



# Family CONNECTION

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## Navy Expanded Access to Childcare in 2024, Continued Growth Plans for 2025

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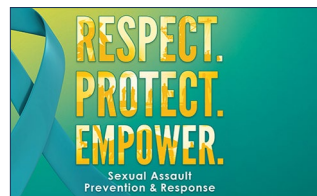
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## What's Happening? Good News from Local Fleet and Family Support Centers

Funded through the Consolidated Appropriations Act of 2024, the Department of Defense (DoD) received funding for a new initiative dedicated to...



## Your Virtual FFSC Webinars

See the full list of webinars available on [www.MyNavyFamily.com](http://www.MyNavyFamily.com) this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition...



# NAVY EXPANDED ACCESS TO CHILDCARE IN 2024, CONTINUED GROWTH PLANS FOR 2025

The Navy Child and Youth Program (CYP) has made significant strides improving access to and quality of child care.

Since the start of fiscal year 2023, Navy CYP has reduced the waitlist for Child Development Centers (CDCs) and School Age Care (SAC) by 50%. The number of children with unmet child care needs dropped from approximately 5,000 to about 2,500 by October 2024.

“The Navy is committed to improving quality of service and a significant part of that is child care,” said Vice Adm. Scott Gray, Commander, Navy Installations Command, which oversees Navy CYP. “Readiness suffers when Sailors and their families lack dependable, high-quality childcare. That’s why we invested an additional \$51.7 million to grow our childcare services, including increasing staff salaries and benefits as well as boosting subsidies for community and family childcare spaces.”

## Improving Quality Of Care

In FY 2024, Navy CYP introduced several initiatives to improve the quality of care, including updating staffing models at CDCs and adding management support to address the complex needs of children in care. Additional classroom staff have been authorized to help manage complex behaviors, particularly in preschool classrooms.

[continued below]





Enhanced management training now includes in-person sessions focused on prevention strategies and protective factors to reduce incidents within CYP settings. Additionally, a new rest period policy and in-service training days support the health, wellness and professional development of CYP staff.

Clear incident reporting requirements will improve reporting and safety, ensuring timely documentation and enabling trend analysis. These measures reflect Navy CYP's commitment to creating safe, supportive environments for children while providing staff with the necessary resources to succeed.

## Addressing Staffing Challenges



The Navy faces ongoing challenges attracting qualified caregivers, consistent with municipal and commercial child care programs. A shortage of classroom staff has forced CDCs to operate below capacity to maintain the required staff-to-child ratios.

To address this, Navy CYP is focused on expanding capacity at installation CDCs by growing its workforce. Strategies include salary increases, recruitment and retention incentives, strategic marketing of Navy CYP positions and providing professional development opportunities. Additionally, Navy CYP direct care staff receive child care discounts of 100% for their first child and 20% for additional children, while management and support staff enjoy a 50% discount for their first child and 20% for additional children.

These efforts have had a measurable impact. As of September 2022, 75% of child care positions were filled, and enrollment was at 76% capacity. By October 2024, staffing increased to 88%, allowing the program to operate at 85% capacity.

## Focus On Staff Retention And Organizational Culture

Navy CYP is also prioritizing staff retention. This year, the program will introduce a new initiative called CARES (Culture, Accountability, Respect, Engagement, and Safety). CARES aligns with Commander, Navy Installations Command's (CNIC) core values and focuses on improving communication, supporting employee wellness, and addressing workplace concerns. CARES aims to attract, develop, and retain high-quality staff by fostering a positive organizational culture.

## Streamlining Operations

Navy CYP is also working to improve efficiencies for families and staff. In FY 2025, the program will roll out a new Child and Youth Management System to streamline operations and improve the customer experience. This system will include a user-friendly parent portal to simplify paperwork and improve communication between parents and staff.

## Structural Expansion And Facility Upgrades

In addition to staffing and operational improvements, Navy CYP is expanding its physical infrastructure. Ongoing construction projects at CDCs on Naval Base Kitsap, Naval Base Point Loma, Naval Support Activity Hampton Roads, and Joint Expeditionary Base Little Creek/Fort Story will add 978 childcare spaces and upgrade existing facilities. Over the next five years, 12 more CDC projects are scheduled, which will add approximately 2,000 additional spaces to the Navy's CDC capacity.

The Navy is also investing in sustainment, restoration and modernization to improve or maintain the quality of its existing CDCs.

## Repurposing Existing Spaces

To further expand capacity, the Navy has been converting underused community spaces into child care facilities. Unused warehouses, chapels, community centers and MWR spaces are being repurposed to meet the demand for child care. Recently, spaces at Commander, Fleet Activities Yokosuka and Naval Air Station Patuxent River were converted into SAC facilities.

## Expanding Military Childcare In Your Neighborhood

The Navy has expanded its Military Child Care in Your Neighborhood (MCCYN) program, which provides community-based fee assistance to active-duty families. As of October 2024, 8,623 children were enrolled in MCCYN, up from 4,100 at the start of FY 2023.

Additionally, the Navy is partnering with commercial childcare providers to secure dedicated spaces exclusively for military families. These spaces are integrated into the installation's CDC inventory and managed through the Department of Defense's request-for-care platform, [MilitaryChildCare.com](https://militarychildcare.com).

[continued below]

## Looking Ahead

“Navy CYP has made significant progress in increasing enrollment across its programs,” said Maryann Coutino, director of Navy CYP. “However, we still have about 2,500 children on our waitlist with unmet childcare needs. Addressing this challenge requires a comprehensive strategy that includes staffing improvements, new facilities, and leveraging community resources. We are committed to steadily increasing childcare capacity to better support our service members and their families.”

CNIC is responsible for worldwide U.S. Navy shore installation management, designing and developing integrated solutions for sustainment and development of Navy shore infrastructure as well as quality-of-life programs. CNIC oversees 10 Navy regions, 70 installations, and more than 43,000 employees who sustain the fleet, enable the fighter, and support the family.

Learn more by visiting [CNIC's website](#) or on social media, including [Facebook](#), or following @cnichq on [X](#), and [Instagram](#).





## MARCH HOLIDAYS AND OBSERVANCES

- ☘ March 3 – U.S. Navy Reserve Birthday
- ☘ March 9 – Daylight saving time begins
- ☘ March 16-22 – National Poison Prevention Awareness
- ☘ March 20 – First day of spring
- ☘ March 25 – Medal of Honor Day
- ☘ Brain Injury Awareness
- ☘ National Nutrition Awareness





## CNIC INCREASES UNIT RECREATION FUNDS FOR SHORE COMMANDS

The new Commander, Navy Installations Command (CNIC) has raised the annual unit recreation fund allocation for shore commands from \$10 to \$25 per active-duty Sailor. This marks the first increase in over 20 years.

“We listened to feedback from commanders that it was time to adjust the funding to better align with inflation and current costs,” said Lisa Sexauer, director of CNIC’s Fleet Readiness division, which oversees Navy Morale, Welfare & Readiness (MWR). “By raising the unit recreation funds, we’re giving commanding officers more flexibility to address the immediate needs of their Sailors and enhance morale, unit culture, cohesion and camaraderie.”

The increased funding applies to Navy regions, installations, and tenant commands assigned to Navy installations for more than 30 days. Mobile units are eligible for funding only during the periods aboard the installation. This increase does not apply to shipboard afloat commands, as their recreation funds are managed under separate policies.

Unit recreation funds can be used for command-sanctioned events, recreation equipment, team-building activities and special training. The funds may also be spent on emblematic items, recognition awards, and materials for advancement, award and reenlistment ceremonies. All expenditures must comply with CNIC Instruction 1710.3 CH-1.

Eligible unit commanders must request funds in writing from their Navy region or installation MWR program manager and provide a list of all active-duty members assigned to the command. Requests can be submitted quarterly, bi-annually or annually.

Learn more by visiting [CNIC’s website](#) or on social media, including [Facebook](#), or following [@cnichq](#) on [X](#), and [Instagram](#).





## EIGHT HEALTHY TIPS TO DIGEST DURING NATIONAL NUTRITION MONTH

March is National Nutrition Month, dedicated to getting Americans to make more informed choices to develop helpful eating and physical activity habits.

Supercharge your March with these eight tips to enhance your life:

1. **Reset habits.** National Nutrition Month is an opportunity to reset any habits that are not improving your life.
2. **Look and feel better.** The best part about eating healthier is that it will strengthen your body composition and make you feel better. Making healthier choices can improve both physical and mental health.
3. **Make food.** For the month of March, make your food. There is something inspiring about finding a recipe, getting the ingredients and putting it all together. Share your creation with friends and family.
4. **Shop the perimeter.** When grocery shopping, stay on the outside of the store. This tends to be the nonprocessed, healthier food options. If it comes in a box, bag or has a bunch of ingredients that you cannot pronounce, opt for a healthier option.
5. **Taste the rainbow.** When making food choices, select food that is natural and get as many colors as possible.
6. **Move more.** Find time every day to move for at least 20 minutes. Your body and mind will thank you.
7. **Water for the win.** Put down the soda, juice, coffee and alcohol. Drink as much water as you can, and you will reap the rewards.
8. **Food over supplements.** If you are taking supplements, find a healthier food option instead of a supplement.



Contact the [Health Promotion office](#) at your installation to learn more about nutrition.





# CHANGES TO NAVY SEXUAL HARASSMENT POLICY

On Jan. 1, 2025, sexual harassment became a “covered offense” under the jurisdiction of the Navy’s Office of Special Trial Counsel (OSTC). This update follows last year’s sweeping military justice reforms, and significantly changes how the Department of the Navy investigates formal complaints of sexual harassment made against service members.

Commanding officers will be required to refer sexual harassment complaints against uniformed personnel to the Naval Criminal Investigative Service (NCIS) to begin independent investigations. If a complaint is substantiated by NCIS, it will be forwarded to OSTC for referral to administrative action or court-martial.

Formal complaints of sexual harassment made against civilians will still be addressed through the chain of command.

The Navy remains committed to strengthening and building trust in our military justice processes.

To learn more about this change, view the full text of [ALNAV 001/25](#).

DoD  
**Safe Helpline**  
Sexual Assault Support for the DoD Community  
[safehelpline.org](https://safehelpline.org) | 877-995-5247

**RESPECT.  
PROTECT.  
EMPOWER.**

Sexual Assault  
Prevention & Response





# GOOD NEWS!



## WHAT'S HAPPENING? GOOD NEWS FROM LOCAL FLEET AND FAMILY SUPPORT

### Arts in the Navy Military Community

Funded through the Consolidated Appropriations Act of 2024, the Department of Defense (DoD) received funding for a new initiative dedicated to "MWR Community Engagement." This initiative will provide opportunities for service members, their families and civilian employees to engage in arts programs targeted toward improved health and well-being. Carried out by Navy Morale, Welfare and Recreation (MWR) Program, the "Arts in the Navy Military Community" will improve quality of life for service members and their families by promoting creativity, cultural appreciation and community spirit beginning in February 2025.

Events will vary by installation and may feature a range of recreational and cultural activities focused on performing arts, community and outreach programs, interdisciplinary arts, visual arts, film and media arts, visual arts, literary arts, art history and theory and more. Examples of programs include sculpture workshops, digital media production, field trips to museums and live performances and reenactments.

Military families can find information about events near them by visiting the [Arts in the Navy Military Community website](#) and selecting the installation of their choice.

### Military Ticket Program



Military life comes with unique challenges, but finding ways to unwind and strengthen family bonds is essential to maintaining resiliency. The Military Ticket Program can help, offering service members and their families the opportunity for big savings with exclusive discounts to some of the most popular theme parks, local attractions and experiences. Whether you want to visit a nearby zoo, take in a live performance or explore a new city, the Military Ticket Program offers a variety of options that cater to different interests and budgets.

The Military Ticket Program is available to active-duty service members, retirees, reservists, family members and DoD civilians who have proper identification.

For more information on the Military Ticket Program, visit the [Tickets and Travel website](#) or stop by your local MWR Ticket and Travel office.





	Date	U.S. EASTERN	U.S. PACIFIC	ITALY	BAHRAIN	Date	JAPAN	GUAM
<b>DEPLOYMENT SUPPORT</b>								
<b>Deployment Sleep Strategies</b>	<b>3 Mar</b>	1:00 AM	10:00 PM	7:00 AM	9:00 AM	<b>3 Mar</b>	3:00 PM	4:00 PM
	<b>14 Mar</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>14 Mar</b>	11:00 PM	12:00 AM
	<b>20 Mar</b>	6:30 PM	3:30 PM	12:30 AM	2:30 AM	<b>21 Mar</b>	8:30 AM	9:30 AM
	<b>28 Mar</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>28 Mar</b>	11:00 PM	12:00 AM
<b>Equipping Your Kids For Deployment</b>	<b>6 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>7 Mar</b>	5:00 AM	6:00 AM
	<b>11 Mar</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>12 Mar</b>	11:00 AM	12:00 PM
	<b>12 Mar</b>	11:00 PM	8:00 PM	5:00 AM	7:00 AM	<b>13 Mar</b>	1:00 PM	2:00 PM
	<b>13 Mar</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>13 Mar</b>	11:00 PM	12:00 AM
	<b>20 Mar</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>21 Mar</b>	2:00 AM	3:00 AM
<b>Reach Out and Touch; Staying Close as a Family During Deployment</b>	<b>11 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>12 Mar</b>	5:00 AM	6:00 AM
<b>Ready, Set, Deploy: Pre-Deployment Planning</b>	<b>7 Mar</b>	8:00 AM	5:00 AM	2:00 PM	4:00 PM	<b>7 Mar</b>	10:00 PM	11:00 PM
	<b>10 Mar</b>	5:00 AM	2:00 AM	11:00 AM	1:00 PM	<b>10 Mar</b>	7:00 PM	8:00 PM
	<b>20 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>21 Mar</b>	5:00 AM	6:00 AM
	<b>27 Mar</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>28 Mar</b>	4:00 AM	5:00 AM
	<b>31 Mar</b>	1:00 AM	10:00 PM	7:00 AM	9:00 AM	<b>31 Mar</b>	3:00 PM	4:00 PM
<b>Single Sailor Deployment Tools</b>	<b>4 Mar</b>	11:00 PM	8:00 PM	5:00 AM	7:00 AM	<b>5 Mar</b>	1:00 PM	2:00 PM
	<b>20 Mar</b>	11:00 PM	8:00 PM	5:00 AM	7:00 AM	<b>21 Mar</b>	1:00 PM	2:00 PM
	<b>24 Mar</b>	5:00 AM	2:00 AM	11:00 AM	1:00 PM	<b>24 Mar</b>	7:00 PM	8:00 PM
<b>The Service Member's Guide to Family Care Plans</b>	<b>5 Mar</b>	5:00 PM	2:00 PM	11:00 PM	1:00 AM	<b>6 Mar</b>	7:00 AM	8:00 AM
	<b>12 Mar</b>	6:30 PM	3:30 PM	12:30 AM	2:30 AM	<b>13 Mar</b>	8:30 AM	9:30 AM
	<b>13 Mar</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>14 Mar</b>	2:00 AM	3:00 AM
	<b>20 Mar</b>	5:00 AM	2:00 AM	11:00 AM	1:00 PM	<b>20 Mar</b>	7:00 PM	8:00 PM
<b>EMPLOYMENT</b>								
<b>AI Resume Building: A Paradigm Shift</b>	<b>7 Mar</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>7 Mar</b>	11:00 PM	12:00 AM
<b>Becoming Federal Resume Savvy</b>	<b>3 Mar</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>3 Mar</b>	11:00 PM	12:00 AM
	<b>18 Mar</b>	1:00 AM	10:00 PM	7:00 AM	9:00 AM	<b>18 Mar</b>	3:00 PM	4:00 PM
	<b>27 Mar</b>	5:00 PM	2:00 PM	11:00 PM	1:00 AM	<b>28 Mar</b>	7:00 AM	8:00 AM
<b>Innovative Interviewing</b>	<b>13 Mar</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>14 Mar</b>	4:00 AM	5:00 AM
<b>Job Search Hacks</b>	<b>4 Mar</b>	5:00 AM	2:00 AM	11:00 AM	1:00 PM	<b>4 Mar</b>	7:00 PM	8:00 PM
	<b>18 Mar</b>	5:00 AM	2:00 AM	11:00 AM	1:00 PM	<b>18 Mar</b>	7:00 PM	8:00 PM
<b>LinkedIn and How to Make it Work for You!</b>	<b>13 Mar</b>	11:00 AM	8:00 AM	5:00 PM	7:00 PM	<b>14 Mar</b>	1:00 AM	2:00 AM
<b>Mastering the Modern Resume</b>	<b>5 Mar</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>6 Mar</b>	11:00 AM	12:00 PM
	<b>18 Mar</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>18 Mar</b>	11:00 PM	12:00 AM
<b>Mastering Virtual Interviews</b>	<b>6 Mar</b>	6:30 PM	3:30 PM	12:30 AM	2:30 AM	<b>7 Mar</b>	8:30 AM	9:30 AM
	<b>18 Mar</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>19 Mar</b>	2:00 AM	3:00 AM
	<b>24 Mar</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>25 Mar</b>	2:00 AM	3:00 AM
<b>PAIN FREE!...Resume Writing Simplified</b>	<b>12 Mar</b>	11:00 AM	8:00 AM	5:00 PM	7:00 PM	<b>13 Mar</b>	1:00 AM	2:00 AM
<b>Remote Ready: A Spouse's Roadmap to a Virtual Career!</b>	<b>7 Mar</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>8 Mar</b>	2:00 AM	3:00 AM
	<b>14 Mar</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>15 Mar</b>	2:00 AM	3:00 AM
	<b>18 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>19 Mar</b>	5:00 AM	6:00 AM
	<b>31 Mar</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>31 Mar</b>	11:00 PM	12:00 AM
<b>Transitioning Your Civilian Health Care</b>	<b>11 Mar</b>	5:00 AM	2:00 AM	11:00 AM	1:00 PM	<b>11 Mar</b>	7:00 PM	8:00 PM
	<b>18 Mar</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>19 Mar</b>	11:00 AM	12:00 PM



	Date	U.S. EASTERN	U.S. PACIFIC	ITALY	BAHRAIN	Date	JAPAN	GUAM
<b>Understanding USAJOBS</b>	<b>5 Mar</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>6 Mar</b>	4:00 AM	5:00 AM
	<b>10 Mar</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>11 Mar</b>	2:00 AM	3:00 AM
	<b>18 Mar</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>19 Mar</b>	8:00 AM	9:00 AM
	<b>28 Mar</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>29 Mar</b>	2:00 AM	3:00 AM
<b>USAJOBS 2025</b>	<b>14 Mar</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>14 Mar</b>	11:00 PM	12:00 AM

## EXCEPTIONAL FAMILY MEMBER (EFMP)

<b>How to enroll into EFMP</b>	<b>12 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>13 Mar</b>	5:00 AM	6:00 AM
<b>Moving with an Exceptional Family Member</b>	<b>19 Mar</b>	1:00 PM	10:00 AM	7:00 PM	9:00 PM	<b>20 Mar</b>	3:00 AM	4:00 AM
<b>Personalized Pathway, Your Compass Through Robust IEP</b>	<b>19 Mar</b>	1:00 PM	10:00 AM	7:00 PM	9:00 PM	<b>20 Mar</b>	3:00 AM	4:00 AM

## FAMILY EMERGENCY PREPARATION AND RESPONSE

<b>Resolve to Be Ready: Evacuation Planning</b>	<b>7 Mar</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>8 Mar</b>	8:00 AM	9:00 AM
	<b>11 Mar</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>12 Mar</b>	4:00 AM	5:00 AM
	<b>19 Mar</b>	5:00 PM	2:00 PM	11:00 PM	1:00 AM	<b>20 Mar</b>	7:00 AM	8:00 AM
	<b>24 Mar</b>	6:30 PM	3:30 PM	12:30 AM	2:30 AM	<b>25 Mar</b>	8:30 AM	9:30 AM

## MENTAL WELL-BEING

<b>Achieving Financial Empowerment while experiencing Intimate Partner Violence</b>	<b>20 Mar</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>21 Mar</b>	4:00 AM	5:00 AM
<b>Intimate Partner Violence (IPV) Identification &amp; Reporting</b>	<b>19 Mar</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>20 Mar</b>	4:00 AM	5:00 AM
<b>Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence</b>	<b>4 Mar</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>5 Mar</b>	4:00 AM	5:00 AM

## PARENTING

<b>Helping Kids Thrive Through Change</b>	<b>12 Mar</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>13 Mar</b>	2:00 AM	3:00 AM
	<b>13 Mar</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>14 Mar</b>	8:00 AM	9:00 AM
	<b>19 Mar</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>20 Mar</b>	11:00 AM	12:00 PM
	<b>26 Mar</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>27 Mar</b>	2:00 AM	3:00 AM
<b>Spotting the Signs of Youth Suicide</b>	<b>5 Mar</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>5 Mar</b>	11:00 PM	12:00 AM
	<b>12 Mar</b>	1:00 AM	10:00 PM	7:00 AM	9:00 AM	<b>12 Mar</b>	3:00 PM	4:00 PM
	<b>13 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>14 Mar</b>	5:00 AM	6:00 AM
	<b>19 Mar</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>19 Mar</b>	11:00 PM	12:00 AM
<b>Tear Free Dinner</b>	<b>11 Mar</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>12 Mar</b>	2:00 AM	3:00 AM
<b>What About the Kids?</b>	<b>13 Mar</b>	1:00 PM	10:00 AM	7:00 PM	9:00 PM	<b>14 Mar</b>	3:00 AM	4:00 AM

## PERSONAL GROWTH

<b>Anger Management</b>	<b>13 Mar</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>14 Mar</b>	4:00 AM	5:00 AM
<b>Conflict Management</b>	<b>5 Mar</b>	11:00 AM	8:00 AM	5:00 PM	7:00 PM	<b>6 Mar</b>	1:00 AM	2:00 AM
	<b>19 Mar</b>	11:00 AM	8:00 AM	5:00 PM	7:00 PM	<b>20 Mar</b>	1:00 AM	2:00 AM
	<b>25 Mar</b>	1:00 PM	10:00 AM	7:00 PM	9:00 PM	<b>26 Mar</b>	3:00 AM	4:00 AM
<b>Finding the Good in Conflict</b>	<b>6 Mar</b>	5:00 AM	2:00 AM	11:00 AM	1:00 PM	<b>6 Mar</b>	7:00 PM	8:00 PM
	<b>19 Mar</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>20 Mar</b>	4:00 AM	5:00 AM
	<b>25 Mar</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>25 Mar</b>	11:00 PM	12:00 AM
	<b>26 Mar</b>	11:00 PM	8:00 PM	5:00 AM	7:00 AM	<b>27 Mar</b>	1:00 PM	2:00 PM
	<b>28 Mar</b>	6:30 PM	3:30 PM	12:30 AM	2:30 AM	<b>29 Mar</b>	8:30 AM	9:30 AM
<b>Intimate Partner Violence (IPV) Identification &amp; Reporting</b>	<b>19 Mar</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>20 Mar</b>	4:00 AM	5:00 AM
<b>Organize Your Life</b>	<b>18 Mar</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>19 Mar</b>	4:00 AM	5:00 AM
<b>Understanding Anger</b>	<b>4 Mar</b>	10:00 AM	7:00 AM	4:00 PM	6:00 PM	<b>5 Mar</b>	12:00 AM	1:00 AM



	Date	U.S. EASTERN	U.S. PACIFIC	ITALY	BAHRAIN	Date	JAPAN	GUAM
<b>PERSONAL FINANCIAL MANAGEMENT</b>								
<b>Baby Breaks the Bank!</b>	<b>27 Mar</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>28 Mar</b>	4:00 AM	5:00 AM
<b>Booties &amp; Budgets: Welcoming Your First Child and Baby-Proofing Your Finances</b>	<b>4 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>5 Mar</b>	5:00 AM	6:00 AM
	<b>12 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>13 Mar</b>	5:00 AM	6:00 AM
	<b>13 Mar</b>	1:00 AM	10:00 PM	7:00 AM	9:00 AM	<b>13 Mar</b>	3:00 PM	4:00 PM
<b>Climbing the Ranks: Your Financial Guide to Promotions</b>	<b>17 Mar</b>	7:00 PM	4:00 PM	1:00 AM	3:00 AM	<b>18 Mar</b>	9:00 AM	10:00 AM
<b>Command Your Credit</b>	<b>10 Mar</b>	6:30 PM	3:30 PM	12:30 AM	2:30 AM	<b>11 Mar</b>	8:30 AM	9:30 AM
	<b>17 Mar</b>	5:00 PM	2:00 PM	11:00 PM	1:00 AM	<b>18 Mar</b>	7:00 AM	8:00 AM
	<b>26 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>27 Mar</b>	5:00 AM	6:00 AM
	<b>28 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>29 Mar</b>	5:00 AM	6:00 AM
<b>Disaster-Proof Insurance Coverage Essentials</b>	<b>24 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>25 Mar</b>	5:00 AM	6:00 AM
<b>Emergency Financial Preparedness</b>	<b>24 Mar</b>	11:00 PM	8:00 PM	5:00 AM	7:00 AM	<b>25 Mar</b>	1:00 PM	2:00 PM
<b>Financial Readiness Before Deployment: Securing Your Future</b>	<b>25 Mar</b>	5:00 PM	2:00 PM	11:00 PM	1:00 AM	<b>26 Mar</b>	7:00 AM	8:00 AM
	<b>27 Mar</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>28 Mar</b>	11:00 AM	12:00 PM
<b>Home Selling</b>	<b>18 Mar</b>	1:00 PM	10:00 AM	7:00 PM	9:00 PM	<b>19 Mar</b>	3:00 AM	4:00 AM
<b>Making the Most of your Overseas Pay</b>	<b>11 Mar</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>11 Mar</b>	11:00 PM	12:00 AM
	<b>17 Mar</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>18 Mar</b>	11:00 AM	12:00 PM
<b>Making your Money Work for You</b>	<b>5 Mar</b>	1:00 AM	10:00 PM	7:00 AM	9:00 AM	<b>5 Mar</b>	3:00 PM	4:00 PM
	<b>14 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>15 Mar</b>	5:00 AM	6:00 AM
	<b>17 Mar</b>	1:00 AM	10:00 PM	7:00 AM	9:00 AM	<b>17 Mar</b>	3:00 PM	4:00 PM
<b>Military Retirement Planning : Know the Facts</b>	<b>6 Mar</b>	11:00 PM	8:00 PM	5:00 AM	7:00 AM	<b>7 Mar</b>	1:00 PM	2:00 PM
	<b>17 Mar</b>	5:00 AM	2:00 AM	11:00 AM	1:00 PM	<b>17 Mar</b>	7:00 PM	8:00 PM
	<b>31 Mar</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>1 Apr</b>	4:00 AM	5:00 AM
<b>Mission Accomplished: Resetting Your Finances After Deployment</b>	<b>25 Mar</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>26 Mar</b>	11:00 AM	12:00 PM
<b>Operation Tax Return: Filing With Confidence</b>	<b>5 Mar</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>6 Mar</b>	2:00 AM	3:00 AM
	<b>12 Mar</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>12 Mar</b>	11:00 PM	12:00 AM
	<b>17 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>18 Mar</b>	5:00 AM	6:00 AM
	<b>20 Mar</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>21 Mar</b>	11:00 AM	12:00 PM
	<b>27 Mar</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>28 Mar</b>	8:00 AM	9:00 AM
<b>PCS and your Pocketbook</b>	<b>21 Mar</b>	6:30 PM	3:30 PM	12:30 AM	2:30 AM	<b>22 Mar</b>	8:30 AM	9:30 AM
<b>Planning your Financial Future</b>	<b>7 Mar</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>8 Mar</b>	4:00 AM	5:00 AM
	<b>17 Mar</b>	8:00 AM	5:00 AM	2:00 PM	4:00 PM	<b>17 Mar</b>	10:00 PM	11:00 PM
	<b>25 Mar</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>26 Mar</b>	4:00 AM	5:00 AM
	<b>26 Mar</b>	8:00 AM	5:00 AM	2:00 PM	4:00 PM	<b>26 Mar</b>	10:00 PM	11:00 PM
<b>Servicemembers Civil Relief Act Q&amp;A</b>	<b>4 Mar</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>5 Mar</b>	2:00 AM	3:00 AM
<b>Stretching Budgets and Maximizing Nutrition</b>	<b>3 Mar</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>4 Mar</b>	4:00 AM	5:00 AM
<b>Tax Prep for Service Members</b>	<b>19 Mar</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>20 Mar</b>	2:00 AM	3:00 AM
<b>TSP Essentials for Navy Life: Grow Your Savings, Secure Your Future</b>	<b>10 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>11 Mar</b>	5:00 AM	6:00 AM
	<b>17 Mar</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>18 Mar</b>	2:00 AM	3:00 AM



**Step 1:**  
Go to MyNavyFamily.com or use the QR code to the right to make a free account at. Follow the on-screen instructions to create a new account. Be sure to enter your time zone.

**Step 2:**  
Select the category on the home page, then select your webinar.


**Step 3:**  
Confirm the start time and click "Enroll Me." In addition, the FFSC LMS has comprehensive resources for Navy spouses and family members such as New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.



	Date	U.S. EASTERN	U.S. PACIFIC	ITALY	BAHRAIN	Date	JAPAN	GUAM
<b>RELOCATION</b>								
<b>Calming Cultural Shock</b>	<b>4 Mar</b>	6:30 PM	3:30 PM	12:30 AM	2:30 AM	<b>5 Mar</b>	8:30 AM	9:30 AM
	<b>21 Mar</b>	8:00 AM	5:00 AM	2:00 PM	4:00 PM	<b>21 Mar</b>	10:00 PM	11:00 PM
<b>Leading the Way: Empowering Newcomers</b>	<b>4 Mar</b>	11:00 AM	8:00 AM	5:00 PM	7:00 PM	<b>5 Mar</b>	1:00 AM	2:00 AM
<b>Planning the Perfect PCS</b>	<b>3 Mar</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>4 Mar</b>	11:00 AM	12:00 PM
	<b>14 Mar</b>	5:00 AM	2:00 AM	11:00 AM	1:00 PM	<b>14 Mar</b>	7:00 PM	8:00 PM
	<b>21 Mar</b>	1:00 AM	10:00 PM	7:00 AM	9:00 AM	<b>21 Mar</b>	3:00 PM	4:00 PM
	<b>28 Mar</b>	5:00 AM	2:00 AM	11:00 AM	1:00 PM	<b>28 Mar</b>	7:00 PM	8:00 PM
<b>Smooth Move - Overseas</b>	<b>18 Mar</b>	1:00 PM	10:00 AM	7:00 PM	9:00 PM	<b>19 Mar</b>	3:00 AM	4:00 AM
<b>Smooth Move: Unpacking the Secrets to a Stress-free Move</b>	<b>13 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>14 Mar</b>	5:00 AM	6:00 AM
<b>Stepping up Support: Sponsorship Training</b>	<b>6 Mar</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>7 Mar</b>	2:00 AM	3:00 AM
	<b>11 Mar</b>	5:00 PM	2:00 PM	11:00 PM	1:00 AM	<b>12 Mar</b>	7:00 AM	8:00 AM
	<b>21 Mar</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>22 Mar</b>	2:00 AM	3:00 AM
	<b>31 Mar</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>1 Apr</b>	11:00 AM	12:00 PM
<b>The PCS Process</b>	<b>7 Mar</b>	1:00 AM	10:00 PM	7:00 AM	9:00 AM	<b>7 Mar</b>	3:00 PM	4:00 PM
	<b>10 Mar</b>	11:00 PM	8:00 PM	5:00 AM	7:00 AM	<b>11 Mar</b>	1:00 PM	2:00 PM
	<b>21 Mar</b>	3:30 PM	12:30 PM	9:30 PM	11:30 PM	<b>22 Mar</b>	5:30 AM	6:30 AM
	<b>27 Mar</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>27 Mar</b>	11:00 PM	12:00 AM
<b>RESILIENCE</b>								
<b>Bounce Back Better</b>	<b>3 Mar</b>	5:00 PM	2:00 PM	11:00 PM	1:00 AM	<b>4 Mar</b>	7:00 AM	8:00 AM
	<b>14 Mar</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>15 Mar</b>	8:00 AM	9:00 AM
	<b>19 Mar</b>	1:00 AM	10:00 PM	7:00 AM	9:00 AM	<b>19 Mar</b>	3:00 PM	4:00 PM
	<b>25 Mar</b>	1:00 AM	10:00 PM	7:00 AM	9:00 AM	<b>25 Mar</b>	3:00 PM	4:00 PM
	<b>26 Mar</b>	6:30 PM	3:30 PM	12:30 AM	2:30 AM	<b>27 Mar</b>	8:30 AM	9:30 AM
	<b>27 Mar</b>	1:00 AM	10:00 PM	7:00 AM	9:00 AM	<b>27 Mar</b>	3:00 PM	4:00 PM
	<b>31 Mar</b>	5:00 PM	2:00 PM	11:00 PM	1:00 AM	<b>1 Apr</b>	7:00 AM	8:00 AM
<b>Mind Body Mental Fitness Module 1: Stress Resilience</b>	<b>18 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>19 Mar</b>	5:00 AM	6:00 AM
<b>Mind Body Mental Fitness Module 2: Mindfulness and Meditation</b>	<b>25 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>26 Mar</b>	5:00 AM	6:00 AM
<b>Mind Body Mental Fitness Module 5: Problem Solving</b>	<b>4 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>5 Mar</b>	5:00 AM	6:00 AM
<b>Mind Body Mental Fitness Module 6: Connections</b>	<b>11 Mar</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>12 Mar</b>	5:00 AM	6:00 AM
<b>Stoicism and Stress Management</b>	<b>21 Mar</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>21 Mar</b>	11:00 PM	12:00 AM
<b>Stress Management</b>	<b>11 Mar</b>	10:00 AM	7:00 AM	4:00 PM	6:00 PM	<b>12 Mar</b>	12:00 AM	1:00 AM
<b>Success Under Stress: Is Stress an Everyday Occurrence?</b>	<b>24 Mar</b>	4:00 PM	1:00 PM	10:00 PM	12:00 AM	<b>25 Mar</b>	6:00 AM	7:00 AM

VIRTUAL

WORK and  
FAMILY LIFE  
PROGRAM



Book a Free 1:1  
Consultation with a  
team member today

