

# YOUR *Virtual* FFSC WEBINAR SCHEDULE

JUNE 2025

We have webinars scheduled to suit time zones around the world!

Visit [MyNavyFamily.com](http://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
--	--------	--------------	-------------

## 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
---	---------	-------------	--------------

## 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
-------------------	---------	-------------	--------------

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](http://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.



VIRTUAL  
WORK and  
FAMILY LIFE  
PROGRAM

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