



Family CONNECTION

Your Link to the Navy Community since 2007

October 2024
Volume 17 | Issue 10



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Questions?



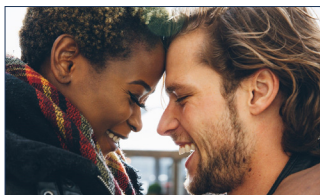
Looking for Remote Workers

From focus groups to job booths, people are looking for remote and telework opportunities. Military spouses want jobs that can move with them and veterans want jobs that provide flexibility. Fleet and...



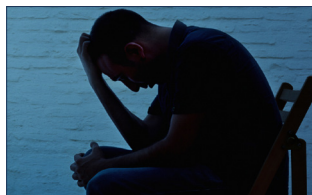
The Suicide, Intimate Partner Violence Connection

Suicide and intimate partner violence (IPV) are interconnected public health issues that have sparked great interest among researchers, healthcare professionals, policymakers and advocates...



Wellness Watch: Building Healthy and Resilient Relationships

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Gambling Addiction: A Threat to Financial Security

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Smoke Alarms: Make Them Work For You

Fire Prevention Week takes place October 6-12, focusing on the theme, "Smoke alarms: Make them work for you!"™ The campaign, sponsored by the National Fire Protection Association (NFPA), works to...



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



October is Domestic Violence Prevention Month

October is Domestic Violence Awareness Month (DVAM), a time dedicated to shedding light on the devastating impact of domestic violence and advocating for those affected. As we come together to...

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.



Remote Jobs Edition
📶 October 1-3, 2024 📶

LOOKING FOR REMOTE WORKERS

From focus groups to job booths, people are looking for remote and telework opportunities. Military spouses want jobs that can move with them and veterans want jobs that provide flexibility. Fleet and Family Support programs are listening! Commander, Navy Installations Command (CNIC) and Navy Region Southwest are collaborating to offer the first FFSC Virtual Job Fair: Remote Jobs Edition. Registration for the October 1-3 event is now open.

National employers will be opening virtual job booths where they can connect with job seekers. Virtual career coaches are available before and during the event at the Career Corner to edit resumes, provide mock virtual interviews and discuss career goals.

Participating employers include:

- Cox Enterprises
- Cedars-Sinai
- Humana
- Teleperformance
- U.S. Department of Energy
- Toivoa
- Ameresco
- MicroTech
- TTEC
- Intuit
- ICI Services
- U.S. Department of Agriculture
- Aditi Consulting
- Hyundai
- Zeiders Enterprises
- CACI International, Inc.



Educational sessions will also be held during the event with information and resources to help job seekers secure remote jobs. These sessions include: Mastering Virtual Interviews, Mastering the Modern Resume, Remote Work Unplugged and a guest speaker from the Military Spouse Employment Program.

Visit www.MyNavyFamily.com to register and begin your journey toward remote work.

OCTOBER HOLIDAYS AND OBSERVANCES

October 1	CNIC Anniversary (2003)
October 6-12	Fire Prevention Week
October 7	Child Health Day
October 13	U.S. Navy Birthday (1775)
October 14	Columbus Day
October 14	Indigenous People's Day
October 26	Make a Difference Day
October 26	National Day of the Deployed
October 27	Navy Day

OCTOBER IS

- Baby Sleep Safety/ SIDS Awareness Month
- Domestic Violence Awareness Month
- National Cyber Security Awareness Month
- National Bullying Prevention Month



I support National Bullying Prevention Month

1 out of **5**
students is bullied

5 out of **5**
can help prevent that

 **PACER's
National Bullying Prevention Center.**
Create a World Without Bullying | PACER.org/bullying

BUILDING HEALTHY AND RESILIENT RELATIONSHIPS

Military members and their families have unique relationship challenges. Long working hours, frequent moves, deployment separations and unaccompanied orders are only a few of the situations that can cause stress between partners, parents and children and friends.

Connecting with others is an important piece of your resiliency toolbox. To keep your relationships on track, [Military OneSource](#) has free resources to keep your relationships strong and healthy.

- ♥ Explore the [Relationship Resource Tool](#) for a list of resources tailored to your specific situation.
- ♥ Sign up for [Love Every Day](#) and receive 21 days of text prompts to discuss with your partner, enabling you to develop and practice good relationship communication.
- ♥ Sign up for a [Relationship Checkup](#) to get an evidence-based assessment of your relationship so you can address any issue. Sessions are free, confidential and flexible.
- ♥ Take advantage of [Building Healthy Relationships](#) specialty consultations to receive personalized coaching, resources, practical tools and problem solving techniques to help you deepen your relationships with family, friends and others.
- ♥ Visit [OurRelationship](#), an online program, tailored to active-duty, Guard and reserve couples that you can complete with or without a coach. Activities can be completed on your own schedule, using your computer, phone or tablet, even if you are deployed.

Learn more about Healthy Relationships with your [Virtual FFSC](#).

October 9	9:00 am ET	Discover the Building Blocks of Fostering Healthy Relationships
October 15	11:00 am ET	Building Bridges: Nurturing Healthy Relationships
October 17	12:00 pm ET	Autopsy of a Deceased Relationship
October 24	2:00 pm ET	Couples Communication: Fair Fighting



Place your baby to sleep safely

Your baby needs only a few things to have a safe, cozy and happy sleep. With just a flat surface in a crib or bassinet, you can create a safe space for your baby to sleep.



Need help?

It's normal for infants to wake up frequently. We know this can be very tiring, but it's temporary. Talk to your pediatrician about challenges you are having. They can help you problem solve.

- Babies should always be placed on their back for sleep. Research shows this is the safest.
- Babies should sleep on a firm sleep surface that does not incline.
- Remove all toys, pillows, blankets and bumpers from the crib.
- It's OK to swaddle a baby, but stop swaddling as soon as they start learning to roll.
- If the baby falls asleep in a car seat, stroller, swing or infant carrier, move them as soon as you can.
- It's dangerous for babies to sleep on a couch, armchair or nursing pillow.
- Try giving your baby a pacifier at nap time and bedtime.
- Room share: Keep the baby's bassinet or crib in your bedroom for at least the first 6 months.

About bed-sharing

Bed-sharing significantly raises a baby's risk of injury or death. The risk is even higher if:

- The baby is younger than 4 months
- The baby was born early or with low birth weight
- A person in the bed is a smoker
- A person in the bed took drugs that make it harder to wake up
- Someone in the bed drank alcohol
- Someone in the bed is not the baby's parent
- The surface is soft (a waterbed, old mattress, sofa, or armchair)
- Pillows or blankets are on the bed



American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



Parenting Help is Available Through the Virtual FFSC.

October 4	1:00 pm ET	Self-care: Parent Edition
October 17	10:00 am ET	Baby Breaks the Bank!
October 17	12:00 pm ET	Mental Health Begins at Birth
October 17	1:00 pm ET	What About the Kids?
October 25	1:00 pm ET	Tear Free Dinner

SMOKE ALARMS

Make Them **WORK For You!**™



fpw.org

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Fire Prevention Week takes place October 6-12, focusing on the theme, "Smoke alarms: Make them work for you!™" The campaign, sponsored by the National Fire Protection Association (NFPA), works to educate everyone about the importance of having working smoke alarms in the home.

According to the NFPA, smoke alarms reduce the risk of dying in a home fire by more than half (54%). Meanwhile, roughly three out of five fire deaths happen in homes with either no smoke alarms or no working smoke alarms.

"Smoke alarms serve as the first line of defense in a home fire, but they need to be working in order to protect people," said Lorraine Carli, vice president of outreach and advocacy at NFPA. "This year's Fire Prevention Week campaign helps better educate the public about simple but critical steps they can take to make sure their homes have smoke alarms in all the needed locations and that they're working properly."

This year's Fire Prevention Week campaign is a great way to remind everyone about these messages and to act on them. The

NFPA offers these key smoke alarm safety tips and guidelines:

- 🔥 Install smoke alarms in every bedroom, outside each separate sleeping area (like a hallway), and on each level (including the basement) of the home.
- 🔥 Make sure smoke alarms meet the needs of all family members, including those with sensory or physical disabilities.
- 🔥 Test smoke alarms at least once a month by pushing the test button.
- 🔥 Replace all smoke alarms when they are 10 years old.

To find out more about Fire Prevention Week programs and activities in your community, please contact your local fire department. For more information about Fire Prevention Week and smoke alarms, visit fpw.org.



Learn the Sound of Your Smoke Alarm



Sparky says: Learn the sound of your smoke alarm.
When the smoke alarm sounds, get outside and stay outside.

OCTOBER IS DOMESTIC VIOLENCE PREVENTION

From www.thehotline.org

Heal, Hold & Center

DOMESTIC VIOLENCE
AWARENESS MONTH
2024



October is Domestic Violence Awareness Month (DVAM), a time dedicated to shedding light on the devastating impact of domestic violence and advocating for those affected. As we come together to raise awareness, it is crucial to remember that healing is a long and often challenging journey for domestic violence survivors. Whether you are looking to support a friend, a family member or your community at large, here are four meaningful ways to help victims of domestic violence heal during this important month and beyond.

1. Educate yourself and others.

Understanding the complexities of domestic violence is essential. Take the time to educate yourself about the different [types of abuse](#)—physical, emotional, sexual, financial and digital. [Local resources](#) like local shelters and assistance providers in your community provide valuable information. Share what you learn with your social circles to foster awareness and empathy. The more we know, the better equipped we are to support those in need.

2. Listen without judgment.

Leaving an abusive relationship is a highly personal decision but all survivors benefit from having trusted people during this time. Since those experiencing abuse are often isolated by their abusers, it is imperative to know how to support survivors on the path to safety. One of the most powerful things you can offer a domestic violence survivor is support. Here are some ways to [support](#) a survivor:

- Create a [safe space](#) for them to share their experiences without fear of judgment or blame.
- Let them express their feelings while validating their emotions.
- Many victims feel isolated and unheard; your willingness to [listen](#) can make a significant difference in their healing journey.
- Help them create a [safety plan](#).

3. Encourage professional support.

Domestic violence survivors are often left with emotional scars that outlast the physical effects. Some are at an increased risk of developing post-traumatic stress disorder, substance abuse or other stress-related mental health issues.

Counseling and support from family and friends can help survivors [break the isolation](#) of domestic violence. Healing from domestic violence often requires professional intervention. In [counseling](#) sessions, survivors can share their feelings, thoughts, and fears in a safe and confidential environment. Counselors are nonjudgmental third-party advisors who listen and help survivors work through their traumas.

In addition to coping with their remaining anxiety, trauma specialists can also help survivors relieve stress and find ways to cope.

Encourage your friend or family experiencing domestic violence to seek help from counselors, therapists or support groups that specialize in trauma and abuse. You can help by researching [local resources](#), offering to go with them to appointments or helping them find online support communities. Professional guidance can provide victims with the tools they need to rebuild their lives.

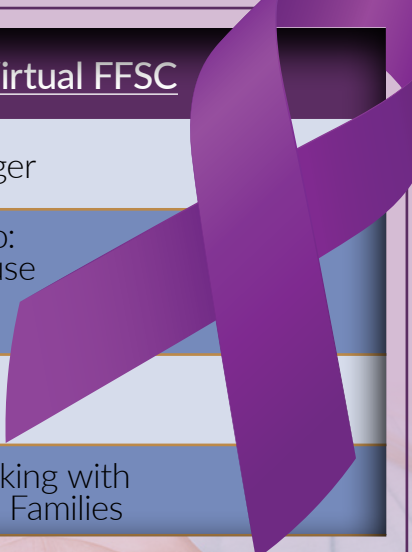
[continued below]

4. Raise Awareness and Advocate for Change

Remember, it is important to support survivors and victims of domestic violence not just during this awareness month but every day. Together, we can help their healing journey. Here are some ways you can raise awareness about domestic violence and support survivors:

- Participate in local events.
- Donate your old electronics or hold a fundraiser in your community to support survivors.
- Request print materials or download digital materials to share with your networks.
- Engage in social media campaigns and conversations using the hashtag #HealHopeCenter.
- [Write to your local representatives](#) about the importance of funding for shelters and support services. By raising awareness and pushing for policy changes, you contribute to a larger movement that seeks to end domestic violence and protect survivors.
- Educate yourself and others on domestic violence statistics and issues to better support survivors. By speaking out and taking action, we can help create a safer and more supportive society for all.

For more ideas to raise awareness in your community, visit our partners, the [Domestic Violence Awareness Project](#) (DVAP) for more ideas. If you are experiencing domestic violence, please reach out to the [Family Advocacy Program](#) at your local [Fleet and Family Support Center](#). Help is available.



Learn More About Domestic Violence with the Virtual FFSC		
October 8	10:00 am ET	Understanding Anger
October 17	2:00 pm ET	Pets are Family Too: Linking Animal Abuse and Domestic Abuse
October 22	9:00 am ET	Camouflaged Crime
October 25	1:00 pm ET	Co-parenting: Working with Domestic Violence Families

THE SUICIDE, INTIMATE PARTNER VIOLENCE CONNECTION



✓ Suicide and intimate partner violence (IPV) are interconnected public health issues that have sparked great interest among researchers, healthcare professionals, policymakers and advocates.

✓ Suicide is a global public health issue that accounts for a large portion of global mortality each year, particularly among young individuals and vulnerable groups (World Health Organization, 2023). Approximately 700,000 individuals die by suicide every year; it is the second leading cause of death among those aged 15-29.

✓ Individuals who have experienced IPV may be more likely to engage in suicidal thoughts and behaviors. This underscores the importance of exploring the nature and mechanisms of these connections. Understanding this relationship is critical to developing effective preventative and intervention measures. Individuals who have experienced IPV have a higher risk of non-suicidal self-harm, suicidal ideation and suicide attempts. After accounting for demographic factors, individuals who have a history of IPV are 4.03 times more likely to attempt suicide than the general population. The association between IPV and suicide has been seen in adults of various ages, regardless of gender. Understanding the long-term impact of violence on individuals and families is crucial.

What to Know?

- Approximately one out of every five IPV survivors report a suicide attempt.
- Women with IPV experiences are more likely to have depression, with 35% to 70% reporting clinically severe symptoms.
- More than 90% of women admitted to in-patient psychiatric units with suicidal intent report experiencing IPV, with 35% of abused women having a previous suicide attempt.

What Can We Do?

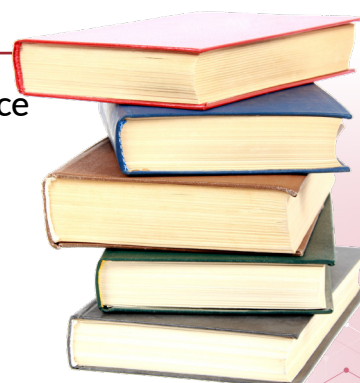
- Connect individuals to resources and learning opportunities.
- Encourage social interaction and limit social isolation.
- Improve all aspects of mental wellness.
- Reduce risk factors for intimate relationship violence.
- Strengthen relationships with significant others.

✓ If you think you have been a victim of domestic violence, contact the [National Domestic Violence Hotline](#) at 1-800-799-SAFE or visit your installation [Fleet and Family Support Center](#) for information on available resources. Learn more about the [FAP Resources & Training](#) that are available.

✓ For more information on the Navy's efforts to identify suicide risks and prevent suicide, visit the [Navy's Suicide Prevention Programs Branch website](#) to find information about programs and various links including Military OneSource, 988 and others and phone numbers to help with suicide prevention.

Resources to "Heal, Hold and Center" for Domestic Violence Awareness Month 2024:

- ✓ [Domestic Violence Awareness Project](#)
- ✓ www.JoinOneLove.org
- ✓ Military OneSource's [Domestic Abuse Victim Advocate Locator](#) tool
- ✓ [National Coalition Against Domestic Violence](#)



GAMBLING ADDICTION: A THREAT TO FINANCIAL SECURITY

Gambling addiction, also known as gambling disorder, is a growing concern within the military. The rise of online betting platforms and sports gambling apps has made it increasingly convenient for individuals to indulge in compulsive gambling, resulting in significant financial and emotional repercussions. Sailors, with their unique lifestyle of frequent relocations, extended deployments and lengthy separations from their families, are particularly vulnerable to the allure of quick and easy money offered by online gambling.

Recognizing the Signs

Recognizing the early warning signs of gambling addiction is crucial to prevent its damaging impacts. What may initially appear as innocent participation in sports betting through popular apps or the occasional purchase of a scratch-off card can quickly escalate into compulsive behavior with significant risks. This behavior may involve spending excessive time and money on gambling, concealing gambling activities from loved ones and experiencing restlessness or irritability when not gambling. These signs are often ignored but indicate a serious problem. You can take control and seek help by being aware of these signs.

Impact on Financial and Emotional Well-Being

The financial consequences of a gambling addiction can be especially severe for Sailors, leading to lower savings, large debt and damaged credit scores, which can have long-lasting effects on both financial stability and mental well-being. The stress of financial burdens can result in anxiety, depression and even thoughts of suicide, affecting not only the Sailor but also their entire family.

Available Resources

Fortunately, support is available for individuals struggling with gambling addiction. [Fleet and Family Support Centers \(FFSCs\)](#) offer help and provide necessary resources to address gambling addiction and its associated challenges. You are not alone in this, and help is available.

It is essential for Sailors and their families to understand the risks of gambling addiction and take the required steps to get help. Reach out to FFSC or other available resources, such as the [National Council on Problem Gambling](#), to start making significant progress toward overcoming gambling addiction and safeguarding your finances. Act now to protect your financial future and ensure you and your family's financial well-being.



SPECIAL THANKS TO THIS MONTH'S CONTRIBUTORS:

- Sarah McCallister, LMSW SAPR Program
- Fran Jackson, MBA, AFC®, PFM Program
- Mrs. Cornealius L. Stamps, LCSW, LCSW-C, Clinical Counseling Program
- Tim McGough, Communications Program
- Linnie Thieme, Learning Specialist



Your FFSC LMS Webinar Schedule

October 2024

How to register:

Step #1: Make a free account at

MyNavyFamily.com or use the QR code to the right (NMCI users should register at least one day before the webinar.)



Follow the on-screen instructions to create a new account. Be sure to enter your time zone!

Step #2: Choose a category on the home screen or click the Live Webinars link at the top of the page to view the descriptions and time/date converted to your time zone.

Step #3: Click on “Register Here” to sign up for the training.

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.



EMPLOYMENT

Fri	4 Oct	9:00 AM ET	Using Artificial Intelligence (AI) to Build Resumes
Tues	8 Oct	9:30 AM ET	Financial Planning for Transition
Tues	8 Oct	10:00 AM ET	Understanding USAJobs
Tues	8 Oct	9:00 AM ET	Understanding USAJobs
Wed	9 Oct	1:00 PM ET	Effective Resume Writing
Thurs	10 Oct	10:00 AM ET	Becoming Federal Resume Savvy
Thurs	10 Oct	9:00 PM ET	Becoming Federal Resume Savvy
Fri	11 Oct	9:00 AM ET	USAJOBS 2024
Wed	16 Oct	1:00 PM ET	Power Up Your Resume for Remote Jobs
Fri	18 Oct	1:00 PM ET	Acing the Interview!
Tues	22 Oct	10:00 AM ET	Understanding USAJobs
Tues	22 Oct	7:00 PM ET	Understanding USAJobs
Tues	22 Oct	12:00 PM ET	Becoming Federal Resume Savvy
Tues	22 Oct	9:00 PM ET	Becoming Federal Resume Savvy

Need assistance in meeting your post-military goals?

Now is the time to find answers to all those questions you may have. Speak with experts who can help you navigate the complexities of your career transition.

NAVY CAREER AND TRANSITION

Tues	8 Oct	10:00 AM ET	Skillbridge
Tues	8 Oct	8:30 AM ET	Managing Your Transition
Tues	8 Oct	1:00 PM ET	Military Occupational Crosswalk
Tues	8 Oct	6:00 AM ET	Pre-Separation Counseling
Thurs	10 Oct	8:00 PM ET	Financial Planning for Transition
Thurs	10 Oct	11:30 PM ET	Military Occupational Crosswalk

Have a financial concern? Perhaps one of these sessions can help.

PERSONAL FINANCIAL MANAGEMENT

Wed	2 Oct	12:00 PM ET	Drive Smart: Navigating the Car Buying Journey
Mon	7 Oct	12:00 PM ET	The Ins and Outs of Continuation Pay
Tues	8 Oct	1:00 PM ET	The Ghost of Christmas Past
Wed	9 Oct	12:00 PM ET	Fraud-Proof Finances: Mastering Money Management and Security
Thurs	10 Oct	1:00 PM ET	Prepare Your Children for Life After High School
Wed	16 Oct	12:00 PM ET	Dollars and Sense: Mastering Your Money Management
Thurs	17 Oct	10:00 AM ET	Baby Breaks the Bank
Thurs	17 Oct	11:00 AM ET	Don't Stress—Invest

EXCEPTIONAL FAMILY MEMBER

Thurs	10 Oct	2:00 PM ET	Moving with an Exceptional Family Member
Thurs	17 Oct	2:00 PM ET	Emergency Preparedness for Family Members with Medical Conditions
Wed	23 Oct	11:30 AM ET	The Road Ahead: Special Needs Future Planning
Thurs	24 Oct	7:00 PM ET	Music Together for Children with Special Needs
Wed	23 Oct	2:00 PM ET	Credit Code: Decoding Financial Success

RELOCATION WEBINARS

Thurs	3 Oct	10:00 AM ET	Stepping Up Support: Sponsorship Training
Thurs	3 Oct	9:00 PM ET	Stepping Up Support: Sponsorship Training
Tues	8 Oct	10:00 AM ET	Planning the Perfect PCS
Tues	8 Oct	9:00 PM ET	Planning the Perfect PCS
Wed	9 Oct	10:00 AM ET	The PCS Process
Wed	9 Oct	9:00 PM ET	The PCS Process
Thurs	17 Oct	10:00 AM ET	Calming Cultural Shock
Thurs	17 Oct	1:00 PM ET	Final Move
Thurs	17 Oct	9:00 PM ET	Calming Cultural Shock
Fri	18 Oct	10:00 AM ET	Sponsorship Training
Tues	22 Oct	12:00 PM ET	Sponsorship: From the Sailor to the Family
Wed	23 Oct	12:00 PM ET	Sponsorship Training

PERSONAL GROWTH

Tues	8 Oct	10:00 AM ET	Understanding Anger
Wed	9 Oct	9:00 AM ET	Discover the Building Blocks of Fostering Healthy Relationships
Wed	9 Oct	2:00 PM ET	Anger Management
Tues	15 Oct	11:00 AM ET	Building Bridges: Nurturing Healthy Relationships
Thurs	17 Oct	12:00 PM ET	Motivating by Appreciation
Thurs	24 Oct	2:00 PM ET	Couples Communication: Fair Fighting

DEPLOYMENT SUPPORT

Thurs	3 Oct	1:00 PM ET	Deployment Started: Now What?
Tues	22 Oct	4:00 PM ET	IA Deployment 101
Wed	23 Oct	12:00 PM ET	Planning for a Successful Deployment

EMERGENCY PREPAREDNESS AND RESPONSE

Thurs	7 Oct	9:00 AM ET	EFAC - Emergency Family Assistance Center
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MENTAL WELL BEING

Wed	16 Oct	2:00 PM ET	Getting Out: Achieving Financial Empowerment while Experiencing Intimate Partner Violence
Thurs	17 Oct	12:00 PM ET	Autopsy of a Deceased Relationship
Thurs	17 Oct	2:00 PM ET	Pets are Family Too: Linking Animal Abuse and Domestic Abuse
Tues	22 Oct	9:00 AM ET	Camouflaged Crime
Thurs	24 Oct	11:00 AM ET	Getting Out: Achieving Financial Empowerment while Experiencing Intimate Partner Violence
Wed	30 Oct	2:00 PM ET	Getting Out: Achieving Financial Empowerment while Experiencing Intimate Partner Violence

PARENTING

Fri	4 Oct	1:00 PM ET	Self Care: Parent Edition
Thurs	17 Oct	12:00 PM ET	Mental Health Begins at Birth
Thurs	17 Oct	1:00 PM ET	What About the Kids
Fri	25 Oct	1:00 PM ET	Tear Free Dinner
Fri	25 Oct	1:00 PM ET	Co-Parenting: Working with Domestic Violence Families
Tues	29 Oct	7:00 PM ET	Parenting and Sexual Development (SHAPE Mod.1)

BUILDING RESILIENCE

Tues	15 Oct	10:00 AM ET	Stress Management
Wed	16 Oct	2:00 PM ET	Stress Management
Fri	18 Oct	9:00 AM ET	Stoicism and Stress Management

Mind-Body Mental Fitness What's it all about?



The primary goal of Mind-Body Mental Fitness is to enhance the mind, body, spirit and social domains in one's life. MBMF teaches proactive pathways to achieve mental fitness, find balance within these domains, and gain practical skills that can be utilized daily. Some of the practical skills are problem solving, goal setting, mindfulness, meditation, and quick recalibrations to adjust your physiological state. When we increase our resilience, stressors can be seen as a challenge to overcome, rather than a threat.

Over the course of six sessions, MBMF can help you and your command by teaching service members and families that neuroplasticity and mental toughness can be strengthened with consistent practice to create a culture of resilience. The six sessions can be taken together as a series, or any one session can stand alone.

The MBMF modules are:

1. Stress Resiliency
2. Mindfulness and Meditation
3. Living Core Values
4. Flexibility
5. Problem Solving
6. Connection

Module 1: Stress Resilience

Thurs	3 Oct	12:00 PM ET
Thurs	3 Oct	8:00 PM ET
Tues	29 Oct	11:00 AM ET

Module 2: Mindfulness and Meditation

Thurs	10 Oct	12:00 PM ET
Thurs	10 Oct	8:00 PM ET

Module 3: Living Core Values

Tues	1 Oct	1:00 PM ET
Thurs	17 Oct	12:00 PM ET
Thurs	17 Oct	8:00 PM ET

Module 4: Flexibility

Tues	8 Oct	1:00 PM ET
Thurs	24 Oct	12:00 PM ET
Thurs	24 Oct	8:00 PM ET

Module 5: Problem Solving

Tues	15 Oct	1:00 PM ET
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Module 6: Connection

Tues	22 Oct	1:00 PM ET
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Go to [MyNavyFamily.com](https://www.mynavyfamily.com) to see these offerings converted to your time zone.