



Family CONNECTION

Your Link to the Navy Community since 2007

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Questions?



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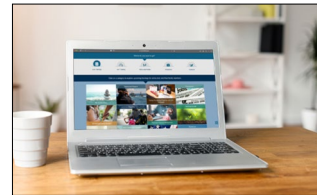
DoD Contractors' Employment Expo

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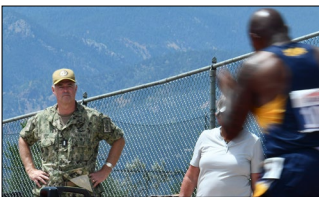
Honoring Our Fallen

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Vice Adm. Scott Gray, Commander, Navy Installations Command (CNIC), reaffirmed the Navy's unwavering commitment to the well-being...



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...



Operation MWR Brings Star Power To Norfolk and Jacksonville

The Navy is turning up the volume this October with two unforgettable Operation MWR concerts designed to boost morale and bring world-class entertainment to service members...

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.

Congratulations to the 2025 Ombudsmen of the Year



Since 2015, the Mrs. Sybil Stockdale Ombudsman of the Year Award has recognized four Navy Family Ombudsmen annually for their extraordinary service, compassion, and commitment to supporting Navy families.

The 2025 recipients are:



Mrs. Jaime Huffaker
USS Dextrous (MCM 13)
U.S. Fleet Forces
Command



Mrs. Jessica Pugh
USS Abraham Lincoln
(CVN 72)
U.S. Pacific Fleet



Mrs. Seira De Veau
Commander, Naval
Surface Force
U.S. Pacific



Mrs. Nicole Standeford
Fleet Logistics
Support Squadron 54
(VR-54)
Navy Reserve Force

Nominated by their commanding officers, each ombudsman was selected from a group of more than 2000 volunteers for going above and beyond in building trust, anticipating needs and connecting families to vital resources.

"These recipients embody the very best of what it means to serve in this role," said Holly Schefcik, Ombudsman Program analyst at Commander, Navy Installations Command. "They exceeded expectations with confidence, compassion and dedication."

Ombudsmen serve as a vital link between Navy commands and families, especially during deployments, mobilizations and emergencies. Their work behind the scenes helps ensure families are informed and supported, enabling Sailors to stay mission-focused.

"What sets them apart is their consistency, their ability to solve problems, and the comfort and clarity they provide when it's needed most," Schefcik added.

The award honors the legacy of Sybil Stockdale, who led national support efforts for families of prisoners of war during her husband's seven-and-a-half-year captivity in Southeast Asia. Her tireless advocacy helped lay the foundation for today's Navy Family Ombudsman Program.

Serving as an ombudsman is not without its emotional weight.

"The hardest part is that it can be an emotional roller coaster," said Pugh. "You may face heartbreaking situations — family emergencies, deaths or mental health crises. You have to set aside your own emotions to help others."

Despite the challenges, most ombudsmen say the role is profoundly rewarding.

"You truly make a difference in the lives of the families you support," said Pugh.

"There's so much important work happening quietly in the background," added Standeford.

"I had several friends who were proud of their impact in the role; they quickly advised me to seek out these opportunities as my calling," said Huffaker.

"I remember being a new military spouse during a deployment and not knowing where to turn," added Pugh. "That experience inspired me to be the resource I once needed."

Congratulations to this year's recipients — and to all Navy Family Ombudsmen. Thank you for your strength, your service and the steady support you provide.

The Navy Family Ombudsman Program was created in 1970 by then-Chief of Naval Operations, Admiral E.R. Zumwalt, Jr., to improve communication between commands and the families of Sailors.

For more information on the Navy Family Ombudsman Program, visit the [Fleet and Family Support Program Ombudsman Program](#).

SEPTEMBER HOLIDAYS AND OBSERVANCES

- September 1 – Labor Day
- September 11 – Patriot Day
- September 14 – Navy Family Ombudsman Program Appreciation
- September 19 – National POW/MIA Remembrance Day
- September 18 – U.S. Air Force Birthday
- September 29 – Gold Star Mothers' and Family Appreciation
- Financial Wellness Month
- National Stalking Awareness and Prevention Month
- Emergency Preparedness Awareness
- Suicide Prevention Awareness



September 19
National POW/MIA
Remembrance Day



REMEMBER & HONOR

GOLD STAR MOTHERS & FAMILIES

Take a Moment to Remember Our Gold Star Mothers & Families

Since 1936, the last Sunday in September has been designated as Gold Star Mother's Day, honoring those who have lost a child while serving in the United States Armed Forces. In 2009, by presidential proclamation, the observance was expanded to include families of fallen service members and renamed Gold Star Mother's and Family's Day.

Each year, the president issues a proclamation reaffirming our commitment to honor those "who carry forward the memories of those willing to lay down their lives for the United States and the liberties for which we stand." This year, on September 28, we pay tribute to the mothers and families who have made profound sacrifices for our nation.

The Navy Gold Star Program provides survivors with a safe space to process their grief, assess their needs and access appropriate resources. The program supports gold star families as they adjust to a new normal and offers meaningful opportunities for remembrance, ensuring they know they will forever remain part of the Navy community.

As we observe Gold Star Mother's and Family's Day, let us remember that no one has given more for our country than the families of the fallen and let them know they will never be forgotten.

For more information about the Navy Gold Star Program, visit the [Navy Gold Star on Facebook](#), the [Navy Gold Star Program website](#), or call 1-888-509-8759.

Honoring Our Fallen

CNIC Hosts Bells Across America for Fallen Service Members

Each year, Navy installations worldwide participate in Bells Across America for Fallen Service Members, a powerful ceremony honoring Sailors who made the ultimate sacrifice in service to our country. In 2024 alone, the Navy mourned the loss of 181 Sailors. This event provides a meaningful moment for the military community to come together in remembrance.

By ringing bells simultaneously across the country, both military and civilian communities unite in a moment of reflection and gratitude. This tradition exemplifies the Navy's enduring commitment to never forgetting their sacrifice.

Leadership support in promoting participation is vital. Encouraging commands and personnel to attend ceremonies and sharing the significance of the event with staff all contribute to honoring our fallen with the dignity they deserve.

Together, through these shared moments, we stand united in remembrance and respect.

Visit the [Navy Gold Star website](#) to find a Bells Across America for Fallen Service Members event in your area.



The banner features a collage of images: an American flag, a circular logo for the United States Navy Gold Star Program, and a large brass bell. The text is overlaid on a dark blue background.

BELLS ACROSS AMERICA FOR FALLEN SERVICE MEMBERS

Tolling in Remembrance of Our Nation's Fallen

Join us as we pay tribute to the brave men and women who died in service to our nation and recognize the sacrifices of those who have been left behind.

September 2025

For more information on locations/dates/times please visit: www.navygoldstar.com/events or call 888-509-8759

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No Navy endorsement implied.



Shore Boss Highlights Navy's Commitment to Wounded Warriors

Vice Adm. Scott Gray, Commander, Navy Installations Command (CNIC), reaffirmed the Navy's unwavering commitment to the well-being and recovery of its wounded, ill, and injured Sailors and Coast Guardsmen during his visit to Colorado Springs, Colorado, for the 2025 Department of Defense (DoD) Warrior Games.

Throughout his visit, Gray met with Navy Wounded Warrior (NWW) athletes, trainers and coaches to speak with them and observe firsthand their unbreakable spirit, limitless potential to persevere and the impact of adaptive sports and comprehensive nonmedical care on recovery and reintegration of warfighters.

"Programs like Navy Wounded Warrior are not just about recovery; they are about fostering resilience, building community and ensuring that our service members can navigate to a new normal with dignity and strength," said Gray. "Our quality of service programs are foundational to readiness and are critical components of the support we provide to our Sailors, Coast Guardsmen, veterans and their families. Taking care of people makes us a stronger, more lethal Navy, and we must continue to support."

Gray further emphasized that the Navy's commitment extends beyond the battlefield and fleet, ensuring that those who have sacrificed for their nation receive the highest standard of care and support.

"Our business is the Fleet, Fighter and Family," he stated. "We owe it to our Sailors and their families to support their quality of service, fulfilling our promise that no Sailor sails alone."

In this year's DoD Warrior Games, the Navy has 28 athletes competing in the annual adaptive-sports competition. The adaptive sports featured in the DoD Warrior Games are a part of the larger DoD Warrior Care programs and highlight the value of service specific efforts, like NWW. Modified equipment and additional classification systems allow each athlete to compete, regardless of their injury or illness. These adaptive sports are critical means of rehabilitation and recovery for service members and veterans who are wounded, ill and injured.

NWW navigates Sailors and Coast Guardsmen to a new normal in the aftermath of a serious wound, illness or injury. It is the Navy's sole organization for coordinating nonmedical care, providing individually tailored assistance designed to optimize their success. Adaptive sports are only one way NWW seeks to improve physical and mental wellness, foster camaraderie and encourage goal-setting.

Gray's engagement highlights the Navy's dedication and drive to increase the quality of service programs, readiness and lethality.

The 2025 DoD Warrior Games is hosted by the U.S. Army Training and Doctrine Command. The Warrior Games was established in 2010 and represents, and is symbolic of, the men and women of the Armed Forces and the support our country has for them and their families. It focuses on celebrating the resiliency, athleticism and camaraderie of wounded, ill and injured service members and veterans.

"We owe it to our Sailors and their families to support their quality of service, fulfilling our promise that no Sailor sails alone."

Vice Adm. Scott Gray
Commander,
Navy Installations Command



Operation MWR Brings Star Power to Norfolk and Jacksonville

The Navy is turning up the volume this October with two unforgettable Operation MWR concerts designed to boost morale and bring world-class entertainment to service members and their families.

On October 16, Naval Station Norfolk will host an incredible evening of music on the fishing pier parking lot with two internationally celebrated performers: Jelly Roll and Gwen Stefani.

Jelly Roll, Nashville's genre-bending star and winner of the 2023 CMA New Artist of the Year Award, has quickly become a household name in country music. Joining him is pop powerhouse Gwen Stefani, who first rose to fame as the lead singer of No Doubt in the 1990s before launching a successful solo career with hits like "Hollaback Girl" and "The Sweet Escape."

Just two days later, on October 18, NAS Jacksonville Flightline will keep the energy going with Jelly Roll headlining alongside special guest Shaboozey, an innovative artist making waves by blending country storytelling with hip-hop and R&B influences. His breakout single "A Bar Song (Tipsy)" has become one of the year's biggest cross-genre hits. Get ready for a high-energy performance featuring chart-topping hits in another can't-miss show.

These free events do not require tickets and are open to all eligible DoD ID cardholders with base access. Guests who have a REAL ID may attend, but must arrive in the same vehicle and remain with their sponsor at all times.

Attendees can look forward to a variety of food trucks and beverage tents.

Remember:

- No professional cameras, video or audio recorders
- Clear bags only, subject to screening
- No alcohol or coolers
- Water must be in plastic bottles
- Chairs and blankets are welcome
- Food and drinks will be available for purchase

Mark your calendars for these great Operation MWR events of music, memories and community you won't want to miss!

JELLY ROLL



WITH SPECIAL GUEST

Gwen Stefani

Navy MWR presents

OPERATION MWR

ONE STAGE - ONE VIBE - ONE HEART

Thursday, October 16

Naval Station Norfolk • Fishing Pier Parking Lot

NavyLifeMA.com/OperationMWR



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JELLY ROLL

WITH SPECIAL
GUEST

Shaboozey



Navy MWR presents

OPERATION MWR

ONE STAGE - ONE VIBE - ONE HEART

Saturday, October 18

Naval Air Station Jacksonville

NavyMWRJacksonville.com/OperationMWR



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DoD Contractors' Employment Expo

Commander, Navy Installations Command (CNIC) is hosting a virtual DoD Contractors' Employment Expo on September 10-11, 2025, at [MyNavyFamily.com](https://www.mynavyfamily.com). All service members, veterans and their families are welcome to attend.

On Wednesday and Thursday, September 10-11, 2025, employers are available live to answer your questions in virtual job booths. Connect personally with hiring officials from:

- | | |
|------------------------------|--------------------|
| ◆ Ameresco | ◆ CWT SatoTravel |
| ◆ Blue Origin | ◆ GDIT |
| ◆ Boeing | ◆ JT4 |
| ◆ CACI | ◆ Maximu |
| ◆ Centurum | ◆ Northrup Grumman |
| ◆ Cisco Systems, Inc. | ◆ Siemens |
| ◆ Client Solution Architects | ◆ Tessera |
| ◆ CTI | ◆ Zeiders |

Do you have a resume created, but think it needs improvement? Or are you nervous about a job interview? Then register for educational webinars on employment basics throughout the week of September 8-12, 2025, or sign up for a virtual coaching session with a career coach.

To view the schedule and register, visit [MyNavyFamily.com](https://www.mynavyfamily.com).



September is Library Card Sign-Up Month

September is the perfect time to celebrate the power of reading by signing up for a library card. A library card opens the door to endless opportunities, books, e-books, audiobooks, movies and programs for all ages.

But libraries are more than just a place for stories, they are a gateway to better health and well-being. Studies show that regular reading can reduce stress, improve sleep, strengthen memory and even increase empathy. Just 30 minutes of reading a day can lower blood pressure and heart rate, offering the same relaxation benefits as meditation.

With a library card in hand, you have free access to resources that can improve your mind and body. This September, invest in your health! Sign up for a library card and make reading part of your daily routine.

Visit your local community library, base library or register online for a [DoD MWR library card](#).



Navy & Nation 250 Events Schedule

September 2025

★	Sept. 3-5 – El Paso, Texas - MCPON Executive Engagement Visit
★	Sept. 5-7 – Estes Park, Colo. - Estes Park International Tattoo
★	Sept. 6-7 – Portsmouth, N.H. - Blue Angels: Thunder Over New Hampshire Air Show
★	Sept. 9-11 – Buffalo, N.Y. - Executive Engagement Visit (EEV): Rear Adm. Robert Wirth Omaha, Neb. - Executive Engagement Visit (EEV): Rear Adm. Robert Nowakowski
★	Sept. 11-14 – Plattsburgh, N.Y. - 27th Annual Battle of Plattsburgh Ceremony
★	Sept. 12 – Eastport, Maine - School Event
★	Sept. 13 – Eastport, Maine - Public Concert
★	Sept. 14 – Minneapolis, Minn. - Minnesota Twins - Armed Forces Appreciation Day
★	Sept. 15-17 – Tampa, Fla. - MCPON Executive Engagement Visit

★	Sept. 15-21 – Wichita Falls, Texas - Wichita Falls Navy Week
★	Sept. 18-19 – Annapolis, Md. - McMullen Naval History Symposium
★	Sept. 19 – District of Columbia - POW/MIA Recognition Day Wreath Ceremony
★	Sept. 19-21 – Virginia Beach, Va. - 2025 Naval Air Station Oceana Air Show
★	Sept. 20-21 – Virginia Beach, Va. - Blue Angels: 2025 Naval Air Station Oceana Air Show
★	Gettysburg, Pa – Eisenhower National Historic Site WWII weekend
★	Sept. 22-28 – Hartford, Conn.; Springfield, Mass. - Hartford/Springfield Navy Week
★	Sept. 25 – Annapolis, Md. - Public Performance at Radford Terrace
★	Sept. 28-29 – Miramar, Calif. - Blue Angels: Marine Corps Air Station Miramar Air Show



Help celebrate our Navy's 250th Birthday!

Get Involved.

- ★ Volunteer and participate
- ★ Attend events nationwide

Learn more about the Navy

- ★ Visit a Navy Museum
- ★ Learn about Navy history

Show your Navy pride!

- ★ Wear your Navy gear
- ★ Decorate your home

Post on
social media

#AmericasNavy250

CNIC
★ FLEET ★ FIGHTER ★ FAMILY



Dive Into Navy Life with These Essential Trainings for Navy Families

NEW WEBINARS LAUNCHING!

Joining the Navy family as a spouse or loved one can be exciting and overwhelming. From learning military acronyms to navigating the unique lifestyle that comes with serving, it is natural to have questions — and maybe even feel a little lost at sea. That is where Fleet and Family Support Programs (FFSP) come in.

To help you build confidence, resilience and a solid understanding of the Navy way of life, FFSP is offering a new webinar series for new and experienced Navy Sailors and their families. Whether you are still learning what DEERS stands for (Defense Enrollment Eligibility Reporting System) or looking for ways to support your Sailor through deployment, these trainings offer practical tools and guidance to help you thrive. Enroll at: MyNavyFamily.com today!

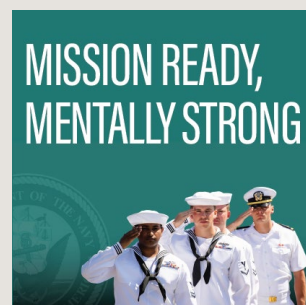


Mission Ready/Mentally Strong

Tuesday, September 16: 9:00 am EDT/6:00 am PDT

Tuesday, September 23: 5:30 pm EDT/2:30 am PDT

Are you always on the go? Let's talk about stress. Navy life can be intense – for Sailors and their families. When the pace never slows down, it's easy to feel overwhelmed. That's why we're here to help you figure it out. Join us to learn how to spot common stressors (on and off duty), discover real-time stress hacks, and build everyday habits that boost your resilience for the long run. (60 minutes)



Swipe Smart

Wednesday, September 3: 7:00 pm EDT/4:00 pm PDT

Tuesday, September 23: 10:00 pm EDT/7:00 pm PDT

Tuesday, September 30: 8:00 am EDT/5:00 am PDT

Gambling apps are everywhere and are designed to hook you. Join our webinar to cut through the hype and understand the real risks. We'll break down how gambling apps drive spending and share tips to protect your finances and well-being. (60 minutes)

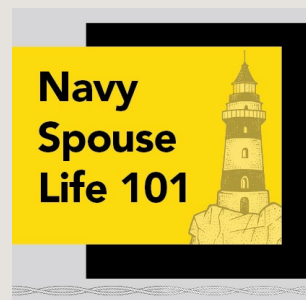


Navy Spouse Life 101

Wednesday, September 10: 7:00 am EDT/ 4:00 am PDT

Wednesday, September 17: 6:00 pm EDT/3:00 pm PDT

Is DEERS another term for Bambi's parents? Are there multiple pages to a Page 2? Is a seabag beach gear? If military lingo has you scratching your head, this webinar is for you. Designed for new Navy spouses, you'll learn about ranks, traditions, benefits, deployments, and building community. Walk away confident at military events, ready to support your Sailor, and equipped to thrive in Navy life. (60 minutes)



Family Operations Security Made Easy

Thurs. Aug. 13: 10:00 am EDT/7:00 am PDT

Tues. Aug. 19: 3:00 pm EDT/12:00 pm PDT

Could loose lips sink a ship? Not directly—but when bits of info add up, they can pose real risks. This webinar breaks down Operations Security (OPSEC) and teaches you the six steps to help protect your Sailor, your family, and mission safety in everyday life. (60 minutes)



Kings Bay MWR, EFMP Offer Sensory Friendly Summer Activities for EFMP Families

Naval Submarine Base Kings Bay Morale, Welfare and Recreation and the Fleet and Family Support Center (FFSC) Exceptional Family Member Program (EFMP) case liaisons teamed up to provide special activities specifically for EFMP families. These events focused

on creating sensory-friendly experiences that promoted fun, relaxation and community connection. Activities included sensory playtimes, sensory-friendly movie showings and pool hours.

Sensory-friendly Thursdays provided a calm and supportive environment with a variety of low stimulation play and sensory learning activities tailored to individual needs. Families also enjoyed early access swim hours at the pool complex on selected dates, giving participants the chance to swim in a less crowded and quieter setting.

These partnerships highlight the commitment to support all military families by offering activities that foster wellness and fun.

For more information on your FFSC's Exceptional Family Member Program, visit [the Fleet and Family Support Center](#).





COMMANDER, NAVY INSTALLATIONS COMMAND

An Important Message on Window Safety and Fall Prevention

Window safety is a critical concern for our families, one that can sometimes be overlooked. Every year, far too many children are injured or tragically die from preventable window falls. The numbers are staggering. On average 3,300 children are injured and eight die each year in the U.S. from window falls. Children aged five and under are most vulnerable, with falls most common during spring and summer when windows are frequently open. I'm asking for your help in addressing this issue. Our collective attention and focus are needed to prevent future tragedies.

Recently, our community has been deeply affected by several heartbreaking events: two injuries and three deaths of military children resulting from falls from second-story windows. These incidents serve as a stark reminder of the potential dangers our children face, even in familiar environments. We can take for granted the threats present in our homes, such as stairs, under-sink chemicals, bathtubs, and windows. In light of these recent events, we are initiating an intensified awareness and prevention campaign to better protect our children.


The natural curiosity of children and their eagerness to explore can sometimes place them in unexpected danger when left unattended, even briefly. It's often in unassuming ordinary moments that accidents can occur, highlighting the importance of heightened awareness and proactive safety measures.

Here are a few things to keep in mind about windows in your home:

- **Safety starts at home.** Teach children about window safety, ensure window fall prevention devices are installed correctly and always engaged, and familiarize yourself with available resources. It truly takes an all-hands effort to prevent accidents. Window safety locks are inexpensive and easy to install in your own home, are often required of landlords, and can be requested during lease negotiations.
- **Windows are not playgrounds.** Teach children that windows are not safe to play near or lean against. Explain the potential danger in a way they understand. "Windows are for looking, not touching."
- **Check twice and watch always.** Make a habit of quickly checking windows during your daily routine — when you open or close the curtains, before you turn the lights off, etc. Most importantly, keep furniture and toys away from windows, especially on upper floors, to prevent children from climbing.
- **Protect what matters.** Window safety devices only work when they're properly installed and engaged. Just as seatbelts have been shown to help save lives in car accidents, properly functioning and engaged window safety devices can also help save lives. If you find that any device is missing or broken in your military housing, contact Navy Housing immediately. It's a simple step that can prevent a tragedy. If you do not live in Navy Housing, reach out to your landlord directly or purchase and install window safety devices in your own home. It's a simple step that can prevent a tragedy.
- **Screens are for bugs.** Remember that typical window screens are designed to keep insects out, not to prevent falls. Teach children not to push on or lean against screens.
- **Designate safe play areas.** Build play areas away from windows. Never leave open windows unsupervised, especially when young children are present.

It is truly the honor of my life to be part of our Navy team and a community where Sailors help Sailors. Every child's wellbeing matters, and every step we take to protect our Navy family matters. Every one of our children is a precious gift. Let's redouble our efforts to protect them!

Thank you for all you do to keep our Navy families safe, supported, and strong.


C. S. GRAY
Vice Admiral, U.S. Navy
Commander, Navy Installations Command

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

The Road to Remote Success	9/3/2025	1:00 PM EDT	10:00 AM PDT
AI Resume Building - A Paradigm Shift	9/4/2025	9:00 AM EDT	6:00 AM PDT
Leveraging AI For Your 2025 Job Search	9/5/2025	9:00 AM EDT	6:00 AM PDT
USAJOBS 2025	9/12/2025	9:00 AM EDT	6:00 AM PDT
PAIN FREE - Resume Writing	9/16/2025	2:00 PM EDT	11:00 AM PDT
Acing the Interview!	9/17/2025	3:00 PM EDT	12:00 PM PDT
The ART of the Interview	9/18/2025	10:00 AM EDT	7:00 AM PDT
Stoicism Principles and Stress Management	9/19/2025	9:00 AM EDT	6:00 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
- Remote Ready: A Spouse's Roadmap to a Virtual Career!
- Understanding USAJobs

EXCEPTIONAL FAMILY MEMBER (EFMP)



The Road Ahead-Special Needs Planning Considerations	9/18/2025	11:30 AM EDT	8:30 AM PDT
Burnout: Self-Care and Resiliency for the EFMP Family	9/24/2025	1:00 PM EDT	10:00 AM PDT

FAMILY EMERGENCY PREPAREDNESS AND RESPONSE

Emergency Preparedness: Your Peace of Mind	9/8/2025	2:00 PM EDT	11:00 AM PDT
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MENTAL WELL-BEING



Suicide Prevention	9/4/2025	10:00 AM EDT	7:00 AM PDT
	9/18/2025	12:00 PM EDT	9:00 AM PDT
Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	9/15/2025	1:30 PM EDT	10:30 AM PDT
Healing Through Parenting	9/22/2025	1:00 PM EDT	10:00 AM PDT

PARENTING

Mental Health Begins at Birth	9/9/2025	12:00 PM EDT	9:00 AM PDT
New Spouse Orientation	9/9/2025	12:00 PM EDT	9:00 AM PDT
Effects of Divorce on Children	9/9/2025	11:00 AM EDT	8:00 AM PDT
What About the Kids	9/18/2025	1:00 PM EDT	10:00 AM PDT
Parenting and Sexual Development (SHAPE Module 1)	9/18/2025	7:30 PM EDT	4:30 PM PDT

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

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

DEPLOYMENT SUPPORT



IA Deployment 101	9/9/2025	4:00 PM EDT	1:00 PM PDT
Looking for Deployment topics? Click Deployment for the following training topics.			
• Deployment Sleep Strategies			
• Equipping Your Kids During Deployment			

- Ready, Set Deploy: Pre-Deployment Planning
- Single Sailor Deployment Tools
- The Service Member's Guide to Family Care Plans



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."

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

PERSONAL GROWTH



Understanding Anger	9/9/2025	10:00 AM EDT	7:00 AM PDT
Personal Communication	9/11/2025	11:00 AM EDT	8:00 AM PDT
Stress Management	9/16/2025	10:00 AM EDT	7:00 AM PDT
Building Healthy Relationships	9/24/2025	11:00 AM EDT	8:00 AM PDT

PERSONAL FINANCIAL MANAGEMENT

Virtual Million Dollar Sailor Day 1	9/3/2025	8:00 AM EDT	5:00 AM PDT
Virtual Million Dollar Sailor Day 2	9/4/2025	8:00 AM EDT	5:00 AM PDT
Financial Preparation for Disasters	9/4/2025	1:00 PM EDT	10:00 AM PDT
Love Paying Credit Cards? NOT!!!!	9/17/2025	10:00 AM EDT	7:00 AM PDT
Baby Breaks the Bank!	9/17/2025	1:00 PM EDT	10:00 AM PDT
Money Munchkins: Raising Money-Savvy Kids	9/24/2025	1:00 PM EDT	10:00 AM PDT
Now I'm the Landlord	9/24/2025	1:00 PM EDT	10:00 AM PDT
Birth of a Child and Adoption Financial Workshop	9/25/2025	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
- TSP Essentials for Navy Life: Grow Your Savings, Secure Your Future

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 September for your convenience!

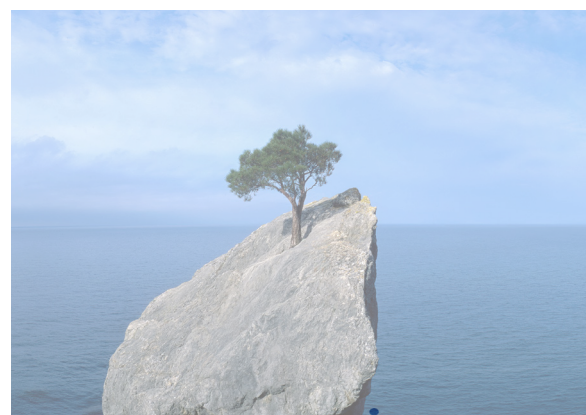
A Smooth PCS? It CAN Happen!	9/10/2025	12:00 PM EDT	9:00 AM PDT
Smooth Move	9/15/2025	12:00 PM EDT	9:00 AM PDT
Moving with Exceptional Family Member	9/16/2025	12:00 PM EDT	9:00 AM PDT

RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 5: Problem Solving	9/2/2025	1:00 PM EDT	10:00 AM PDT
Module 6: Connection	9/9/2025	1:00 PM EDT	10:00 AM PDT
Module 1: Stress Resilience	9/16/2025	1:00 PM EDT	10:00 AM PDT
Module 2: Mindfulness and Meditation	9/23/2025	1:00 PM EDT	10:00 AM PDT
Module 3: Living Core Values	9/30/2025	1:00 PM EDT	10:00 AM PDT
Assess the Climate Masterclass (DEOCS/ CRT Prep/ Wrap Up)	9/3/2025	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.



VIRTUAL WORK and FAMILY LIFE PROGRAM

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