



Family CONNECTION

Your Link to the Navy Community since 2007

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January 2026
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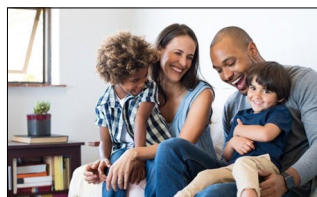
Questions?



Letter from the Fleet and Family Support Program Director

Dear Fleet and Family Support Team and Navy Families,

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Helping Children Set Goals for the New Year

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Commander, Navy Installations Command (CNIC), Navy Fleet and Family Readiness...



FFSC Virtual Employment Webinars -- Strengthen your Career with FFSC's Employment Webinars

Are you looking for support with your job search? Your Fleet and Family...



Caring for One Another – SAPR Provides Support, Advocacy and Access

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What's Happening? Good News from Local Fleet and Family Support Centers

The Sexual Assault Prevention and Response (SAPR) Program offices of Commander, Navy Region Hawaii (CNRH), Commander, Navy Region...

Your
Virtual
FFSC

Your Virtual FFSC Webinars

See the full list of webinars available on www.MyNavyFamily.com this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition...

Family Connection is a publication of the Fleet and Family Support Program. The Navy's Fleet and Family Support Program promotes the self-reliance and resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle. The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

Letter from the Fleet and Family Support Program Director



Dear Fleet and Family Support Team and Navy Families,

As our new year begins, I want to pause and reflect on the incredible journey we have shared in 2025. The Fleet and Family Support Program (FFSP) is more than a service — it's a lifeline that connects Sailors and families to the strength they need to thrive in our Navy.

This past year, many of us returned to in-person work, reconnecting face-to-face and reigniting the spirit of teamwork. Even during the furloughs and resource challenges, your FFSP showed resilience, creativity, and compassion. That commitment ensured no Sailor or family was left without support.

Looking ahead, this year will bring exciting new initiatives: expanding access to clinical counseling, strengthening spouse employment opportunities and enhancing crisis readiness.

These efforts build on our successes — from virtual resilience-building workshops reaching more families than ever, to partnerships with the War Department and community-based agencies that extend our support networks.

We also acknowledge the setbacks: staffing shortages, budget pressures, and the strain of global demands. Yet these challenges remind us why our mission matters. The future of the FFSP is bright, and together we will continue to strengthen readiness, resilience and connection across the fleet.

To our workforce: thank you for your unwavering dedication. To our Navy families: thank you for your strength, sacrifice and trust.

Here's to a successful 2026 — one built on resilience, innovation and community!

With gratitude,

Shauna L. Turner

Fleet and Family Support Program, Director

Commander, Navy Installations Command

Navy and Nation 250 Events Schedule

January 2026

- ★ Jan. 9 - Fairfax, Va. - Saxophone Symposium Combo Performance
- ★ Jan. 9 - Fairfax, Va. - Saxophone Symposium Public Concert
- ★ Jan. 9 - Fairfax, Va. - Saxophone Symposium Commodores Performance
- ★ Jan. 12 - Shady Side, Md. - Music in the Schools Performance
- ★ Jan. 20 - Middleburg, Fla. - Performance for Middleburg High School NJROTC and Band



Help celebrate our
Navy's 250th
Birthday!

JANUARY HOLIDAYS AND OBSERVANCES

- January 1 – New Year's Day
- January 19 – Martin Luther King, Jr. Day
- Financial Wellness Month
- National Stalking Awareness and Prevention Month



**Financial Wellness
Month**

January



Turn Your Resolutions into Reality

According to the Pew Research Center, around one-third of Americans made New Year's resolutions last year. More than 75% of people who make New Year's resolutions and nearly all who make resolutions to improve their health or finances abandon those goals within the first month of the new year.

Why do so many fail? And what can you do to keep your resolutions this year? Start with the WOOP and then think SMART.

WOOP (there it is!):

W - Wish/Want. Whatever your resolution is, make it something you can realistically accomplish within a month or two. Make it challenging but achievable and make sure it is something you can control. We often fail before we even begin by not sticking to these rules and making bad resolutions.

O - Outcome. If the resolution is to "get in shape," visualize what that actually looks like. How would you feel? What would be the best part about being in shape? Be detailed in your description and view it from a first-person perspective. Seeing yourself achieve your goal personalizes the concept and makes you more invested in it.

O - Obstacles. Do not just picture everything going well; visualize the bad days, too. What happens when your "save more money" resolution meets your "sweet treat on a bad day" philosophy? Identify as many reasons as you can for why you might want to give up, and then...

P - Plan. For every excuse to give up, identify a potential solution to address it. It is much harder to say, "I do not have time to work on my finances," when you preplan dedicated 30 minutes per week to update your budget. Even better, involve others in your goals so they can hold you accountable and prevent you from giving in to your own excuses.



SMART:

S - Specific. Saying "I need to get in shape" means nothing because there is no concrete definition for "in shape." Revise it to more specific goals, like: "I need to lose two pounds per month" or "Half of my dinner plate needs to be vegetables."

M - Measurable. Again, you cannot measure "in shape." Instead, choose goals like the ones above. When you weigh yourself, is the scale changing in the direction you want? When you serve dinner, does half your plate contain vegetables? If yes, wonderful! If not, reevaluate.

A - Action-oriented. Make sure your resolution includes actionable steps. You need to be able to work toward your goal literally.

R - Realistic. Is it realistic to reach your goal weight in the time frame you set for yourself? Many would say yes, but that is for you and your doctor to decide. Is it realistic for half your plate to be vegetables? It depends. Are you cooking for yourself and are you able to control the portions and plating? Or are you currently deployed on a ship that has not seen fresh vegetables in weeks?

T - Time-bound. As stated previously, we do best with many shorter deadlines versus one massive one. If your resolution for the year is to manage your weight, break that down into monthly or even weekly goals. It is much easier to work toward smaller goals and watch them add up to larger ones. Last but not least, get help with your goals. You are much more likely to make them a reality when you involve others. Share them with your support system and swing by your installation's [Fleet and Family Support Center](#) for more help setting goals for the new year.

Helping Children Set Goals for the New Year

The start of a new year brings fresh opportunities and renewed energy. It is a perfect time to introduce children to the power of goal-setting. While resolutions are often thought of as an adult tradition, they can be a wonderful tool for kids, too. Setting goals helps children practice planning, perseverance and self-discipline, while also building confidence as they see their progress. With the right guidance, goal-setting can become a fun and empowering family tradition.

Set the Stage for Success

- **Let children lead.** Encourage kids to choose goals that excite them, whether it is learning a new skill, exploring a hobby or simply doing something that makes them happy. Goals should reflect their own interests and aspirations, rather than the expectations of the parent.
- **Make it a family tradition.** Turn goal setting into a shared activity. When everyone participates, it becomes a fun and consistent ritual that strengthens family bonds.
- **Ask open-ended questions to spark your child's ideas.** Use prompts such as "What would you like to learn this year?" or "What would make you feel proud?"

Make Goals Achievable

- **Keep it simple.** Help children focus on one or two meaningful goals rather than overwhelming them with too many.
- **Break it down.** Work together to create small, manageable steps, as big goals can feel intimidating. For example, if the goal is to read more, start with five to 10 minutes a day and gradually increase.
- **Use SMART goals.** Teach children to set SMART goals — Specific, Measurable, Action-oriented, Relevant, and Time-bound — so their progress is clear, manageable and worth celebrating.

Create a Supportive Environment

- **Visual reminders.** Display them somewhere visible, such as on a whiteboard, a calendar to mark off progress or even a jar filled with marbles or stickers that your child can add to as they move closer to their goal. These trackers make progress fun and motivating, while helping children see their achievements build over time.
- **Regular check-ins.** Plan short, consistent conversations to talk about progress. These do not need to happen every day; weekly or even biweekly works well. Regular check-ins keep goals fresh in their mind, provide encouragement and allow for adjustments together when needed.
- **Celebrate small wins.** Recognize milestones with praise or simple rewards, such as a family movie night or a favorite treat.
- **Model the behavior.** Share your own goals with your child. When they see you working toward something, it reinforces that goal-setting is a lifelong skill.

Final Thoughts

Helping children set goals is not about perfection; it is about growth, resilience and joy in the journey. With your encouragement and guidance, children gain the confidence and skills they will carry into adulthood, turning small steps today into lifelong habits of success.

Your Fleet and Family Support Program is here to walk alongside families on their parenting journey. Explore resources, parenting strategies and more by visiting your nearest [Fleet and Family Support Center](#), or check out live webinars designed for parents at [MyNavyFamily.com](#).



Breaking Stigma Through Laughter: Navy expands “1 Degree of Separation” Mental Health Initiative in Phase Two

Commander, Navy Installations Command (CNIC), Navy Fleet and Family Readiness (FFR) commitment to enhancing the quality of life for personnel and strengthening its commitment to mental health awareness as the Navy’s “1 Degree of Separation” initiative enters its second phase, running from Fall 2025 through 2026. A partnership between Navy Morale, Welfare and Recreation (MWR), Navy Fleet and Family Support Program (FFSP) and the international touring group “1 Degree of Separation,” the initiative uses humor as a bridge to spark open conversations about depression, suicide and the shared struggles that too often remain in the shadows.

Phase 1 of the initiative reached Sailors, families and DoD civilians at 30 installations worldwide, delivering 72 events and engaging nearly 7,400 participants. Building on that strong foundation, Phase 2 expands the program further, with 36 installations across nine Navy regions committed to hosting shows. Seven events have already taken place, each serving as a hub for community connection, storytelling and healing.

The “1 Degree of Separation” series blends stand-up comedy with personal storytelling to create a space where difficult conversations feel approachable and deeply human. During each show, the cast blends humor with candid storytelling, bringing their signature mix of comedy and connection to audiences across the fleet before shifting into an open “Five Questions” discussion about depression, coping and community support. This segment encourages Sailors to reflect, recognize shared experiences and better understand how mental health challenges can affect themselves and those around them.

“We are all professional comics, and we use our own experiences in depression to bring up an open dialogue and show what a vulnerable conversation looks like,” said Sydney Stigerts, comedian and team lead for “1 Degree of Separation.” “We are trying to kill the stigma around mental illness, and I feel like for people who may be dealing with depression, it is a perfect way to feel connected.”

For Aviation Electronics Technician Airman Apprentice (ATAA) Keyshuan Steele, the experience was both introspective and empowering. “My biggest takeaway is being able to self-reflect on what other people do to help and hinder me and what I do to help and hinder myself,” he said. Steele also recommended offering similar events earlier in a Sailor’s career, such as during A and C Schools.

As Phase 2 continues, installations across the fleet are welcoming the series and its unique approach to mental health outreach. Each performance reinforces a message of resilience, vulnerability and community, reminding audiences that mental health challenges are not faced alone. The events give Sailors, families and other members of the Navy FFR community meaningful opportunities to connect, reflect and better recognize signs of struggle in themselves or others.

The Navy’s proactive approach to mental health includes multiple supportive programs, such as Sailor Assistance and Intercept for Life (SAIL). In Fiscal Year (FY) 2024, SAIL received 3,213 referrals, with a 64% acceptance rate and 1,592 Sailors successfully completed the program. These outcomes highlight the program’s significant reach and impact — thousands of Sailors were connected to critical support, and more than 1,500 successfully navigated the full continuum of care.

This upward trend reflects a growing willingness among service members to seek help when needed, a positive cultural shift that aligns with the goals of “1 Degree of Separation.” By encouraging early intervention and reducing stigma, the Navy continues to strengthen resilience and reinforce its commitment to the well-being of its force.

Together, these efforts demonstrate the Navy’s commitment to fostering open conversations about mental health and strengthening the well-being of the fleet. By creating programs that blend authenticity, humor and support, the Navy continues to build a culture where Sailors feel connected, understood and empowered to seek help when they need it.

The “1 Degree of Separation” series blends stand-up comedy with personal storytelling to create a space where difficult conversations feel approachable and deeply human.



Caring for one another – SAPR Provides Support, Advocacy and Access

As military families, we know that strength is not just built through service — it is also built through community, compassion and care for one another. The Navy's Sexual Assault Prevention and Response (SAPR) Program exists to ensure that no Sailor, spouse or adult dependent has to face the trauma of sexual assault alone. SAPR provides confidential support, advocacy and access to critical resources.

While this topic is difficult, it is also an important opportunity for communication. Many of our adult children, whether in uniform, in college or beginning their careers, are navigating complex environments where safety, consent and healthy boundaries truly matter. Having open, supportive conversations can help them feel empowered and informed rather than afraid and overwhelmed.

These conversations do not have to be heavy or frightening. They can be rooted in care, trust and confidence:

- Lead with love, not fear. Let them know you care about their safety and well-being, not that you are trying to control their choices.
- Normalize the conversation. Sexual assault prevention is about respect, boundaries and mutual accountability; topics worth revisiting at every stage of life.
- Listen more than you speak. Create space for their thoughts, questions and experiences without judgment or interruption.
- Reinforce that support is always available. Remind them that if something ever feels wrong, they can reach out, no matter what.
- Avoid “what were you thinking” language. Focus on belief, support and resources instead of blame.
- Empower them with knowledge. Share tools, contacts and options so they know help exists if they or a friend ever needs it.

The DoD Safe Helpline can connect you to your local SAPR program and provide live, individualized support. Services are available to the military community 24/7 by telephone at 1-877-995-5247, text at 55-247 or 001-202-470-5546 or online at safehelpline.org.





Starting Fresh: Your Financial Reset for the New Year

The holidays are behind us, and many families are taking a hard look at the impact of gift-giving, travel and celebrations on their budget. If you relied on credit cards, personal loans or “buy now, pay later” options to get through the season, you are not alone. January is when the bills arrive and when the stress often follows. At the same time, the start of the year is a good reminder that unexpected events can affect pay schedules or household income. Strengthening your financial readiness now means you will be better equipped to handle whatever comes your way. Below are practical steps to reset, recover and prepare so you can move into the new year with confidence.

Take stock of your holiday spending. Before you jump into a plan, get a clear picture of your holiday-related debt. List every balance tied to your holiday spending, including credit cards, personal loans, “buy now, pay later” accounts, store financing, and anything else you used to pay for gifts, travel, or celebrations. For each debt, write down the current balance, the minimum payment and the interest rate. If you used several credit cards, group those balances together so you can see the total in one place.

This step is simply about giving yourself clarity. When everything is organized in front of you, it becomes much easier to create a repayment plan that feels realistic and manageable.



Pick a repayment style that works for you. The DoD's Debt Destroyer® Tool is a powerful starting point for anyone looking to regain control over their debts after the holiday season. This tool lets you enter your balances, interest rates and payment amounts so you can instantly see different payoff paths and choose the one that fits your style and pace. After you have explored your numbers in the Debt Destroyer® Tool, you can decide which repayment method feels right for you and your household.

- **The Avalanche Method:** This strategy focuses on paying off the debt with the highest interest rate first while making minimum payments on the rest. It is the most efficient choice because it saves the most money over time. If you appreciate seeing your interest costs shrink and want the mathematically fastest route, this method may be your match.
- **The Snowball Method:** This approach focuses on eliminating the smallest balances first. Each payoff gives you a quick win and removes a monthly bill from your list. If motivation and momentum matter most to you, this method can help you build confidence quickly.

The most important thing is choosing a plan that feels realistic and sustainable. Your payoff strategy should support you, not exhaust you. When you combine your preferred method with the Debt Destroyer® Tool, you get a clear, personalized roadmap that helps you stay focused and steadily move toward financial relief and stability.

For more information or for help creating a plan to tackle your debt. [Contact your local Fleet and Family Support Center.](#)

Scan the QR code to get started with the Debt Destroyer® Tool



FFSC Virtual Employment Webinars – Strengthen your Career with FFSC's Employment Webinars

Are you looking for support with your job search? Your installation's Fleet and Family Support Center (FFSC) is here to help with free, virtual monthly employment webinars designed to accommodate a wide range of time zones and make training accessible to Sailors, spouses, retirees, veterans and civilians across the globe.

Each session is facilitated by experts in the field and designed to help you build confidence and sharpen your employment readiness. FFSC's employment webinars will provide you with valuable skills and knowledge to help you stay ahead of hiring trends, exactly what employers are looking for in a prospective employee.

Whether you are creating a competitive resume, preparing a federal application or learning how to integrate AI tools into your job search, FFSC's virtual webinars offer practical, modern strategies you can incorporate right away.

Upcoming topics include:

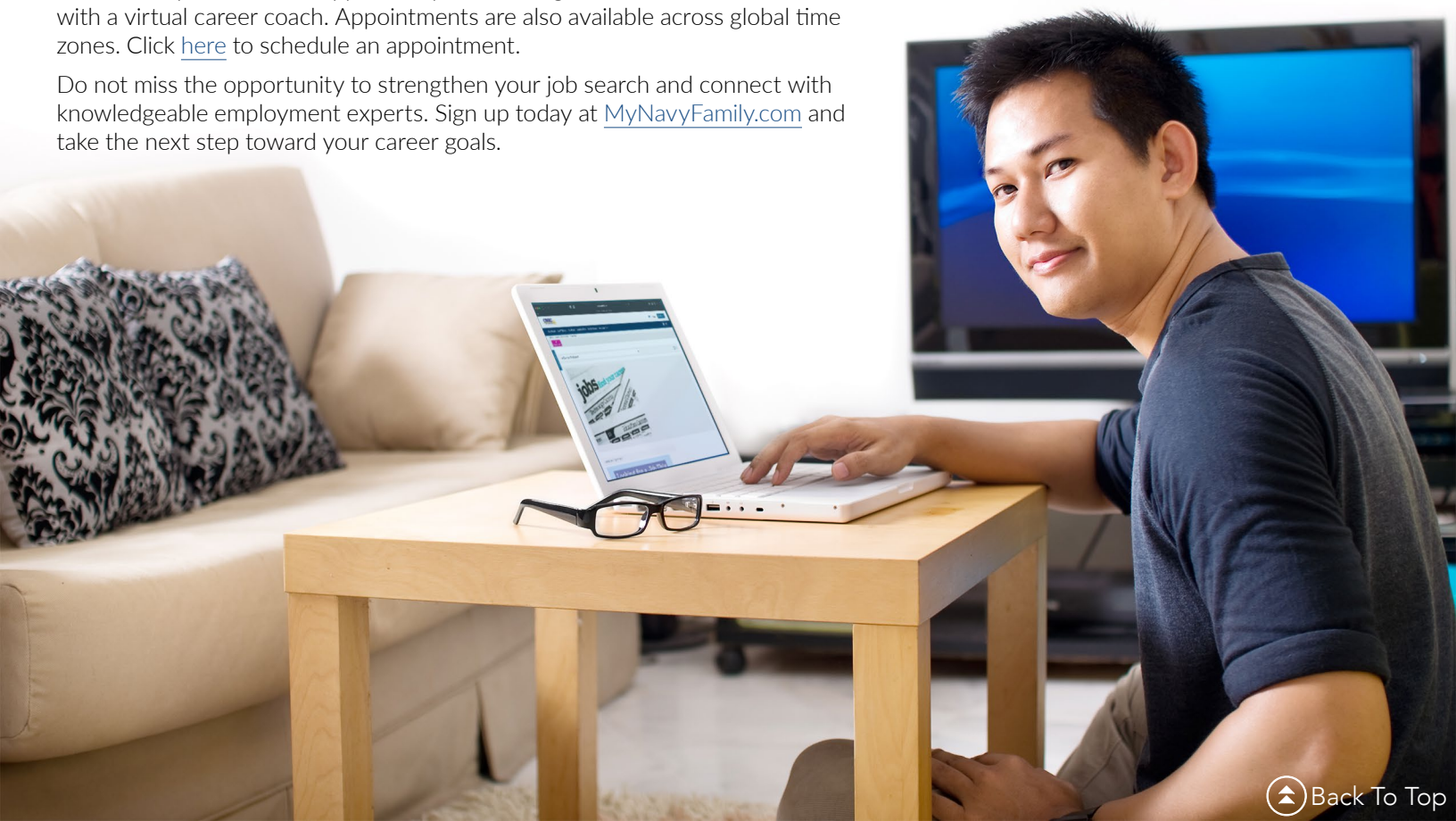
-  AI Resume Building 1/7/26
-  Leveraging AI For Your 2025 Job Search 1/9/26
-  AI Prompt Engineering: From Idea to Output 1/14/26
-  The Road to Remote Job Success 1/14/26
-  USAJobs 2026 1/16/26
-  Why Doesn't This Fair Have Any Rides?! (Preparing for Job Fair) 1/20/26
-  Decoding Civilian Dress Codes 1/20/26
-  From Home to Hire 1/21/26



FFSC's virtual format ensures you can participate from anywhere, whether you are stationed stateside, overseas or on the move. With convenient scheduling across global time zones, these webinars make career support easy.

Want more personalized support for your career goals. Schedule a one-on-one with a virtual career coach. Appointments are also available across global time zones. Click [here](#) to schedule an appointment.

Do not miss the opportunity to strengthen your job search and connect with knowledgeable employment experts. Sign up today at MyNavyFamily.com and take the next step toward your career goals.



Winter Energy Boost - Simple Ways to Lift Your Mood and Motivation

January's cold, short days can drain your energy and motivation. While the new year can feel inspiring, it can also bring fatigue, sluggishness and a post-holiday dip in mood. Here are some practical ways to support your emotional and physical energy during the heart of winter.

Get Sunlight When You Can

Even 10 to 15 minutes of natural light helps regulate your internal clock, improve alertness and support vitamin D levels. If you can, open blinds early, step outside briefly in the morning or sit near a sunny window.

Move in Short Bursts

You do not need a full workout to feel better. Try movement snacks: three to five minutes of stretching, a walk around the building or light strength exercises. Frequent small movements keep blood flowing and can lift your mood.

Stay Hydrated in Cold Weather

Winter dehydration is common because we feel less thirsty. Keep a water bottle nearby, flavored with citrus or mint, or drink herbal teas to stay refreshed.

Prioritize Restorative Sleep

Sleep often gets disrupted after the holidays. Establish a consistent bedtime, dim the lights an hour before bed and limit screen time when possible. Quality sleep is one of the strongest mood boosters.

Create Micromoments of Joy

Light a favorite candle, play music you love, declutter one small area or reach out to a friend. Tiny positive moments can help counter winter blahs and reset your mindset.

A Gentle Reminder

Energy naturally ebbs and flows during winter. Taking small steps to support your body and mind can help you stay grounded, resilient and motivated throughout the season.



GOOD NEWS!



Navy Regions Recognize 2025 Liz Blanc Exceptional SARC & UVA Awardees

The Sexual Assault Prevention and Response (SAPR) Program offices of Commander, Navy Region Hawaii (CNRH), Commander, Navy Region Mid-Atlantic (CNRMA) and Joint Base Pearl Harbor-Hickam (JBPHH) recently honored members of their commands with the 2025 Liz Blanc Exceptional Sexual Assault Response Coordinator (SARC) and Uniformed Victim Advocate (UVA) Awards.

Chief Electronics Technician Jaquoris Pearce of Commander, Naval Surface Group Middle Pacific (COMNAVSURFGRU MIDPAC) was named the Exceptional SAPR Uniformed Victim Advocate of the Year. Mark Bauer of Naval Station Norfolk, Va., was recognized as the Exceptional Sexual Assault Response Coordinator of the Year.

Pearce received his award Nov. 13, 2025, during CNRH's "Advocacy in Action" Gratitude Luncheon at the Silver Dolphin Bistro on JBPHH. Bauer was presented his award Dec. 9, 2025, by Rear Adm. Stephen Barnett, commander, Navy Region Mid-Atlantic, at an all-hands ceremony at Naval Station Norfolk.

"I am incredibly proud of Mark for earning this prestigious award. It is a well-deserved recognition of his unwavering dedication and the high standard of excellence he sets for all of us in the Sexual Assault Prevention and Response program," said Moniece Hunter, SAPR program manager at CNRMA. "The recognition reflects who he is and the standard he brings to the program every single day."

The events served as a tribute to the dedication and resilience of the Navy's Uniformed Victim Advocates. Attendees shared messages of gratitude, which were displayed on the SAPR ribbon at the Military and Family Support Center at JBPHH.



Mark Bauer and RADM Stephen Barnett

[continued below]

Capt. Travis Montplaisir, deputy commander of COMNAVSURFGRU MIDPAC, read Pearce's official citation and offered remarks underscoring the Sailor's impact and dedication to the SAPR program.

In addition to Pearce's recognition, several UVAs were honored for their contributions:

- Exceptional Watchbill Commitment - UT2 Amanda Stone, Naval Facilities Engineering Command; and ISC Erica May, Joint Intelligence Operations Center, U.S. Indo-Pacific Command
- Advocacy Support - ST2 Jade Blankenbaker, Commander, Submarine Force, U.S. Pacific Fleet
- All-Around SAPR Service - MA1 Lacy Henagin, Pacific Missile Range Facility
- Outstanding Service at Sea - EMC Taylor Jones, USS Carl M. Levin
- Commander's Choice - AM2 Sabrina Zdanciewicz, USS Frank E. Petersen Jr.

"Their work continues to shape a culture of accountability, empathy and empowerment throughout our Navy community," said Michelle Dewberry, SAPR program manager at CNRH. "This was more than a luncheon; it was a moment to uplift the voices and efforts of those who stand watch over dignity and healing. Mahalo to all who serve in this vital role."



Jaye J. Bell Command Master Chief, COMNAVSURFGRU MIDPAC (left), Megumi Pearce (second from left), Chief Electronics Technician Jacquoris Pearce, Commander, Naval Surface Group Middle Pacific (second from right), Capt. Travis Montplaisir, deputy commander, COMNAVSURFGRU MIDPAC (right)

Special Thanks to this Month's Contributors:

- Moniece Hunter, CNRMA SAPR Program Manager
- Michelle Dewberry, CNRH SAPR Program Manager
- Megan Trexler, CNIC Morale, Welfare & Recreation
- Naomi Wilkins, CNIC Morale, Welfare & Recreation
- Kathy Vi, LCSW, CNIC Fleet and Family Support Program
- Kristin Kammermeier, CNIC Fleet and Family Support Program
- Fran Jackson, CNIC Fleet and Family Support Program
- Ebonie Powe, CNIC Fleet and Family Support Program
- Marisa Keeler, AFC, GCDF, CNIC Fleet and Family Support Program
- Tim McGough, CNIC Fleet and Family Support Program



YOUR *Virtual* FFSC WEBINAR SCHEDULE

We have webinars scheduled to suit time zones around the world!

Visit MyNavyFamily.com, select a topic, and view available sessions with times automatically converted to your local time.

EMPLOYMENT

AI Resume Building - A Paradigm Shift	1/7/26	9:00 AM EST	6:00 AM PST
Leveraging AI For Your 2025 Job Search	1/9/26	9:00 AM EST	6:00 AM PST
AI Prompt Engineering: From Idea to Output	1/14/26	9:00 AM EST	6:00 AM PST
The Road to Remote Job Success	1/14/26	1:00 PM EST	10:00 AM PST
USAJobs 2026	1/16/26	9:00 AM EST	6:00 AM PST
Why Doesn't This Fair Have Any Rides?! (Preparing for Job Fair)	1/20/26	4:00 PM EST	1:00 PM PST
Decoding Civilian Dress Codes	1/20/26	6:00 PM EST	3:00 PM PST
From Home to Hire	1/21/26	12:00 PM EST	9:00 AM PST

Want more? Click on Employment for dates and times for:

- Becoming Federal Resume Savvy
- Job Search Hacks
- Mastering the Modern Resume
- Mastering Virtual Interviews
- Remote Ready: A Spouse's Roadmap to a Virtual Career!

PARENTING

Big Scary Feelings: Understanding and Dealing with Big Emotions in Children	1/7/26	10:00 AM EST	7:00 AM PST
Understanding ACEs (Adverse Childhood Experiences)	1/8/26	12:00 PM EST	9:00 AM PST
Parenting and Sexual Development (SHAPE Module 1)	1/13/26	12:00 PM EST	9:00 AM PST
What About the Kids	1/15/26	1:00 PM EST	10:00 AM PST
Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)	1/20/26	12:00 PM EST	9:00 AM EST
Why Won't These Kids Listen?! Understanding and Managing Defiance	1/23/26	10:00 AM EST	7:00 AM PST
Parenting to Prevent PSB: Ages 5-9 (SHAPE Module 3)	1/27/26	12:00 PM EST	9:00 AM PST

Join us for these webinars offered several times throughout the month:

- Helping Kids Thrive Through Change
- Spotting the Signs of Youth Suicide
- Nine Steps to Positive Parenting

MENTAL WELL-BEING

Stress Management	1/6/26 1/27/26	10:00 AM EST	7:00 AM PST
Understanding Anger	1/13/26	10:00 AM EST	7:00 AM PST



NAVY LIFE

Mission Start: Military Spouse Orientation 101	1/7/26	12:00 PM EST	9:00 AM PST
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Click Navy Life for webinars like:

- Navy Family Connection
- Family Operations Security made Easy and more

PERSONAL GROWTH



Anger Management	1/22/26	10:00 AM EST	7:00 AM PST
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Click the Personal Growth category for Finding the Good in Conflict offered several times throughout the month.



- 1 Go to MyNavyFamily.com to log in or create a free account.
- 2 Select the category on the home page, then select your webinar.
- 3 Confirm the start time and click "Enroll Me."

The FFSC LMS also has comprehensive resources like New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.

PERSONAL FINANCIAL MANAGEMENT

Million Dollar Service Member Day 1	1/6/26	12:00 PM EST	9:00 AM PST
2026 New Updates (TSP, W4, Military Financial Pay and State Benefits)	1/7/26	10:00 AM EST	7:00 AM PST
Million Dollar Service Member Day 2	1/7/26	12:00 PM EST	9:00 AM PST
Home Selling	1/22/26	1:00 PM EST	10:00 AM PST
Money, Money, You're Ruining My Honey!	1/23/26	11:00 AM EST	8:00 AM PST
Command Financial Specialist Continuing Education	1/27/26	12:00 PM EST	9:00 AM PST

- Click Personal Financial Management for webinars on:
- Booties & Budgets: Welcoming Your First Child and Baby-Proofing Your Finances
 - Command Your Credit
 - Emergency Financial Preparedness
 - Financial Readiness Before Deployment: Securing Your Future
 - Making the Most of your Overseas Pay
 - Making your Money work for you
 - Military Retirement Planning
 - PCS and your Pocketbook
 - Planning your Financial Future
 - Servicemembers Civil Relief Act Q&A
 - Stretching Budgets and Maximizing Nutrition and more!



RELOCATION

Click the Relocation category for Calming Cultural Shock, Planning the Perfect PCS, Stepping up Support: Sponsorship Training, and The PCS Process — all offered several times throughout January for your convenience!

Steering Sailors Right: The Sponsor's Essential Toolkit	1/8/26	4:00 PM EST	1:00 PM PST
Sponsorship - From the Sailor to the Family	1/21/26	4:00 PM EST	1:00 PM PST

EFMP - EXCEPTIONAL FAMILY MEMBER PROGRAM

IEP vs 504 What's the Difference?	1/7/26	12:00 PM EST	9:00 AM PST
Getting Underway with Your Special Education Journey	1/27/26	1:00 PM EST	10:00 AM PST



RESILIENCE

Stoicism Principles and Stress Management	1/23/26	9:00 AM EST	6:00 AM PST
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- Click Resilience for webinars on:
- Bounce Back Better
 - Run Resilience
 - Mission Ready, Mentally Strong

