

YOUR *Virtual* FFSC WEBINAR SCHEDULE

May 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

Acing the Interview!	5/20/2025	11:00 AM EDT	8:00 AM EDT
AI Resume Building - A Paradigm Shift	5/1/2025	12:00 PM EDT	9:00 AM EDT
AI Resume Building Workshop	5/2/2025	9:00 AM EDT	6:00 AM EDT
Innovative Interviewing	5/21/2025	2:00 PM EDT	11:00 AM EDT
PAIN FREE - Resume Writing	5/20/2025	10:00 AM EDT	7:00 AM EDT
Teen Job Search: A Guide to Finding a Great Job	5/21/2025	7:00 PM EDT	4:00 PM EDT
USAJOBS 2025	5/9/2025	9:00 AM EDT	6:00 AM EDT

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)



504: BLUF - The Bottom Line Up Front About the 504 plans	5/22/2025	1:00 PM EDT	10:00 AM EDT
Burnout: Self-Care and Resiliency for the EFM Family	5/22/2025	1:00 PM EDT	10:00 AM EDT
From Preschool to Graduation: Transitions Happen!	5/13/2025	1:00 PM EDT	10:00 AM EDT

FAMILY EMERGENCY PREPARATION AND RESPONSE

Emergency Preparedness	5/8/2025	3:00 PM EDT	12:00 PM EDT
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MENTAL WELL-BEING



Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	5/20/2025	1:00 PM EDT	10:00 AM EDT
Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	5/29/2025	3:00 PM EDT	12:00 PM EDT

PARENTING

Parenting and Sexual Development (SHAPE Module 1)	5/7/2025	6:30 PM EDT	3:30 PM EDT
Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2)	5/14/2025	6:30 PM EDT	3:30 PM EDT
Parenting to Prevent PSB: Ages 5-9 (SHAPE Module 3)	5/21/2025	6:30 PM EDT	3:30 PM EDT
Parenting to Prevent PSB: Preteens (SHAPE Module 4)	5/28/2025	6:30 PM EDT	3:30 PM EDT
Positive Parenting	5/6/2025	12:00 PM EDT	9:00 AM EDT
What About the Kids?	5/22/2025	1:00 PM EDT	10:00 AM EDT

Join us for these webinars offered several times throughout May:

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

DEPLOYMENT SUPPORT



Care Packages – Special Delivery	5/19/2025	5:00 PM EDT	2:00 PM EDT
Looking for Deployment topics? Click Deployment for the following training topics.			
<ul style="list-style-type: none"> • 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 			



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 GROWTH



Conflict Management	5/8/2025	11:00 AM EDT	8:00 AM EDT
Healthy Relationships	5/20/2025	2:00 PM EDT	11:00 AM EDT
Stress Management	5/20/2025	10:00 AM EDT	7:00 AM EDT
Understanding Anger	5/13/2025	10:00 AM EDT	7:00 AM EDT

PERSONAL FINANCIAL MANAGEMENT

Military Retirement... Is It Enough	5/13/2025	1:00 PM EDT	10:00 AM EDT
Money Money, You're Ruining My Honey	5/30/2025	2:00 PM EDT	11:00 AM EDT
Drive Smart: Navigating the Car Buying Journey	5/14/2025	1:00 PM EDT	10:00 AM EDT
Touchpoint Talk: PCS	5/16/2025	11:30 AM EDT	8:30 AM EDT
	5/30/2025	11:30 AM EDT	8:30 AM EDT

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 April for your convenience!

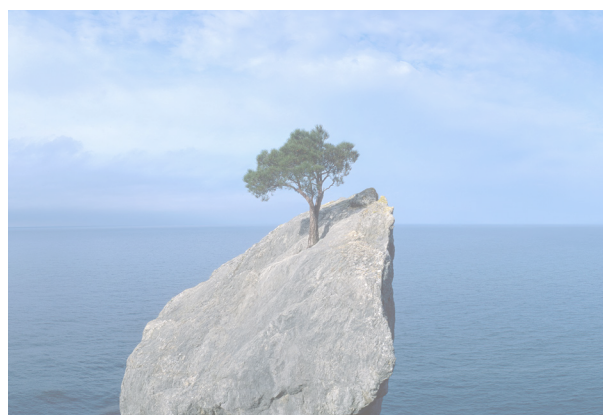
Final Move	5/6/2025	1:00 PM EDT	10:00 AM EDT
Smooth Move	5/22/2025	3:00 PM EDT	12:00 PM EDT
Sponsorship – From the Sailor to the Family	5/15/2025	12:30 PM EDT	9:30 AM EDT

RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 1: Stress Resilience	5/20/2025	11:00am EDT	8:00am EDT
	5/20/2025	1:00 PM EDT	10:00 AM EDT
Module 2: Mindfulness and Meditation	5/27/2025	1:00 PM EDT	10:00 AM EDT
	5/20/2025	11:00 AM EDT	8:00 AM EDT
Module 3: Living Core Values	5/27/2025	9:00 AM EDT	6:00 AM EDT
Module 6: Connections	5/6/2025	1:00 PM EDT	10:00 AM EDT
Cultivating Resiliency	5/1/2025	11:00 AM EDT	8:00 AM EDT
Stoicism Principles and Stress Management	5/16/2025	9:00 AM EDT	6:00 AM EDT

Want to learn more about resilience? Join us for Bounce Back Better on May 5th, 13th. 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