

YOUR *Virtual* FFSC WEBINAR SCHEDULE

JUNE 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.

EMPLOYMENT

Power Up Your Resume for Remote Jobs	6/4/25	1:00 PM EDT	10:00 AM PDT
AI Resume Building - A Paradigm Shift	6/5/25	12:00 PM EDT	9:00 AM PDT
AI Job Search Optimization 2025	6/6/25	9:00 AM EDT	6:00 AM PDT
USAJOBS 2025	6/13/25	9:00 AM EDT	6:00 AM PDT
LinkedIn and How to Make it Work for You!	6/23/25	10:00 AM EDT	7:00 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)

Music Together for Children with Special Needs	6/5/25	12:30 PM EDT	9:30 AM PDT
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MENTAL WELL-BEING

Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	6/13/25	1:00 PM EDT	10:00 AM PDT
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PARENTING



How to Protect the Next Generation in the Digital Age	6/3/25	1:00 PM EDT	10:00 AM PDT
Parenting and Sexual Development (SHAPE Module 1)	6/6/25	8:30 AM EDT	5:30 AM PDT
Parenting to Prevent PSB: Teens (SHAPE Module 5)	6/11/25	6:30 PM EDT	3:30 PM PDT
College Bound - Survivor Secrets	6/25/25	7:00 PM EDT	4:00 PM PDT
What About the Kids?	6/26/25	1:00 PM EDT	10:00 AM PDT

Join us for these webinars offered throughout June:

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

DEPLOYMENT SUPPORT

IA Deployment 101	6/17/25	1:00 PM EDT	10:00 AM PDT
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Looking for more? 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



TRANSITION



Spouse Transition And Readiness Table Talk (S.T.A.R.T.)	6/20/25	9:00 AM EDT	6:00 AM PDT
Why Does This Job Fair Not Have Any Rides?	6/18/25	4:00 PM EDT	1:00 PM PDT



1 Go to MyNavyFamily.com to log in or create a free account. Select the category on the

2 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 GROWTH



Building Bridges-Nurturing Healthy Relationships	6/5/25	1:00 AM EDT	10:00 AM PDT
Understanding Anger	6/10/25	10:00 AM EDT	7:00 AM PDT
Anger Management	6/10/25	11:00 AM EDT	8:00 AM PDT
Habits of Happy People	6/10/25	11:00 AM EDT	8:00 AM PDT
Conflict Management	6/25/25	11:00 AM EDT	8:00 AM PDT

PERSONAL FINANCIAL MANAGEMENT

Coins to Credit: Raising Money-Savvy Kids	6/4/25	1:00 PM EDT	10:00 AM PDT
	6/25/25	1:00 PM EDT	10:00 AM PDT
Touchpoint Talk Marriage	6/13/25	11:30 AM EDT	8:30 AM PDT
Military Marriage 101: Building Stronger Bonds & Financial Security	6/25/25	1:00 PM EDT	10:00 AM PDT
Let's Get Financially Fit!	6/27/25	3:00 PM EDT	12:00 PM 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 June for your convenience!

Smooth Move	6/3/25	1:00 PM EDT	10:00 AM PDT
Relocation: Moving Overseas	6/5/25	12:00 PM EDT	9:00 AM PDT
PCS Within the Continental US (CONUS)	6/17/25	12:00 PM EDT	9:00 AM PDT
Sponsor Training	6/18/25	3:00 PM EDT	12:00 PM EDT
Smooth Move OCONUS	6/26/25	2:00 PM EDT	11:00 AM PDT

RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 1: Stress Resilience	6/24/25	11:00 AM EDT	8:00 AM EDT
Module 3: Living Core Values	6/3/25	1:00 PM EDT	10:00 AM EDT
Module 4: Flexibility	6/10/25	1:00 PM EDT	10:00 AM PDT
Module 5: Problem Solving	6/17/25	1:00 PM EDT	10:00 AM PDT
Module 6: Connection	6/24/25	1:00 PM EDT	10:00 AM PDT
Stoicism Principles and Stress Management	6/20/25	9:00 AM EDT	6:00 AM PDT
Stress Management	6/24/25	10:00 AM EDT	7:00 AM PDT



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

