

SEXUAL ASSAULT PREVENTION AND RESPONSE



Essentials for Unit Leadership
SAPR, FAP, SAIL, CO
Toolkit/MRE

Oct 8, Nov 12, Dec 10
0900-1100

*SAIL: Sailor Assistance & Intercept for Life (SAIL) is a program available to active-duty Sailors who have experienced suicide ideation or a suicide attempt (referred to as Suicide-Related Behavior or SRB).

*Commanding Officer’s Toolkit (CO Toolkit): an official resource package designed for military commanders to help them manage, prevent, and respond to sexual assault incidents within their units.

* Military Rule of Evidence (MRE 514): establishes the Victim Advocate-Victim Privilege, which protects confidential communication between a victim of a sexual or violent offense and a victim advocate.

Administrative Unit Victim Advocate Training (AUVAT)



October 7 | 0900-1030

A specialized short training that guides military command-level designees on overseeing compliance with Sexual Assault Prevention and Response (SAPR) program policies.

Initial Victim Advocate Course (IVAC)



October 26-30 | 0730-1600

This 40-hour training provides the skills and knowledge to become Unit Victim Advocates and covers services available to sexual assault victims to include roles and responsibilities of SAPR personnel, Confidentiality Policy, Victimization, Reporting Options, Medical, Investigative, Legal Processes, and Self-Care. Gain a better understanding of command and system responses, how to address safety needs, provide services, referrals, and advocacy throughout the process from initial reporting to final adjudication or disposition. Participants will then be eligible to apply to the Department of Defense Sexual Assault Certification Program as a requirement to be certified as a “SAPR Victim Advocate”.

CLINICAL SERVICES



4 C’s: Couple’s Communication
Crash Course

October 7 | 1000-1100

Identify personal needs, and how to advocate for those needs with your partner. This one-hour class will offer practical skills and application to use within your relationships for a lifetime. Learn to fight fair and keep communication solution focused as you navigate challenges as a team.

Project Reconnect



October 23 | 1000-1100

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

Not Dependent



November 6 | 1000-1130

Not "Dependent": Looking to learn more about military family life- or just wanting to feel more connected? This 90-minute workshop will offer an overview on military benefits, spousal rights, decoding military jargon, and an overview of resources available in Sigonella. Whether you're a new spouse or a seasoned pro, come learn something new and network with fellow spouses!

Family Advocacy Program (FAP)



This program 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.

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.



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

+39 338-670-0195

SAPR VA 24/7 Hotline

+39 335-642-8312

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?

Did you know the Fleet and Family Support Center offers more than great workshops? We bring practical support, useful resources, and opportunities to connect, recharge, and thrive.

- Training that comes to you: We can deliver life skills, financial readiness, and relocation workshops to your command. One-on-one appointments are also available.
- A resource room for your convenience: Stop by to use a computer, printer, fax machine, or phone.
- Space for your next training: Our two classrooms are available to reserve on a space-available basis.
- A place to recharge: Unwind in our quiet, accessible relaxation room, featuring full-body massage chairs.
- WIC services on site: WIC is available in person on Tuesdays and Wednesdays for interested families who may be eligible. Ask about the new WIC app, too!



FREE CLASSES TO GET YOU CLOSER TO YOUR GOALS

OCT | NOV | DEC 2026

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

Click on the link icon to register

Click the email icon to register

Call for more information



LIFE SKILLS

Mind-Body Mental Fitness (MBMF)
0900-1100
Oct 2 - Module 3: Living Core Values
Oct 16 - Module 4: Flexibility
Nov 6 - Module 5: Problem Solving
Nov 13 & 20 - Module 6: Connection
Dec 4 - Module 1: Stress Resilience
Dec 18 - Module 2: Mindfulness & Meditation

Virtual Classes 1400-1600
Oct 1, Nov 18, Dec 10
Module 3: Living Core Values
October 13, 23, Nov 3, Dec 1
Module 1: Stress Resilience
Oct 14, Nov 17, Dec 3, 18
Module 2: Mindfulness & Meditation
Oct 15, Nov 19, Dec 17
Module 4: Flexibility
Oct 22, Nov 24, Dec 22
Module 5: Problem Solving
Oct 29, Nov 25, Dec 29
Module 6: Connection

Virtual MBMF classes are available on the “Live Webinars” tab at: mynavyfamily.com

Cool, Calm, and In Control: Your Guide to Mastering Anger (Virtual)
October 2, 16, 30, Nov 6, 20, Dec 4, 18 | 1300-1600

OMBUDSMAN PROGRAM

Ombudsman Basic Training
October 6, 7, 8 | 0800-1500
Face-to-face training is offered quarterly and provides the skills needed to perform Ombudsman duties effectively.

Ombudsman Assembly Meeting
October 15, November 19, December 17 | 1000-1200

Certified Ombudsman Training
December 1, 2, 3 | 0800-1500
In-depth training to become authorized to instruct/facilitate the Navy’s Ombudsman Basic Training (OBT) course. Participants must have two (2) years Ombudsman experience as a command Ombudsman.

RELOCATION SERVICES

Intercultural Relations
Oct 6, 20, Nov 17, Dec 1 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 out in town as part of area orientation.

Arrivederci
Oct 7, Nov 10, Dec 15 | 0800-1200
This mandatory class prepares all service members and civilians for their transition out of Sigonella. We recommend taking this class 4-6 month prior to your permanent change of station (PCS). Orders are not required to register.

Sponsor Training
Oct 13, Nov 3, Dec 14 | 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 positive transition experience for the service member and their family

Spouse Orientation
Oct 14, 15, Dec 16, 17 | 0800-1500
This two-day orientation helps spouses learn about Italian culture, language, employment opportunities, and available base resources. Day 1, participants will hear from Command Leadership spouses, meet Ombudsmen, and tour the agencies across NAS 1, then focus on basic Italian language skills. Day 2, participants will take a trip to Catania on public transportation to practice the language while shopping for local groceries.

Basic Italian Language Course
Nov 9, 16, 23, 30 | 1000-1200
Want to know how to read signs, order food, and interact with locals in Italy? Over four 2-hour sessions, focus on basic day-to-day sentences, phonetics, spelling, numbers, and greetings. You’ll also learn 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

EFMP POC
October 13 | 1430-1530
The Command EFMP POC training provides knowledge on how to educate and refer command personnel for EFMP enrollment and how to provide information and resources. It also outlines responsibilities and duties to ensure compliance with the OPNAV 1754.2F requirements.

FAMILY EMPLOYMENT READINESS

Federal Job Mastery
Oct 5, 19, 26 Nov 2, 9, 16, 23, 30 Dec 14, 21, 28 (Virtual) | 1300-1600

TEEN Resume Writing
Virtual TEEN Resume Writing classes are available on the “Live Webinars” tab at: <https://mynavyfamily.com>.
October 21 & December 23 (Virtual) 1500-1600

FINANCIAL EDUCATION

Million Dollar Sailor
November 2-3 | 0800-1600
MDS is a 2-day training designed to assist Service members and their families in successfully navigating the transitions of military life and the financial challenges accompanying them. 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. Service Members and Spouses are eligible to attend!

Command Financial Specialist Training
November 4, 5, 6 | 0800-1600
Become Your Command’s Financial Specialist! This 24-hour training provides further understanding and insights regarding personal finances. pass the information on to your shipmates. Service members must be E6 and above or E5 with more than 6 years in service; if E5 with less than 6 years in service, a waiver is required.

TRANSITION SERVICES

Capstone Day
Oct 7, 21, Nov 4, 18, Dec 2, 16 0800-1200
This one-hour, one-on-one appointment is the final step in completing TAP requirements. It evaluates and confirms service member readiness to successfully transition from military to civilian careers. It is mandatory for all transitioning service members and must be completed no later than 90 days before separation or retirement.

Transition Assistance Program
Oct 19-21, Nov 16-18, Dec 14-16 0800-1600
A multi-agency program designed to prepare transitioning service members and their spouses for civilian life. This is a mandatory 3-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.

TAP Employment Track (DOL Employment Track)
October 22-23, December 17-18 0800-1600
This two-day workshop follows TAP Core Curriculum and provides a comprehensive insight into 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
November 4, 5 | 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.

Boots to Business: Europe OCONUS (Virtual)
October 13-14, 0800-1200, October 29-30, 1200-1600, November 16-17, 0800-1200, December 3-4, 1200-1600
This virtual course is a free, SBA-sponsored 2-day entrepreneurship workshop delivered entirely online via zoom. Designed specifically for transitioning service members and their spouses stationed in Europe, this class provides the same high-quality instruction as the in-person Boots to Business program but adapted for a virtual format that fits your schedule.

TAP Vocational Track: Career and Credential Exploration (C2E)
November 19-20 | 0800-1600
This 2-day workshop helps participants explore their interests, values, and aptitudes to make informed career decisions. It is ideal for those seeking to identify credentials and qualifications needed for various occupations of interest. Explore internships, apprenticeships, and how to utilize the GI Bill for these training and credentialing routes. Pre-registration through your Command Career Counselor is required.

VA Overseas Military Service Coordinator (Presentation)
December 7 (NAS 1 Theater) 1400-1600
The VA Overseas Military Services Coordinator will present a benefits overview open to everyone. We highly recommend attending before scheduling a one-on-one appointment so you can make the most of your individual time with the coordinator.
VA Benefits Advisor
VA Overseas Military Service Coordinator (One-on-One)
December 8-11 | 0730-1530

Individual one-on-one hourly appointments are available for Active-duty service members, veterans, survivors, spouses, and dependents. Receive assistance with VA .gov enrollment, disability compensation, claims development, education benefits, home loans, foreign medical programs, survivor benefits and more!

