



Family CONNECTION

Your Link to the Navy Community since 2007

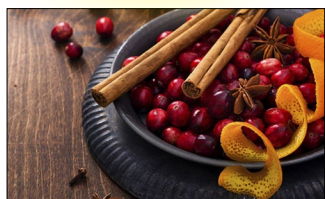
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November 2025
Volume 18 | Issue 11



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Questions?



Celebrating National Veterans and Military Families Month

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Support Is Here: SAPR and DoD Safe Helpline Services Available 24/7

The Sexual Assault Prevention and Response (SAPR) Program remains committed to protecting the Navy's warfighters and maintaining mission...



Operation MWR 2025 Rocks Norfolk and Jacksonville

Operation MWR delivered events to remember; two free, high-energy concerts that brought together service members, families and friends to celebrate music, community and Navy pride.



The Strength Behind the Service: Honoring Military Families

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Make the Most of Open Enrollment: Maximize Your Savings with an FSA

November is open enrollment for flexible spending accounts (FSAs); your opportunity to sign up, review or make changes for the year ahead. An FSA lets...



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

In October, the Fleet and Family Support Center (FFSC) at Naval Station Mayport, Florida, hosted its annual "Chalk the Walk" event, bringing service members, families and staff together to promote...

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.



Celebrating National Veterans and Military Families Month

Every November, the Fleet and Family Support Program (FFSP) proudly joins the nation in celebrating National Veterans and Military Families Month — a time to recognize and honor the incredible strength, resilience and dedication of our military families and veterans.

This month-long observance is more than just a tradition; it is a heartfelt tribute to the vital role that military families play in supporting the force. Their sacrifices, both seen and unseen, make mission readiness possible and strengthen the entire military community.

At the FFSP, we are committed to standing beside you, offering the support, resources and respect you deserve, this month and all year long.

Whether you are navigating transitions, seeking support or planning for the future, our programs are designed with you in mind. Here are just a few of the ways we can help:

Counseling services offer individual, couples and family counseling to support mental health and well-being.

Deployment and relocation support provides guidance and resources to help manage permanent change of stations, deployments and reintegration.

Life skills and relationship workshops help strengthen communication, parenting and partnership skills.

New Parent Support Program (NPSP) offers home visits, parenting education and support for families with children ages 0-3.

Exceptional Family Member Program (EFMP) provides services and advocacy for families with special needs.

Career and employment assistance offers resume help and job search guidance.

Financial readiness helps with budgeting, debt management and financial planning support.

Visit your [local Fleet & Family Support Center](#) for more information. To set up a virtual clinical counseling appointment, please call 1-855-205-6749. For a 60-minute virtual consultation on life skills, relocation, deployment, employment or financial topics, [schedule an appointment](#) or scan the QR code to book an appointment.



Operation MWR 2025 Rocks Norfolk and Jacksonville

Two cities.

Two unforgettable nights.

One Navy family.

Operation MWR delivered events to remember; two free, high-energy concerts that brought together service members, families and friends to celebrate music, community and Navy pride.

Thousands gathered at Naval Station Norfolk, Virginia, on October 16 and at Naval Air Station Jacksonville, Florida, on October 18 for nights packed with unforgettable performances. Jelly Roll headlined both events, electrifying the crowd with his chart-topping hits and signature energy. Gwen Stefani joined as a special guest in Norfolk, while Shaboozey brought his unique sound and country flair to Jacksonville. Rising artist Hueston opened both shows, setting the tone for an incredible evening of live music and connection.

This year's Operation MWR concerts served as signature events in the Navy and nation's 250th birthday celebration, a two-year commemoration honoring the Navy's proud legacy of service, global impact and partnerships with allies around the world.

From the powerful performances to the shared sense of pride, Operation MWR reminds everyone what it means to serve and celebrate together.



NOVEMBER HOLIDAYS AND OBSERVANCES

[⬆️ Back To Top](#)

- November 2 – Daylight Saving Time Ends
- November 4 – Election Day
- November 10 – U.S. Marine Corps Birthday
- November 11 – Veterans Day
- November 27 – Thanksgiving
- National Veterans and Military Families Month
- Military Family Appreciation Month
- Wounded Warrior Month



November 10
U.S.M.C. Birthday





Make the Most of Open Enrollment: Maximize Your Savings with an FSA

November is open enrollment for flexible spending accounts (FSAs); your opportunity to sign up, review or make changes for the year ahead. An FSA lets you set aside money from your paycheck before taxes to help pay for out-of-pocket costs like medical care, child care and other everyday expenses. It is a simple way to make your paycheck go further and keep more of what you earn for your family.

If you are on active duty or serving in the reserve or National Guard on Active Guard Reserve (AGR) duty, you are eligible for these benefits. Coast Guard reserve members serving on active duty for more than 180 days are also covered.

There are two types of FSAs available: the Health Care Flexible Spending Account (HCFSA) and the Dependent Care Flexible Spending Account (DCFSA). Both help reduce taxable income while giving you extra flexibility to manage your family's expenses.

The HCFSA helps pay for out-of-pocket medical, dental and vision expenses that are not covered by TRICARE or other insurance. For example, you can use it for copays, prescriptions, glasses, contacts or dental work.

The DCFSA helps cover costs for child or adult dependent care. Eligible expenses include daycare, preschool, after-school programs, day camps and adult day care.

There is good news for families using a DCFSA or thinking about opening one. Beginning January 1, 2026, you will be able to save even more for child or adult care expenses. The household limit is increasing to \$7,500, and if you are married and file taxes separately, the limit will be \$3,750. That extra room gives you more pretax savings to help cover your family's care costs throughout the year.

Dates to Remember

- Enrollment is from mid-November through mid-December during federal benefits open season.
- The plan year begins January 1 and ends December 31.
- You can use your FSA funds for eligible expenses through March 15 of the following year and submit claims until April 30 of the following year.

Why It Matters

Every dollar you contribute to an FSA reduces your taxable income, which helps you take home more pay. FSAs are a simple, effective way to manage child care, medical costs and other everyday expenses while keeping more of what you earn.

Need Help Deciding?



Not sure which Flexible Spending Account (FSA) best fits your needs? Your local Personal Financial Manager (PFM) at the [Fleet and Family Support Center \(FFSC\)](#) is here to help! PFMs can walk you through your options, explain how each account works, and help you plan for the year ahead.

You can easily schedule an appointment in person or [virtually](#), whatever works best for you. Simply scan the QR code or [click the link](#) to book your session. The PFM team is ready to support you with personalized, confidential guidance to make confident financial decisions for the year ahead.



NAVY FAMILY EMERGENCY HUB



To access the Hub click here: MyNavyFamily.com

It offers three key resources designed to keep you and your family strong, supported, and prepared:

Personalized Support: One-on-one assistance from accredited financial counselors for financial concerns, plus access to non-medical clinical counselors to support emotional well-being.

Practical Resources: Financial and food security programs to help bridge any gaps and ensure your family's basic needs are met.

Learning Opportunities: Webinars and discussion groups tailored for this moment—covering topics like spotting early signs of youth distress, supporting your family through change, protecting your finances, strengthening resilience, and preparing for the unexpected.

BOOK NOW

Virtual Non-Medical Counseling call:
1-855-205-6749

Financial concerns click or scan the QR code to book a virtual appointment



In person visit your local Fleet and Family Support Center - click or scan here.





Support Is Here: SAPR And DoD Safe Helpline Services Available 24/7



The Sexual Assault Prevention and Response (SAPR) Program remains committed to protecting the Navy's warfighters and maintaining mission readiness. SAPR services remain fully operational amid the current government shutdown.

SAPR offers confidential, comprehensive support to survivors of sexual assault. Services are available 24/7 to active duty, reservists, National Guard members, DoD civilians and adult dependents over the age of 18. SAPR services are designed to be survivor-centered, ensuring that individuals receive compassionate and professional support at every stage of their recovery.

The DoD Safe Helpline is the sole hotline for members of the DoD community affected by sexual assault. The Safe Helpline is a completely anonymous, confidential, 24/7, specialized service providing help and information anytime, anywhere. A helpline user can access one-on-one support, peer-to-peer support, information, resources and self-care exercises to aid in their recovery.

If you would like to connect one-on-one, you can always contact a DoD Safe Helpline staff member 24/7 for anonymous, confidential support by telephone at 877-995-5247, [online at safehelpline.org](https://www.safehelpline.org), or through the [Safe Helpline App](#).

If you would like to find someone in your local area to connect with for support, you can search for local help through the [Responders Near Me database](#).

The Strength Behind the Service: Honoring Military Families

Each November, during Military Family Appreciation Month, our nation unites to honor the families who stand steadfast beside those who serve. These families embody unwavering love, quiet strength and daily sacrifice. Their devotion mirrors the service member's own commitment to duty, creating a bond of resilience that sustains the force and strengthens the nation.

The Heart of Service

A military family is more than a household; it is a network of strength. Whether spouses, children, parents, siblings, grandparents or significant others cheering from afar, each plays a vital role in sustaining the readiness and well-being of our armed forces. Often separated by oceans or time zones, these families remain connected through shared purpose, resilience and pride.

Throughout a service member's career, families adapt to numerous relocations, deployments and transitions. These moves may interrupt careers, education or friendships, yet military families continue to build new communities, foster belonging and carry their traditions forward with grace and adaptability.

Service Beyond the Uniform

The family serves alongside the service member. Spouses hold down the home front during deployments, managing responsibilities and challenges that require courage and creativity. Many navigate unfamiliar duty stations or limited support networks while remaining the steady foundation their loved one depends on.

Military children reflect that same resilience. They welcome new classmates, support peers through transitions and bring rich cultural experiences from around the world back to their schools and communities. Their pride and adaptability represent the future of service, leadership and unity.



Together, military families remind us that service is not carried by one person alone; it is a shared commitment rooted in love, strength and perseverance. Their sacrifices and resilience are the quiet heartbeat of our national defense.

Resources and Support for Military Families

True appreciation goes beyond words; it is reflected in the resources we share and the support we extend. The following organizations stand ready to serve those who serve us all:

[Fleet and Family Support Center \(FFSC\)](#) – Local centers offer counseling, relocation and deployment support, financial education, family advocacy and transition services.

[Military OneSource](#) – Comprehensive 24/7 support for military families, including counseling, relocation assistance, financial guidance and more.

[National Military Family Association \(NMFA\)](#) – Advocacy, scholarships and programs for spouses and children.

[Blue Star Families](#) – Connection, community and empowerment programs for military families around the globe.

[Operation Homefront](#) – Financial assistance, transitional housing and family support initiatives.

[American Red Cross: Service to the Armed Forces](#) – Emergency communications and family support services.

[Military Family Advisory Network \(MFAN\)](#) – Community engagement, trusted information and research-backed resources.

As we honor military families this month and every month, may we continue to recognize their service not only in our words, but in our actions. Their strength inspires us, their resilience grounds us, and their commitment reminds us what it truly means to serve.



Wellness Watch

The holiday season is a time to gather with friends and family, celebrate, and reflect on the year. While the abundance of activities can bring joy, they can also feel overwhelming. As you head into the 2025 holiday season, keep these wellness tips in mind to help you stay balanced and enjoy this special time of year.



Be mindful of your work-life balance. The holidays can pull you in many directions as you juggle work, family, travel and seasonal obligations. Set clear boundaries and prioritize the tasks and events that matter most to you.



Avoid overscheduling. With so many invitations and opportunities to celebrate, it is easy to overcommit. Choose activities that bring you joy and allow time for rest and recovery to avoid burnout.



Stick to your holiday budget. Financial stress can linger long after the decorations come down. Set a realistic spending plan before the season begins and track expenses to stay within your means. Peace of mind is one of the best gifts you can give yourself.



Enjoy family time on your terms. Family gatherings can be both heartwarming and challenging. If emotions run high, take a walk, find a quiet space or step away briefly to reset and recharge.



Plan wellness-focused activities. Choose get-togethers that encourage health and connection. Go for a hike, take a yoga class together, watch a favorite movie or enjoy crafting. Activities that promote relaxation and laughter benefit everyone.



Simplify travel plans. Travel is one of the biggest holiday stressors. Build in extra time for delays, pack essentials in your carry-on and simplify your itinerary when possible to make the journey smoother.



Give yourself permission to say “no.” You do not have to attend every event or fulfill every request. Saying “no” when your schedule or energy level says otherwise helps protect your peace of mind.



Practice moderation with food and alcohol. Holiday treats are part of the fun, but moderation helps you feel your best. Enjoy your favorites without overindulging so you start the new year feeling strong and healthy.



Maintain your healthy routines. Keep up your regular sleep, hydration and exercise habits. A consistent routine helps balance the extra demands of the season.



Reach out for support. If stress feels heavier than usual this season, do not hesitate to ask for help. Contact your local Fleet and Family Support Center for confidential counseling and resources.

Stay Mission Ready with Noom

No matter your post or position, your mission's success begins with you.

Life in the Navy demands resilience — long watches, tight quarters, unpredictable schedules, and limited meal options. Between maintaining readiness, leading a team, or keeping morale high, it's easy to put your own health and mindset on standby.

Noom is built for people with big missions and even busier lives. It's a science-backed, psychology-driven program that helps you take control of your habits — one small step at a time — no matter where your duty takes you.

- ◆ **Create flexible, sustainable habits** that fit around your rotations— not the other way around. You'll learn how to make progress with small healthy actions that lead to big results
- ◆ **Make smart food choices** - even with limited options. You'll learn the psychology of eating and how to create a balanced plate, so you can stay on track without needing a perfect menu.
- ◆ **Build muscle and motivation** with personalized health coaching and a workout library including quick-hit routines you can do anywhere.
- ◆ **Strengthen mental fitness through** short, daily lessons that help you uncover the “why” behind your habits, recognize stress triggers, reframe negative thoughts, and build emotional resilience.

1. Based on a 3.5 year study of actively engaged Noom members with a minimum starting BMI of 25

2. Based on an internal one-arm prospective study (with no control group) of 273 participants from May 2023. Participants used Noom Mood for 16 week, followed by a 16-week follow-up period with no Noom Mood use.

3. Based on a 68 week study comparing a group receiving a 16 week Noom program and a group receiving a 16 week Do-It-Yourself educational resource program. Users self reported data concerning vigorous activity using IPAQ standards



See What's Possible with Noom

15 lbs lost

in 15 weeks on average.¹

42% decrease

in anxious feelings and thoughts.²

25 minute increase

in time spent working out per week.³

Sailors who did not meet BCA standards during the 2024 PFA are eligible for Noom for free.

Visit: go.noom.com/usnavy

OR SCAN HERE
TO ENROLL →



GOOD NEWS!



Coloring the Path to Awareness: “Chalk the Walk” 2025 Inspires Hope and Connection

In October, the Fleet and Family Support Center (FFSC) at Naval Station Mayport, Florida, hosted its annual “Chalk the Walk” event, bringing service members, families and staff together to promote awareness, hope and encouragement through art and community spirit. Participants filled the walkways with colorful messages and inspiring images, each one a reminder of resilience, kindness and support for one another. The event encouraged open conversations about wellness, kindness and mental health, showing that a simple act of creativity can brighten someone's day and foster connection across the base. This year's Chalk the Walk not only decorated the pavement but also strengthened the bonds that make the Mayport community so special.



Standing Together Against Domestic Violence: NAS Corpus Christi Signs Awareness Proclamation



In October, the Fleet and Family Support Center (FFSC) at Naval Air Station Corpus Christi, Texas, hosted a proclamation signing in honor of Domestic Violence Awareness Month. The event brought together command leadership, including Captain Jurica, Commander Abbott and Command Master Chief Gonzalez, alongside FFSC staff to reaffirm the Navy's commitment to fostering safe and supportive environments for all service members and families. The proclamation highlighted the importance of prevention, early intervention and community awareness in addressing domestic violence. By standing together and speaking out, the NAS Corpus Christi community demonstrated its dedication to ending abuse and supporting those affected by it.

(continued below)

Sweet Support for a Serious Cause: NAS JRB New Orleans Hosts Domestic Violence Awareness Bake Off

In recognition of Domestic Violence Awareness Month, the Fleet and Family Support Center (FFSC) at Naval Air Station Joint Reserve Base New Orleans, Louisiana, hosted a spirited Domestic Violence Awareness Bake-Off that blended creativity, community and purpose. Participants from across the installation showcased their baking talents, decorating treats in shades of purple, the official color of domestic violence awareness, to spark conversation and show solidarity with survivors. The event created an uplifting atmosphere where awareness and camaraderie came together for a meaningful cause. In the end, the friendly competition crowned installation executive officer Commander Lakisha Washington as the winner, but everyone walked away with a deeper understanding of the importance of prevention, support, and kindness within the JRB community.



Blue Lemonade and Big Hearts: NAS Meridian Promotes EFMP Awareness



In celebration of Exceptional Family Member Program (EFMP) Awareness Month this September, the Fleet and Family Support Center (FFSC) at Naval Air Station Meridian, Mississippi, hosted a vibrant Blue Lemonade Stand to spread awareness, education and community support. The bright blue setup drew in service members, families and staff who stopped by to enjoy a refreshing drink while learning about the many EFMP resources available to Navy families.

The event created a welcoming space for open conversation about the program's mission: supporting service members and their families with special medical or educational needs. FFSC staff provided informational materials, answered questions and helped attendees understand how EFMP ensures that every family receives the right services and accommodations, no matter where they are stationed.

The Blue Lemonade Stand was more than a fun community event; it was a meaningful reminder that awareness starts with simple acts of connection. Through outreach and engagement, NAS Meridian continues to foster a culture of inclusion, understanding and care for all Navy families.

Honoring Those Who Serve Behind the Scenes: Naval Base Guam Celebrates Ombudsman Appreciation 2025

In September, the Fleet and Family Support Center (FFSC) at Naval Base Guam proudly hosted its annual Ombudsman Appreciation event, honoring the dedicated men and women who serve as vital links between Navy commands and families. The celebration brought together ombudsmen, command leadership and honored guests to recognize the tireless work these volunteers do to strengthen communication, build trust and support the readiness and resilience of the Navy community.

Throughout the event, leadership expressed heartfelt gratitude for the ombudsmen's unwavering commitment to helping Sailors and their families navigate challenges at home and abroad. Their compassion, resourcefulness and dedication ensure that families stay informed and supported, especially during deployments and transitions.

Guests enjoyed refreshments, camaraderie and an atmosphere of appreciation as stories were shared, highlighting the positive impact ombudsmen make every day. The event served as a reminder that behind every successful command stands a network of caring individuals who help ensure that no family faces challenges alone.

The FFSC extends its sincere thanks to all ombudsmen for their continued service and invaluable contributions to the strength and well-being of the Navy family.



(continued below)

Empowering Advocates: SAPR Victim Advocate Workshop Strengthens Support and Awareness



In collaboration with the American Red Cross Daegu Area IV and the Naval Criminal Investigative Service (NCIS), the Fleet and Family Support Center (FFSC) in Korea hosted a continuing education workshop for Sexual Assault Prevention and Response (SAPR) victim advocates. The event provided an opportunity for victim advocates to build their skills, share best practices and reinforce their commitment to supporting victims and promoting prevention across the Navy community.

Workshop topics included sleep hygiene, mindful movement, the “1 Small Act” initiative and an insightful presentation by NCIS focused on investigative processes and coordination with advocacy teams. Participants engaged in open discussion, hands-on learning and self-care activities designed to strengthen resilience and well-being among advocates.

This professional development event underscored the importance of continued training and collaboration between support agencies. By investing in advocate education, FFSC Korea ensures that Sailors and families receive compassionate, informed and effective care when it matters most.

Stepping Forward Together: NSA Naples Promotes Prevention and Awareness Through 5K Event

The Fleet and Family Support Center (FFSC) at Naval Support Activity Naples, Italy, in partnership with community stakeholders, hosted the Step Forward for Prevention 5K Run/Walk to raise awareness about domestic violence, sexual assault and suicide prevention. The event brought together service members, families and civilian staff in a show of solidarity and commitment to building a safer, more supportive community.

Participants laced up their running shoes and took to the course with enthusiasm, carrying messages of hope, advocacy and resilience. Along the route, information stations provided valuable prevention resources and encouraged open conversations about seeking help and supporting others. The 5K highlighted the importance of small, everyday actions that can make a big difference in preventing violence and saving lives.

Embracing the year-round theme, “Step Forward. Prevent. Advocate.” the event served as both a fitness challenge and a powerful reminder that everyone has a role to play in creating a culture of respect and care within the Navy community.



Special Thanks to this Month's Contributors:

- Fran Jackson, MBA, AFC, CNIC Fleet and Family Support Program
- Kathy Vi, LCSW, CNIC Fleet and Family Support Program
- Kristin Kammermeier, CNIC Fleet and Family Support Program
- Lynette Bledsoe, DSW, LCSW, 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	11/5/25	9:00 AM EDT	6:00 AM PDT
Leveraging AI For Your Job Search	11/7/25	9:00 AM EDT	6:00 AM PDT
The ART of the Interview	11/13/25	2:00 PM EDT	11:00 AM PDT
USAJOBS 2025	11/14/25	9:00 AM EDT	6:00 AM PDT
First Impressions Matter, Make Yours Count: Civilian Resume Writing	11/18/25	10:00 AM EDT	7:00 AM PDT
Pain Free - Resume Writing	11/19/25	10:00 AM EDT	7:00 AM PDT
The Road to Remote Job Success	11/19/25	1:00 PM EDT	10:00 AM PDT

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

- Becoming Federal Resume Savvy
- Job Search Hacks
- Mastering the Modern Resume
- Mastering Virtual Interviews

NAVY LIFE

New Spouse Orientation	11/18/25	12:00 PM EDT	9:00 AM PDT
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PARENTING

Effects of Divorce on Children	11/4/25	11:00 AM EDT	8:00 AM PDT
Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)	11/5/25	7:00 PM EDT	4:00 PM PDT
Exploring Through the Senses	11/7/25	2:00 PM EDT	11:00 AM PDT
Parenting to Prevent PSB: Ages 5-9 (SHAPE Module 3)	11/12/25	7:00 PM EDT	4:00 PM PDT
Parenting and Sexual Development (SHAPE Module 1)	11/17/25	3:00 PM EDT	12:00 PM PDT
When Baby Makes Three	11/18/25	12:00 PM EDT	9:00 AM PDT
Parenting to Prevent PSB: Preteens (SHAPE Module 4)	11/19/25	7:00 PM EDT	4:00 PM PDT
What About the Kids?	11/20/25	1:00 PM EDT	10:00 AM PDT
Self-Care: Parent Edition	11/20/25	5:00 PM EDT	2:00 PM PDT

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

- Helping Kids Thrive Through Change
- Spotting the Signs of Youth Suicide

MENTAL WELL-BEING

Understanding Anger	11/4/25	10:00 AM EDT	7:00 AM PDT
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PERSONAL GROWTH



Motivating by Appreciation	11/4/25	2:00 PM EDT	11:00 AM PDT
Personal Communication	11/12/25	11:00 AM EDT	8:00 AM PDT
Healthy Relationships	11/13/25	12:00 PM EDT	9:00 AM PDT
5 Love Languages 101	11/19/25	12:00 PM EDT	9:00 AM PDT
Organize Your Life	11/21/25	12:00 PM EDT	9:00 AM PDT



- 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

Navy Retirement..Is it Enough?	11/13/25	1:00 PM EDT	10:00 AM PDT
12 Turkey Tips to Financial Freedom	11/14/25	10:00 AM EDT	7:00 AM PDT
Command Financial Specialist Forum and Financial Town Hall Meeting	11/19/25	12:00 PM EDT	9:00 AM PDT
Thrift Savings Plan	11/20/25	1:00 PM EDT	10:00 AM PDT
Money Munchkins: Raising Money-Savvy Kids	11/26/25	1:00 PM EDT	10:00 AM PDT



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 November for your convenience!	Smooth Move	11/4/25	1:00 PM EDT	10:00 AM PDT
	Move Masters: Overseas Edition	11/5/2025	3:00 PM EDT	12:00 PM PDT
	Sponsor Training	11/19/25	2:00 PM EDT	11:00 AM PDT

RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 2: Mindfulness and Meditation	11/4/2025	1:00 PM EDT	10:00 AM PDT
Module 3: Living Core Values	11/18/25	1:00 PM EDT	10:00 AM PDT
Module 4: Flexibility	11/25/25	1:00 PM EDT	10:00 AM PDT
Stress Management	11/18/25	10:00 AM EDT	7:00 AM PDT
Stoicism Principles and Stress Management	11/21/25	9:00 AM EDT	6:00 AM PDT

Want to learn more about resilience? Join us for Bounce Back Better, Mission Ready, Mentally Strong or Run for Resilience. See the LMS for times in your time zone.

