, and strengthening parent-child relationships.

OMBUDSMAN PROGRAM

Ombudsman Basic Training

July 7-9 | 0800-1500

Interested in becoming an Ombudsman? If your command has any expected vacancies in this program, this is a good opportunity for anyone interested in becoming an Ombudsman to receive the required training. Face-to-face training is offered quarterly and provides the skills needed to perform Ombudsman duties effectively.

DEPLOYMENT ASSISTANCE

FFSC offers continuous pre-deployment, mid-deployment, return and reunion, post-deployment, and reintegration programs and services to all personnel and families to facilitate smooth deployments and re-entries into family life and local communities and to ensure individual and family readiness. For more information, or to set up a brief for your command, please call the FFSC.

SEXUAL ASSAULT PREVENTION AND RESPONSE

Fleet and Family's SAPR Program offers a standardized, consistent, victim-focused system to prevent and respond to sexual assault Navy-wide. For more information, please call 624-4291.



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

Sigonella SARC

338-670-0195

SAPRVA 24/7 Hotline

335-642-8312

IMPORTANT NUMBERS

For Family Advocacy &
to Report Domestic or Child Abuse (24/7): +39-335-737-0978 (Call or Text)
Suicide Prevention Lifeline: +39-366-638-7210 or 1-800-273-TALK (8255)
Military OneSource: 1-800-342-9647
SAPR Safe Helpline: 877-995-5247

DID YOU KNOW?

Military and Family Life Counselors (MFLCs) are available at our DoDEA schools and Child and Youth Programs to support military-connected children with everyday challenges like school transitions, peer relationships, PCS stress, and more. MFLCs provide confidential, non-medical counseling services—at no cost. They work closely with children, parents, and school staff to promote emotional well-being and resilience. Support is just a conversation away!

From Support
to Success:
Empowering
Every Step



FREE CLASSES TO GET YOU CLOSER TO YOUR GOALS
JUL | AUG | SEPT 2026

“The greatness of a community is most accurately measured by the compassionate actions of its members.
Coretta Scott King

Click the Link icon to register

Click the Email icon to register

Call for more information



**FAMILY EMPLOYMENT
READINESS**  
Federal Job Mastery
July 20, Aug 10, Sept 8
0900-1100
To register for upcoming classes held

at the Fleet & Family Support Center (FFSC), please call the following number: DSN: 314-624-4291 or Comm: +39-095-56-4291. We look forward to seeing you in class! Please visit the mynavyfamily.com to register for the virtual Federal Job Mastery classes. Most virtual sessions start at 2:00 PM and usually take place on Mondays each week.

TEEN Federal Job Mastery 
September 2 | 1430-1600
Master the federal employment process and learn how to create powerful, targeted federal resumes by building each critical section using time-tested techniques. Craft compelling cover letters that highlight your unique value, and confidently navigate both traditional and behavioral interviews with practical methods and real-world examples for delivering strong, professional responses. Whether you are applying for your first federal position or applying for an internship, this hands-on class will equip you with the tools, templates, and insider knowledge to compete and succeed.

TRANSITION SERVICE 
Capstone Day
July 8, 29, Aug 12, 26, Sept 9, 23
0800-1200
This one-on-one appointment is the final step in completing TAP requirements. It evaluates and confirms a service member's readiness to successfully transition from military to civilian careers. It is mandatory for all transitioning active-duty members and must be completed no later than 90 days before separation or retirement.

Transition Assistance Program (TAP)
July 13-15, Aug 17-19, Sept 14-16 | 0800-1600 
The Department of Defense (DOD)

Transition Assistance Program (TAP) is a multi-agency program designed to prepare transitioning service members and their spouses for civilian life. This is a mandatory three-day class for transitioning active duty within 24-12 months of retirement and 15-12 months of separation. The class covers DOD transition requirements, VA Benefits, and the Department of Labor (DOL) employment overview. Open to service members of all branches and their spouses. Pre-registration through your Command Career Counselor is required.

VA Benefits Advisor
July 15, Aug 19, Sept 16 
0800-1530
A Non-Medical Benefits Advisor from the Veterans Affairs Office (VA) will be available for one-on-one assistance to help you understand how to navigate VA and the benefits and services you have earned through your military career. Topics include VA benefits such as the GI Bill, VA home loan, Career Planning, Veteran Readiness and Employment, Insurance (Dental and Life). Appointments are open to active duty, reserves, retirees, veterans, and their dependents.

TAP Department of Labor (DOL) Employment Track
July 16-17, Aug 20-21, Sept 17-18
0800-1600 
This two-day workshop follows the TAP core curriculum and provides comprehensive insight on transitioning to a civilian career. This includes identifying your career goals and skills, developing and building your personal brand, LinkedIn and networking, exploring federal hiring, preparing for interviews, receiving and negotiating a job offer. Pre-registration through your Command Career Counselor is required.

TAP Education Track 
July 23-24 | 0800-1600
This 2-day course, designed for anyone pursuing an undergraduate or graduate degree, includes information on choosing a field of study, selecting an institution, gaining admission, and funding for education. This workshop is open to transitioning service members and their dependents, especially if they are using GI Bill benefits. Pre-registration through your Command Career Counselor is required.

SkillBridge 
September 11 | 0900-1100
The SkillBridge program offers active duty service members the chance to gain valuable civilian work experience through approved civilian internships during the last 180-90 days of service. This 2-hour class covers eligibility, requirements, available opportunities, and the application and completion processes. Open to all service members, with no pre-requisites required.

RELOCATION SERVICES 
Arrivederci
July 7, Aug 5, Sept 8 | 0800-1200
This mandatory class prepares all service members and civilians for their transition out of Sigonella. We recommend taking this class 4-6 months prior to your Permanent Change of Station (PCS).

Orders are not required to register.

Intercultural Relations 
July 14, Aug 4, Sept 22 | 0800-1530
This one day class, offered alongside base indoc, helps newcomers understand the Italian language and culture, supports cultural adaptation, and addresses culture shock. The curriculum includes ½ day in class and ½ in Catania as part of the orientation.

Sponsor Training 
July 15, Aug 3, Sept 23 | 0900-1200
This class equips command personnel with the information and training needed to effectively serve as command sponsors. It covers the benefits of sponsorship, a checklist of sponsor duties, and a timeline to streamline the process, helping promote a smooth and pleasant transition experience for the service member and their family.

Spouse Orientation 
August 26-27 | 0800-1500
New to Sigonella? This two-day orientation helps spouses learn about Italian culture, language, employment opportunities, and available base resources. On the first morning, participants will hear from Command Leadership spouses, meet Ombudsmen, and tour agencies across NAS I. The afternoon focuses on basic Italian language skills. On the second day, participants will take a trip to Catania on public transportation to practice the language while shopping for local groceries together.

Basic Italian Language Course
September 14, 21, 28, 29 
1000-1200
Want to learn how to read signs, order food, and interact with locals in Italy? This class is for you! Over the course of four 2-hour sessions, focus on basic day-to-day sentences, phonetics, spelling, numbers, and greetings, as well as useful vocabulary and cultural tips. Engaging with other participants through exercises like “listen and repeat” will enhance your learning. Basic homework will be assigned after each session to reinforce skills and will be reviewed at the beginning of the next class.

EXCEPTIONAL FAMILY MEMBER PROGRAM 
Exceptional Family Member Program (EFMP) POC Training
September 23 | 1430-1530
The Command Exceptional Family Member Program (EFMP) POC training provides knowledge on how to educate and refer command personnel for EFMP enrollment and how to provide information and resources. It will also outline responsibilities and duties to ensure compliance with the OPNAV 1754.2F requirements.

FINANCIAL EDUCATION 
Virtual Financial Classes
For on-demand financial classes covering a wide variety of topics such as home buying, consumer awareness, TSP and more, please visit our Learning Management System at

www.mynavyfamily.com.
Million Dollar Sailor (MDS) 
September 21-22 | 0800-1600
MDS is a two-day training designed to assist Service members and their families in successfully navigating the transitions of military life and the financial challenges that may arise along the way. At the conclusion of this course, learners should have attained the knowledge and skills necessary to: provide a basic understanding of financial issues, create an awareness of the available assistance resources, develop problem-solving skills concerning financial issues, promote strategies for achieving financial growth, and improve financial literacy. Spouses are encouraged to attend!

Command Financial Specialist (CFS) Training 
September 23-25 | 0800-1600
Become Your Command's Financial Specialist! This 24-hour training provides further understanding and insights regarding personal finances. Learn the real deal about finances and pass the information on to your shipmates. Service member must be E6 and above or E5 with more than 6 years in service, an E5 with less than six years of service requires a waiver.

LIFE SKILLS
Mind-Body Mental Fitness (MBMF) 
0900-1100
September 4 - Module 1: Stress Resilience
September 18 - Module 2: Mindfulness and Meditation
October 2 | Module 3: Living Core Values
October 16 | Module 4: Flexibility

MBMF workshops remain available by request for one-on-one appointments or for command-specific sessions, based on facilitator availability. Topics include stress resilience, mindfulness, core values, flexibility, problem solving, and connection, each designed to strengthen mental fitness and enhance everyday performance. Virtual MBMF classes are available on the “Live Webinars” tab at: mynavyfamily.com 

