

Visit [MyNavyFamily.com](https://www.mynavyfamily.com), select a topic, and view available sessions with times automatically converted to your local time.

EMPLOYMENT

The Road to Remote Success	9/3/2025	1:00 PM EDT	10:00 AM PDT
AI Resume Building - A Paradigm Shift	9/4/2025	9:00 AM EDT	6:00 AM PDT
Leveraging AI For Your 2025 Job Search	9/5/2025	9:00 AM EDT	6:00 AM PDT
USAJOBS 2025	9/12/2025	9:00 AM EDT	6:00 AM PDT
PAIN FREE - Resume Writing	9/16/2025	2:00 PM EDT	11:00 AM PDT
Acing the Interview!	9/17/2025	3:00 PM EDT	12:00 PM PDT
The ART of the Interview	9/18/2025	10:00 AM EDT	7:00 AM PDT
Stoicism Principles and Stress Management	9/19/2025	9:00 AM EDT	6:00 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)



The Road Ahead-Special Needs Planning Considerations	9/18/2025	11:30 AM EDT	8:30 AM PDT
Burnout: Self-Care and Resiliency for the EFMP Family	9/24/2025	1:00 PM EDT	10:00 AM PDT

FAMILY EMERGENCY PREPAREDNESS AND RESPONSE

Emergency Preparedness: Your Peace of Mind 9/8/2025 2:00 PM EDT 11:00 AM PDT

MENTAL WELL-BEING



Suicide Prevention	9/4/2025	10:00 AM EDT	7:00 AM PDT
	9/18/2025	12:00 PM EDT	9:00 AM PDT
Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	9/15/2025	1:30 PM EDT	10:30 AM PDT
Healing Through Parenting	9/22/2025	1:00 PM EDT	10:00 AM PDT

PARENTING

Mental Health Begins at Birth	9/9/2025	12:00 PM EDT	9:00 AM PDT
New Spouse Orientation	9/9/2025	12:00 PM EDT	9:00 AM PDT
Effects of Divorce on Children	9/9/2025	11:00 AM EDT	8:00 AM PDT
What About the Kids	9/18/2025	1:00 PM EDT	10:00AM PDT
Parenting and Sexual Development (SHAPE Module 1)	9/18/2025	7:30 PM EDT	4:30 PM PDT

Join us for these webinars
offered several times
throughout the month:

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

DEPLOYMENT SUPPORT



IA Deployment 101	9/9/2025	4:00 PM EDT	1:00 PM PDT
Looking for Deployment topics? Click Deployment for the following training topics.	<ul style="list-style-type: none">• Ready, Set Deploy: Pre-Deployment Planning• Single Sailor Deployment Tools• The Service Member's Guide to Family Care Plans		
<ul style="list-style-type: none">• Deployment Sleep Strategies• Equipping Your Kids During Deployment			



1 Go to [MyNavyFamily.com](https://www.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



Understanding Anger	9/9/2025	10:00 AM EDT	7:00 AM PDT
Personal Communication	9/11/2025	11:00 AM EDT	8:00 AM PDT
Stress Management	9/16/2025	10:00 AM EDT	7:00 AM PDT
Building Healthy Relationships	9/24/2025	11:00 AM EDT	8:00 AM PDT

PERSONAL FINANCIAL MANAGEMENT

Virtual Million Dollar Sailor Day 1	9/3/2025	8:00 AM EDT	5:00 AM PDT
Virtual Million Dollar Sailor Day 2	9/4/2025	8:00 AM EDT	5:00 AM PDT
Financial Preparation for Disasters	9/4/2025	1:00 PM EDT	10:00 AM PDT
Love Paying Credit Cards? NOT!!!!	9/17/2025	10:00 AM EDT	7:00 AM PDT
Baby Breaks the Bank!	9/17/2025	1:00 PM EDT	10:00 AM PDT
Money Munchkins: Raising Money-Savvy Kids	9/24/2025	1:00 PM EDT	10:00 AM PDT
Now I'm the Landlord	9/24/2025	1:00 PM EDT	10:00 AM PDT
Birth of a Child and Adoption Financial Workshop	9/25/2025	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

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 September for your convenience!

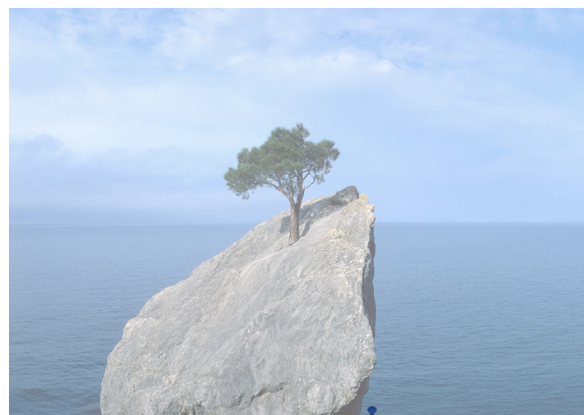
A Smooth PCS? It CAN Happen!	9/10/2025	12:00 PM EDT	9:00 AM PDT
Smooth Move	9/15/2025	12:00 PM EDT	9:00 AM PDT
Moving with Exceptional Family Member	9/16/2025	12:00 PM EDT	9:00 AM PDT

RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 5: Problem Solving	9/2/2025	1:00 PM EDT	10:00 AM PDT
Module 6: Connection	9/9/2025	1:00 PM EDT	10:00 AM PDT
Module 1: Stress Resilience	9/16/2025	1:00 PM EDT	10:00 AM PDT
Module 2: Mindfulness and Meditation	9/23/2025	1:00 PM EDT	10:00 AM PDT
Module 3: Living Core Values	9/30/2025	1:00 PM EDT	10:00 AM PDT
Assess the Climate Masterclass (DEOCS/ CRT Prep/ Wrap Up)	9/3/2025	9:00 AM EDT	6:00 AM PDT

Want to learn more about resilience? Join us for Bounce Back Better, Mission Ready, Mentally Strong or Run for Resilience. 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