



Fleet & Family Support Center
Building 241
207-438-1835
Monday - Friday, 0700 - 1530

April Classes

LIFE SKILLS:

These three sessions are designed to give participants new understandings and introduce a selection of effective management tools for each of the specified topics.

CONFLICT MANAGEMENT

Wednesday, April 19 from 1200 to 1400

COMMUNICATION SKILLS

Thursday, April 20 from 1200 to 1400

ANGER MANAGEMENT

Thursday, April 27 from 1200 to 1400

FAMILY EMPLOYMENT / TRANSITION ASSISTANCE:

TAP: TRANSITION ASSISTANCE PROGRAM

Monday, April 3 to Friday, April 7 from 0730 to 1530 daily

This 5-day mandatory course provides information on employment, resume writing, job searching, post-military finances, available benefits, and a variety of resources useful in the transition to civilian life. Take this course within 24 months of retirement. See your Command Career Counselor to sign up.

JOB SEARCH STRATEGIES

Monday, April 24 from 1200 to 1400

Bring your questions to this conversational discussion about the job search process. Appropriate for both service members and their employment-aged family members.

PARENTING:

These short classes will share proven, effective parenting skills and give you a chance to connect with other military parents:

PARENTING IN A MILITARY FAMILY

Wednesday, April 12 from 1200 to 1400

EFFECTIVE DISCIPLINE FOR 2 TO 12 YEAR OLDS

Monday, April 17 from 1200 to 1400

April 2023

Portsmouth Shipyard Currents

Your source for information for MWR, CYP, Fleet & Family Support Services, Family & Bachelor Housing at Portsmouth Naval Shipyard, Kittery, Maine

Boston Day Trip **Sunday, May 7** **\$25 for van transportation**



This is your chance to join us for a private tour of the USS Constitution and spend the rest of the day in Boston. We depart the Shipyard at 7:30 a.m. and our tour starts at 9 a.m. Once complete, you are free to explore (the museum, harbor walk, Freedom Trail and more). There's even a water shuttle to the Aquarium. We leave Boston at 3:30 p.m. returning to the Shipyard by 5 p.m.

Don't let this opportunity set sail without you!

Sign up at ITT, Building 22, or call 207-438-2713

www.navymwrportsmouthshipyard.com | www.facebook.com/pnsyffr

Fletcher Fitness Center

Building 306
Programs & Events are FREE
to all authorized patrons
More info call: 207-438-4261
Mon-Fri, 5 a.m. - 8 p.m.
Sat & Sun, 8 a.m. - 4 p.m.
*Hours are subject to change

Monthly Challenge: Plank Challenge

April fitness competition at the Fletcher Fitness center for the whole month. Only 4 points of contact (forearms and feet) may be used. Participants must hold plank in a straight line from ears to ankles can be done throughout the whole month on the honor system. Longest duration with correct form in plank hold in wins. Prize for top finisher only.

Spring Fun Run Wednesday, April 12



3 Mile Run (outside or on Treadmill) Meet at 11:30 a.m. for group run at the fitness center. The run can be done throughout the day on honor system. Best time gets a prize.

Disc Golf Tournament



It is a perfect time of year to play in our Disc golf tournament. Disc golf is scored like traditional golf but it involves throwing a disc from a tee off point to a target (a basket with chains). Players keep count of throws (or strokes); and just like golf the lowest number of strokes wins. Trophy to the winner, fitness swag for all participants! Sign up by Friday, April 21 at the Fitness Center, building 301.

Discount Tickets, Trips & Tours at ITT

Building 22
More info call: 207-438-2713
Operational Hours:
Mon-Thurs, 8 a.m. - 6 p.m.
Fri, 8 a.m. - 8 p.m. | Sat, 1 - 6 p.m.
*On all trips there are no refunds if a customer cancels unless we are able to fill their spot.

IKEA Shopping Day

Friday, May 12
\$20



Mother's Day Weekend

- Make it a fun day with Mom or find her something special. This trip is great for first timers or for people wanting to avoid delivery charges. IKEA is an internationally known home furnishing retailer with many affordable Scandinavian style items. IKEA is next to Costco and Jordan's so there is something for everyone. Leaving at 8:30 am from PNSY, Arriving at IKEA in Stoughton, MA at 10 am for shopping around the area. Lunch is on your own and available there. We will leave at 2:30 pm to return to PNSY by 4 pm. Please note there is limited van transportation but will allow for more cargo space when returning back.

Free Movies

Free movies play in the Shipyard Auditorium, Building 22. Friday Movies are at 6 p.m. and Saturday Movies are at 2 p.m. To find a full list of movies that will be playing this month visit our facebook page at www.facebook.com/pnsyffr



STAY CONNECTED

Get MWR & FFR updates
right on your phone!

Text PNSYFUN to
888-697-6762

Sign up TODAY! You'll
be the first to know about
discounted tickets, trips,
fitness events, & MORE!

Download the
NAVY MWR
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NAVAL SHIPYARD App!
Available at Apple App
store & Google Play

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NAVAL SHIPYARD

Puffin Watch & Boothbay Harbor, ME Day Trip

Saturday, June 24, 2023

Enjoy the day in Boothbay Harbor, ME! We'll start the day on the water looking for Puffins during the Puffin watch cruise. Be sure to pack snacks & water. There are plenty of opportunities for sightseeing, shopping and lunch in Boothbay Harbor after the Cruise. There will also be van transportation available to visit the Coastal Botanical Gardens (tickets for the garden are purchased on your own). We'll depart PNSY at 7 AM and return to PNSY at 7 PM.

Sign up at ITT, Building 22 | 207-438-2713

www.navymwrportsmouthshipyard.com | www.facebook.com/pnsyffr

\$80

(includes van
transportation)

\$55

(meet us there)

