

YOUR ^{Virtual} FFSC WEBINAR SCHEDULE

February 2025

	Date	Eastern	Pacific	ITALY	BAHRAIN	Date	JAPAN	GUAM
DEPLOYMENT SUPPORT								
Deployment Sleep Strategies	3 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	3 Feb	11:00 PM	12:00 AM
	7 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	8 Feb	8:00 AM	9:00 AM
	14 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	15 Feb	8:00 AM	9:00 AM
	21 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	21 Feb	5:00 PM	6:00 PM
Equipping Your Kids During Deployment	6 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	6 Feb	5:00 PM	6:00 PM
	12 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	13 Feb	2:00 AM	3:00 AM
	26 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	27 Feb	11:00 AM	12:00 PM
	20 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	20 Feb	5:00 PM	6:00 PM
Ready, Set, Deploy: Pre-Deployment Planning	7 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	7 Feb	11:00 PM	12:00 AM
	13 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	13 Feb	5:00 PM	6:00 PM
	20 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	21 Feb	2:00 AM	3:00 AM
	27 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	28 Feb	2:00 AM	3:00 AM
	28 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	28 Feb	5:00 PM	6:00 PM
Single Sailor Deployment Tools	4 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	4 Feb	11:00 PM	12:00 AM
	10 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	10 Feb	11:00 PM	12:00 AM
	18 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	18 Feb	11:00 PM	12:00 AM
	24 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	25 Feb	8:00 AM	9:00 AM
The Service Member's Guide to Family Care Plans	5 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	6 Feb	2:00 AM	3:00 AM
	11 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	12 Feb	11:00 AM	12:00 PM
	19 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	20 Feb	11:00 AM	12:00 PM
	25 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	25 Feb	11:00 PM	12:00 AM
EMPLOYMENT								
Acing the Interview!	19 Feb	11:00 AM	8:00 AM	5:00 PM	7:00 PM	20 Feb	1:00 AM	2:00 AM
Becoming Federal Resume Savvy	3 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	4 Feb	2:00 AM	3:00 AM
	11 Feb	11:00 AM	8:00 AM	5:00 PM	7:00 PM	12 Feb	1:00 AM	2:00 AM
	19 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	20 Feb	8:00 AM	9:00 AM
	26 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	26 Feb	5:00 PM	6:00 PM
Innovative Interviewing	18 Feb	10:00 AM	7:00 AM	4:00 PM	6:00 PM	19 Feb	12:00 AM	1:00 AM
Job Search Hacks	4 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	4 Feb	5:00 PM	6:00 PM
	12 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	13 Feb	8:00 AM	9:00 AM
	20 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	21 Feb	8:00 AM	9:00 AM
	21 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	22 Feb	2:00 AM	3:00 AM
	27 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	28 Feb	8:00 AM	9:00 AM
Mastering the Modern Resume	5 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	6 Feb	8:00 AM	9:00 AM
	13 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	13 Feb	11:00 PM	12:00 AM
	21 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	21 Feb	11:00 PM	12:00 AM
	28 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	28 Feb	11:00 PM	12:00 AM
Mastering Virtual Interviews	6 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	6 Feb	11:00 PM	12:00 AM
	13 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	14 Feb	8:00 AM	9:00 AM
	24 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	25 Feb	11:00 AM	12:00 PM
PAIN FREE!... Resume Writing Simplified	11 Feb	3:00 PM	12:00 PM	9:00 PM	11:00 PM	12 Feb	5:00 AM	6:00 AM



Expanding Access Across the Globe

	Date	Eastern	Pacific	ITALY	BAHRAIN	Date	JAPAN	GUAM
Remote Ready: Your Roadmap to a Virtual Career!	7 Feb	3:00 PM	12:00 PM	9:00 PM	11:00 PM	8 Feb	5:00 AM	6:00 AM
	13 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	14 Feb	2:00 AM	3:00 AM
	14 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	15 Feb	8:00 AM	9:00 AM
	25 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	26 Feb	2:00 AM	3:00 AM
Understanding USAJOBS	10 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	11 Feb	2:00 AM	3:00 AM
	18 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	19 Feb	2:00 AM	3:00 AM
	25 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	26 Feb	11:00 AM	12:00 PM
EXCEPTIONAL FAMILY MEMBER (EFMP)								
A Smooth Transition: Supporting Exceptional Family Members	12 Feb	11:00 AM	8:00 AM	5:00 PM	7:00 PM	13 Feb	1:00 AM	2:00 AM
Getting Underway on Your Special Education Journey	19 Feb	11:00 AM	8:00 AM	5:00 PM	7:00 PM	20 Feb	1:00 AM	2:00 AM
FAMILY EMERGENCY PREPARATION AND RESPONSE								
Resolve to Be Ready: Evacuation Planning	6 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	7 Feb	2:00 AM	3:00 AM
	12 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	13 Feb	11:00 AM	12:00 PM
	19 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	19 Feb	11:00 PM	12:00 AM
	25 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	26 Feb	8:00 AM	9:00 AM
MENTAL WELL-BEING								
Pets are Family Too: Linking Animal Abuse and Domestic Abuse	27 Feb	1:00 PM	10:00 AM	7:00 PM	9:00 PM	28 Feb	3:00 AM	4:00 AM
NAVY LIFE								
Honoring 250 Years of Naval Heritage	10 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	11 Feb	8:00 AM	9:00 AM
	11 Feb	1:00 PM	10:00 AM	7:00 PM	9:00 PM	12 Feb	3:00 AM	4:00 AM
	12 Feb	6:00 AM	3:00 AM	12:00 PM	2:00 PM	12 Feb	8:00 PM	9:00 PM
PERSONAL FINANCIAL MANAGEMENT								
Booties & Budgets: Welcoming Your First Child and Baby-proofing Your Finances	7 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	8 Feb	2:00 AM	3:00 AM
Command Your Credit	11 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	12 Feb	8:00 AM	9:00 AM
	19 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	20 Feb	8:00 AM	9:00 AM
FAFSA and Beyond! Financial Planning and Saving for College	27 Feb	1:00 PM	10:00 AM	7:00 PM	9:00 PM	28 Feb	3:00 AM	4:00 AM
Financial Readiness Before Deployment: Securing Your Future	6 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	7 Feb	11:00 AM	12:00 PM
Making the Most of your Overseas Pay	10 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	10 Feb	5:00 PM	6:00 PM
	26 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	27 Feb	2:00 AM	3:00 AM
Making your Money work for you	11 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	12 Feb	2:00 AM	3:00 AM
	11 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	12 Feb	2:00 AM	3:00 AM
	25 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	25 Feb	5:00 PM	6:00 PM
Military Retirement Planning: Know the Facts	12 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	12 Feb	11:00 PM	12:00 AM
	21 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	22 Feb	8:00 AM	9:00 AM
Military Retirement... Is It Enough?	20 Feb	1:00 PM	10:00 AM	7:00 PM	9:00 PM	21 Feb	3:00 AM	4:00 AM
Money, Money...You're Ruining My Honey	7 Feb	1:00 PM	10:00 AM	7:00 PM	9:00 PM	8 Feb	3:00 AM	4:00 AM
Planning your Financial Future	13 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	14 Feb	11:00 AM	12:00 PM
	20 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	20 Feb	11:00 PM	12:00 AM
Quarterly CFS Forum	25 Feb	10:00 AM	7:00 AM	4:00 PM	6:00 PM	26 Feb	12:00 AM	1:00 AM
Servicemembers Civil Relief Act Q&A	5 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	5 Feb	5:00 PM	6:00 PM
Stretching Budgets and Maximizing Nutrition	4 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	5 Feb	8:00 AM	9:00 AM
Tax Prep for Servicemembers	26 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	27 Feb	2:00 AM	3:00 AM

	Date	Eastern	Pacific	ITALY	BAHRAIN	Date	JAPAN	GUAM
Tax Preparation and Tax Planning Basics	6 Feb	1:00 PM	10:00 AM	7:00 PM	9:00 PM	7 Feb	3:00 AM	4:00 AM
TSP Essentials for Navy Life: Grow Your Savings, Secure Your Future	14 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	15 Feb	2:00 AM	3:00 AM
	18 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	18 Feb	5:00 PM	6:00 PM
PARENTING								
How to Protect the next Generation in the Digital Age	21 Feb	2:30 PM	11:30 AM	8:30 PM	10:30 PM	22 Feb	4:30 AM	5:30 AM
Parenting to Prevent PSB: Preteens (SHAPE Module 4)	5 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	6 Feb	2:00 AM	3:00 AM
Parenting to Prevent PSB: Teens (SHAPE Module 5)	12 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	13 Feb	2:00 AM	3:00 AM
Self-Care: Parent Edition	25 Feb	2:00 PM	11:00 AM	8:00 PM	10:00 PM	26 Feb	4:00 AM	5:00 AM
Spotting the Signs of Youth Suicide	4 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	4 Feb	11:00 PM	12:00 AM
	10 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	11 Feb	8:00 AM	9:00 AM
	13 Feb	1:00 AM	10:00 PM	7:00 AM	9:00 AM	13 Feb	3:00 PM	4:00 PM
	27 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	28 Feb	11:00 AM	12:00 PM
Tear Free Dinner	11 Feb	2:00 PM	11:00 AM	8:00 PM	10:00 PM	12 Feb	4:00 AM	5:00 AM
What About the Kids?	20 Feb	1:00 PM	10:00 AM	7:00 PM	9:00 PM	21 Feb	3:00 AM	4:00 AM
PERSONAL GROWTH								
Anger Management	19 Feb	2:00 PM	11:00 AM	8:00 PM	10:00 PM	20 Feb	4:00 AM	5:00 AM
Building Bridges-Nurturing Healthy Relationships	24 Feb	2:00 PM	11:00 AM	8:00 PM	10:00 PM	25 Feb	4:00 AM	5:00 AM
Communicate with Confidence: Conveying Your Message Effectively!	24 Feb	10:00 AM	7:00 AM	4:00 PM	6:00 PM	25 Feb	12:00 AM	1:00 AM
Conflict Management	5 Feb	11:00 AM	8:00 AM	5:00 PM	7:00 PM	6 Feb	1:00 AM	2:00 AM
	12 Feb	11:00 AM	8:00 AM	5:00 PM	7:00 PM	13 Feb	1:00 AM	2:00 AM
Couples Communications	27 Feb	2:00 PM	11:00 AM	8:00 PM	10:00 PM	28 Feb	4:00 AM	5:00 AM
Finding the Good in Conflict	5 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	6 Feb	11:00 AM	12:00 PM
	11 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	11 Feb	11:00 PM	12:00 AM
	18 Feb	6:00 PM	3:00 PM	12:00 AM	2:00 AM	19 Feb	8:00 AM	9:00 AM
	24 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	24 Feb	5:00 PM	6:00 PM
Motivating By Appreciation	10 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	11 Feb	2:00 AM	3:00 AM
Organize Your Life	21 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	22 Feb	2:00 AM	3:00 AM
Understanding Anger	4 Feb	10:00 AM	7:00 AM	4:00 PM	6:00 PM	5 Feb	12:00 AM	1:00 AM
RELOCATION								
Calming Culture Shock	4 Feb	12:00 PM	9:00 AM	6:00 PM	8:00 PM	5 Feb	2:00 AM	3:00 AM
	14 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	14 Feb	11:00 PM	12:00 AM
	24 Feb	9:00 AM	6:00 AM	3:00 PM	5:00 PM	24 Feb	11:00 PM	12:00 AM
PCS and your Pocketbook	3 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	3 Feb	5:00 PM	6:00 PM
Planning the Perfect PCS	3 Feb	9:00 PM	6:00 PM	3:00 AM	5:00 AM	4 Feb	11:00 AM	12:00 PM
	12 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	12 Feb	5:00 PM	6:00 PM
	12 Feb	3:00 AM	12:00 AM	9:00 AM	11:00 AM	12 Feb	5:00 PM	6:00 PM
	21 Feb	5:00 PM	2:00 PM	11:00 PM	1:00 AM	22 Feb	7:00 AM	8:00 AM

Step 1:

Make a free account at MyNavyFamily.com or use the QR code to the right. Follow the on-screen instructions to create a new account. Be sure to enter your time zone.



Step 2:

Select the category on the home page, then select your webinar.

Step 3:

Confirm the start time and click "Enroll Me."

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.

	Date	Eastern	Pacific	ITALY BAHRAIN	Date	JAPAN	GUAM
The PCS Process	10 Feb	9:00 PM	6:00 PM	3:00 AM 5:00 AM	11 Feb	11:00 AM	12:00 PM
	19 Feb	12:00 PM	9:00 AM	6:00 PM 8:00 PM	20 Feb	2:00 AM	3:00 AM
	28 Feb	6:00 PM	3:00 PM	12:00 AM 2:00 AM	1 Mar	8:00 AM	9:00 AM
Smooth Move	18 Feb	1:00 PM	10:00 AM	7:00 PM 9:00 PM	19 Feb	3:00 AM	4:00 AM
Stepping up Support: Sponsorship Training	6 Feb	6:00 PM	3:00 PM	12:00 AM 2:00 AM	7 Feb	8:00 AM	9:00 AM
	18 Feb	9:00 PM	6:00 PM	3:00 AM 5:00 AM	19 Feb	11:00 AM	12:00 PM
RESILIENCE							
Bounce Back Better	3 Feb	6:00 PM	3:00 PM	12:00 AM 2:00 AM	4 Feb	8:00 AM	9:00 AM
	7 Feb	3:00 AM	12:00 AM	9:00 AM 11:00 AM	7 Feb	5:00 PM	6:00 PM
	20 Feb	9:00 PM	6:00 PM	3:00 AM 5:00 AM	21 Feb	11:00 AM	12:00 PM
	26 Feb	9:00 AM	6:00 AM	3:00 PM 5:00 PM	26 Feb	11:00 PM	12:00 AM
Mind Body Mental Fitness (MBMF)							
Module 1: Stress Resilience	4 Feb	3:00 PM	12:00 PM	9:00 PM 11:00 PM	5 Feb	5:00 AM	6:00 AM
Module 2: Mindfulness and Meditation	11 Feb	3:00 PM	12:00 PM	9:00 PM 11:00 PM	12 Feb	5:00 AM	6:00 AM
Module 3: Living Core Values	18 Feb	3:00 PM	12:00 PM	9:00 PM 11:00 PM	19 Feb	5:00 AM	6:00 AM
Module 4: Flexibility	25 Feb	3:00 PM	12:00 PM	9:00 PM 11:00 PM	26 Feb	5:00 AM	6:00 AM
Module 5: Problem Solving	4 Feb	1:00 PM	10:00 AM	7:00 PM 9:00 PM	5 Feb	3:00 AM	4:00 AM
Module 6: Connections	11 Feb	1:00 PM	10:00 AM	7:00 PM 9:00 PM	12 Feb	3:00 AM	4:00 AM
Stress Management	18 Feb	10:00 AM	7:00 AM	4:00 PM 6:00 PM	19 Feb	12:00 AM	1:00 AM
	13 Feb	2:00 PM	11:00 AM	8:00 PM 10:00 PM	14 Feb	4:00 AM	5:00 AM
NAVY CAREER AND TRANSITION							
Virtual SkillBridge Summit	4 Feb	9:00 AM	6:00 AM	3:00 PM 5:00 PM	4 Feb	11:00 PM	12:00 AM

**VIRTUAL
WORK and
FAMILY LIFE
PROGRAM**

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