

Your FFSC LMS Webinar Schedule

July 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: Click on “Live Webinars” at the top of the page to view the full list of offerings.

Step #3: Click on the title of a session to view the information and description.

Step #4: Click on “Register Now” to register for the course.

You will get reminder emails with your personal link.

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.



On the move?

It's PCS season, and these webinars could enhance your move or that of a fellow service member.



Relocation

Wed 10 Jul 2:00 PM ET Sponsorship Training

This training teaches Navy personnel to serve as sponsors. Topics include ways to be an effective sponsor, duties and responsibilities, military and community sources of help, and FFSC relocation assistance.

Thurs 11 Jul 2:00 PM ET Smooth Move

On the road again! Join us to learn tips to better assist those on a PCS/EAO move. Topics include smooth move, moving process overview, techniques for coping, managing the move, moving with children and resources available throughout the relocation process.

Looking for parenting topics?

Tues	9 Jul	12:00 PM ET	Your Terrific Toddler
Thurs	11 Jul	1:00 PM ET	Tear Free Dinner
Tues	16 Jul	11:00 AM ET	Parenting and Sexual Development (SHAPE Module 1)
Thurs	18 Jul	1:00 PM ET	What About the Kids?
		7:00 PM ET	College Bound: Survivor Secrets

Money matters!

Mon	8 Jul	12:00 PM ET	The Ins and Outs of Continuation Pay
Tues	23 Jul	11:00 AM ET	Christmas in July: Saving Money for the Holidays
Wed	24 Jul	12:00 PM ET	Credit Code: Decoding Financial Success
Thurs	25 Jul	2:00 PM ET	Couples Communication: Communicating About Finances

Navigating Mental Health in Today's World

Tues	9 Jul	10:00 AM ET	Understanding Anger
		2:00 PM ET	Anger Management
Wed	10 Jul	2:30 PM ET	Coparenting: Working with Domestic Violence Families
Tues	16 Jul	2:00 PM ET	Pets are Family Too: Linking Animal Abuse and Domestic Abuse
Wed	17 Jul	10:00 AM ET	Temper Taming: The Healthy Way of Dealing with Anger
Mon	22 Jul	1:00 PM ET	Preventing and Responding to Intimate Partner Violence
Mon	29 Jul	2:30 PM ET	Teen Dating Violence Prevention

Could you use helpful tips for your job search?

Fri	5 Jul	9:00 AM ET	USAJobs 2024
Wed	10 Jul	12:00 PM ET	Acing the Interview
		1:00 PM ET	Effective Resume Writing
Thurs	11 Jul	11:00 AM ET	Hire Expectations
Wed	17 Jul	12:00 PM ET	Improve Your Professional Presence: Job Search Strategies
		2:00 PM ET	Resume Writing Simplified
Mon	22 Jul	2:00 PM ET	Roadmap Your Suitcase Career
Wed	24 Jul	10:00 AM ET	Innovative Interviewing

For EFMP Families

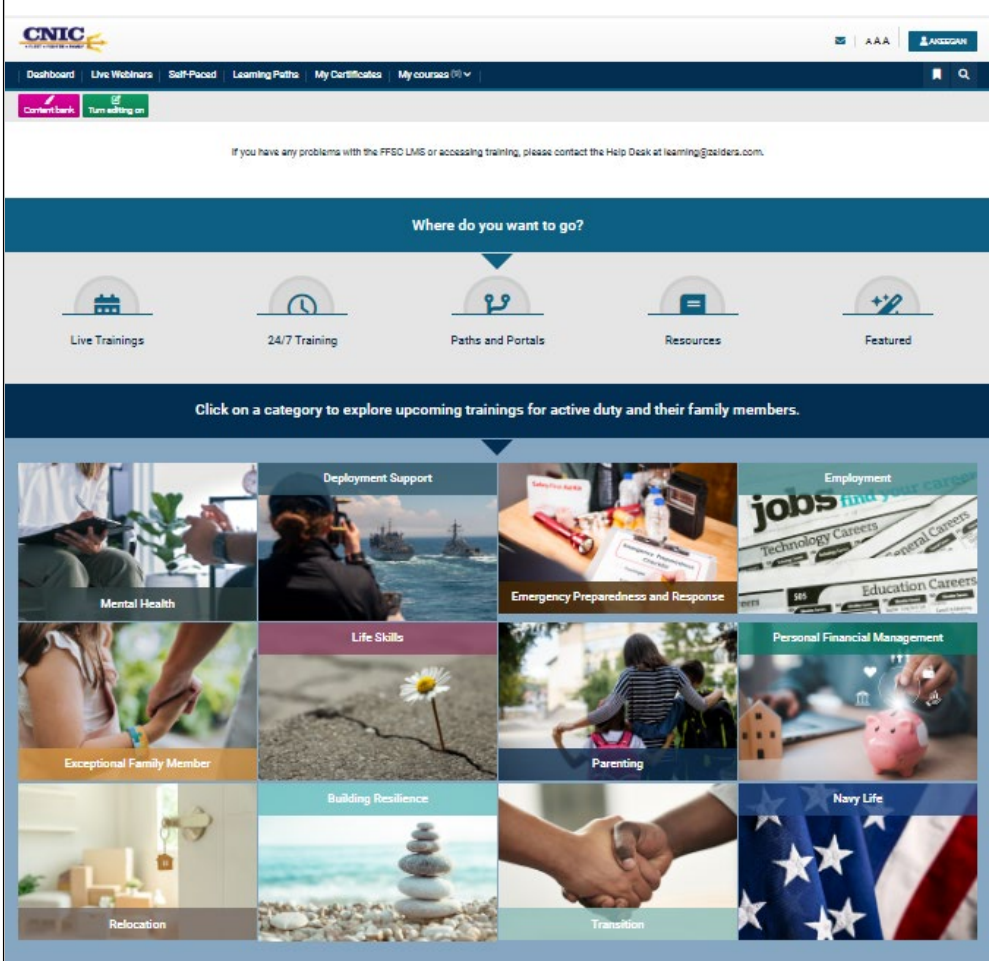
Thurs	18 Jul	11:30 AM ET	The Road Ahead: Special Needs Future Planning
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Life Skills for Your Family

Thurs	18 Jul	12:00 PM ET	Motivating by Appreciation
Tues	23 Jul	1:00 PM ET	Organize Your Life

When was the last time you visited the LMS?

Well, take a look at this, then log into the LMS and tour the new interface! You are sure to love the new user-friendly navigation. Jump to the Live Webinars tab (or the new Live Trainings icon) and discover that you can now read complete webinar titles on the calendar and expand the days to show all webinars offered on a given day.



Stress Management and Resilience

**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

Tues 6 Aug 1:00 PM ET

Module 2: Mindfulness and Meditation

Tues 2 Jul 10:00 AM ET

Tues 13 Aug 1:00 PM ET

Module 3: Living Core Values

Tues 9 Jul 10:00 AM ET

Tues 20 Aug 1:00 PM ET

Module 4: Flexibility

Tues 16 Jul 10:00 AM ET

Tues 27 Aug 1:00 PM ET

Module 5: Problem Solving

Tues 23 Jul 10:00 AM ET

Fri 21 Jun 12:00 PM ET

Module 6: Connection

Tues 30 Jul 10:00 AM ET

Stress Management

Wed 10 Jul 2:00 PM ET

Tuesday 16 Jul 10:00 AM ET