

# Your FFSC LMS Webinar Schedule

November 2024

## How to register:

**Step #1:** Make a free account at [MyNavyFamily.com](https://www.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! category

**Step #2:** Choose a 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	1 Nov	9:00 AM ET	Using Artificial Intelligence (AI) to Build Resumes
Mon	4 Nov	9:00 AM ET	Understanding USAJobs
Tues	5 Nov	9:00 AM ET	Understanding USAJobs
Wed	6 Nov	9:00 PM ET	Power Up Your Resume for Remote Jobs
		1:00 PM ET	Roadmap to Your Suitcase Career
		9:00 AM ET	Becoming Federal Resume Savvy
Thurs	7 Nov	9:00 AM ET	Becoming Federal Resume Savvy
Fri	8 Nov	9:00 PM ET	USAJOBS 2024
Fri	15 Nov	9:00 AM ET	Stoicism and Stress Management
Wed	20 Nov	9:00 AM ET	Becoming Federal Resume Savvy
		12:00 PM ET	Understanding USAJobs
Thurs	21 Nov	7:00 PM ET	Understanding USAJobs
		10:00 AM ET	Becoming Federal Resume Savvy



Mon	4 Nov	10:00 AM ET	The Federal Employees Dental and Vision Insurance Program (FEDVIP) and BENEFEDS
		1:00 PM ET	Navy Household Goods (HHG) Retiree/Separatee Final Move Brief
		3:00 PM ET	Thrift Savings Plan (TSP) Distributions
Tues	5 Nov	10:00 AM ET	Survivor Benefit Plan (SBP) for Retirees
		1:00 PM ET	Defense Finance Accounting Service (DFAS) - Retiree and Surviving Spouse Pay Support Brief
Wed	6 Nov	10:00 AM ET	TRICARE (Transition from Active Duty to Retirement)
		3:00 PM ET	Using TRICARE and Medicare
Thurs	7 Nov	9:00 AM ET	Recruit Military Employment Brief
		2:00 AM ET	Connecting Our Military Community to the 757's Fastest Growing Industries
		11:00 PM ET	Social Security Administration (Social Security: With You Through Life's Journey...Social Security Retirement 101)

## PARENTING

Tues	5 Nov	7:00 PM ET	Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)
Wed	6 Nov	6:00 PM ET	Proactive Parenting Strategies for Healthy Sexual Development
Tues	12 Nov	7:00 PM ET	Parenting to Prevent PSB: Ages 5-9 (SHAPE Module 3)
Wed	13 Nov	11:30 AM ET	The Basics of Special Education and IEPs
Fri	15 Nov	12:00 PM ET	Tear Free Dinner
Mon	18 Nov	3:00 PM ET	Parenting and Sexual Development (SHAPE Module 1)
Tues	19 Nov	7:00 PM ET	Parenting to Prevent PSB: Preteens (SHAPE Module 4)
Thurs	21 Nov	1:00 PM ET	What About the Kids
		2:00 PM ET	Self Care: Parent Edition
Tues	26 Nov	7:00 PM ET	Parenting to Prevent PSB: Teens (SHAPE Module 5)

## MENTAL WELL BEING

Wed	6 Nov	2:00 PM ET	Intimate Partner Violence (IPV) Identification and Reporting
Thurs	14 Nov	9:00 AM ET 10:00 AM ET	Autopsy of a Deceased Relationship Preventing and Responding to Intimate Partner Violence
Fri	15 Nov	11:00 PM ET	Adapt & Overcome: Building a Resilient Lifestyle
Tues	19 Nov	10:00 AM ET	Teen Dating Violence Prevention

## PERSONAL FINANCIAL MANAGEMENT

Mon	4 Nov	12:00 PM ET	The Scholarship Survivor: Going to College on the Cheap
Tues	5 Nov	12:00 PM ET 1:00 PM ET	Command Financial Specialist Continuing Education Caring for Aging Parents
Wed	6 Nov	12:30 PM ET	Financial Survival Guide: Mastering Holiday Expenses
Thurs	7 Nov	10:00 AM ET 1:00 PM ET	Turkey Tips to Financial Freedom Credit...What's the Big Deal?
Tues	19 Nov	3:00 PM ET	Quarterly CFS Forum
Wed	20 Nov	10:00 AM ET 12:00 PM ET	Virtual CFS Refresher Coins to Credit: Raising Money-Savvy Kids

## PERSONAL GROWTH

Wed	6 Nov	10:00 AM ET	Understanding Anger
Wed	13 Nov	2:00 PM ET	Anger Management
Thurs	14 Nov	12:00 PM ET	Motivating by Appreciation
Fri	15 Nov	2:00 PM ET	Building Bridges: Nurturing Healthy Relationships

## RESILIENCE

Tues	19 Nov	10:00 AM ET	Stress Management
Wed	20 Nov	2:00 PM ET	Stress Management

## RELOCATION

Mon	4 Nov	9:00 PM ET	Stepping Up Support: Sponsorship Training
Tues	5 Nov	9:00 AM ET	Stepping Up Support: Sponsorship Training
Wed	6 Nov	9:00 PM ET	Planning the Perfect PCS
Thurs	7 Nov	9:00 AM ET	Planning the Perfect PCS
Wed	13 Nov	12:00 PM ET	Sponsorship
Mon	18 Nov	10:00 AM ET 9:00 PM ET	Calming Cultural Shock The PCS Process
Tues	19 Nov	10:00 AM ET 9:00 PM ET	The PCS Process Calming Cultural Shock
Thurs	21 Nov	1:00 PM ET	Smooth Move

## FAMILY EMERGENCY PREPAREDNESS AND RESPONSE

Thurs	7 Nov	10:00 AM ET	EFAC – Emergency Family Assistance Center
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## DEPLOYMENT

Tues	26 Nov	1:00 PM ET	Reach Out and Touch-The Holiday Version
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## 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

Fri 6 Dec 12:00 PM ET

### Module 2: Mindfulness and Meditation

Tues 5 Nov 11:00 AM ET

Fri 13 Dec 12:00 PM ET

### Module 3: Living Core Values

Tues 12 Nov 11:00 AM ET

### Module 4: Flexibility

Tues 19 Nov 11:00 AM ET

### Module 5: Problem Solving

Thurs 7 Nov 8:00 PM ET

Tues 26 Nov 11:00 AM ET

### Module 6: Connection

Thurs 14 Nov 8:00 PM ET

Tues 3 Dec 11:30 AM ET