

YOUR *Virtual* FFSC WEBINAR SCHEDULE

AUGUST 2025

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.

DEPLOYMENT SUPPORT

Looking for deployment training? Click Deployment on the LMS for the following trainings.

- 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



EMPLOYMENT

Power Up Your Resume for Remote Jobs	8/13/25	1:00 PM EDT	10:00 AM PDT
First Impressions Matter, Make Yours Count: Civilian Resume Writing	8/13/25	3:00 PM EDT	12:00 PM 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

PERSONAL GROWTH



Understanding Anger	8/5/25	10:00 AM EDT	7:00 AM PDT
Healthy Relationships	8/12/25	2:00 PM EDT	11:00 AM PDT
Leadership Development	8/19/25	11:00 AM EDT	8:00 AM PDT
Stress Management	8/19/25	10:00 AM EDT	7:00 AM PDT
Conflict Management	8/27/25	2:00 PM EDT	11:00 AM PDT
Building Bridges - Nurturing Healthy Relationships	8/27/25	11:00 AM EDT	8:00 AM PDT

MENTAL WELL-BEING

Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	8/14/25	2:30 PM EDT	11:30 AM PDT
Healing Through Parenting	8/21/25	1:00 PM EDT	10:00 AM PDT

PARENTING



Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)	8/7/25	9:00 AM EDT	6:00 AM PDT
Parenting to Prevent PSB: Ages 5-9 (SHAPE Module 3)	8/14/25	9:00 AM EDT	6:00 AM EDT
Parenting to Prevent PSB: Preteens (SHAPE Module 4)	8/21/25	9:00 AM EDT	6:00 AM PDT
What About the Kids?	8/21/25	1:00 PM EDT	10:00 AM PDT
Parenting to Prevent PSB: Teens (SHAPE Module 5)	8/28/25	9:00 AM EDT	6:00 AM PDT

Join us for these webinars offered throughout June:

- Helping Kids Thrive Through Change
- Nine Steps to Positive Parenting
- Spotting the Signs of Youth Suicide



- 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

Maximizing Your Credit Card Rewards	8/1/25	10:00 AM EDT	7:00 AM PDT
Baby Breaks the Bank	8/8/25	2:00 PM EDT	11:00 AM PDT
Navy Retirement...Is it Enough?	8/21/25	1:00 PM EDT	10:00 AM PDT
Military Marriage 101: Building Stronger Bonds & Financial Security	8/27/25	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
- TSP Essentials for Navy Life: Grow Your Savings, Secure Your Future



RELOCATION

Smooth Move - Overseas	8/5/25	1:00 PM EDT	10:00 AM PDT
Smooth Move	8/7/25	3:00 PM EDT	12:00 PM PDT
Sponsorship - From the Sailor to the Family	8/12/25	12:30 PM EDT	9:30 AM PDT
Sponsor Training	8/14/25	3:00 PM EDT	12:00 PM PDT

Click Relocation for webinars on:

- Calming Cultural Shock
- Planning the Perfect PCS
- Stepping up Support: Sponsorship Training and the PCS Process - all offered several times throughout August for your convenience!

TRANSITION

Transition Assistance Program (TAP) for Leaders	8/28/25	3:00 PM EDT	12:00 PM PDT
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RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 1: Stress Resilience	8/5/25	1:00 PM EDT	10:00 AM PDT
Module 2: Mindfulness and Meditation	8/12/25	1:00 PM EDT	10:00 AM PDT
Module 3: Living Core Values	8/19/25	1:00 PM EDT	10:00 AM PDT
Module 4: Flexibility	8/26/25	1:00 PM EDT	10:00 AM PDT



Want to learn more about resilience? Join us for Bounce Back Better. See the LMS for times in your time zone.

