

YOUR *Virtual* FFSC WEBINAR SCHEDULE

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

AI Resume Building - A Paradigm Shift	12/3/25	9:00 AM EST	6:00 AM PST
Leveraging AI For Your 2025 Job Search	12/5/25	9:00 AM EST	6:00 AM PST
Power Up Your Resume for Remote Jobs	12/10/25	1:00 PM EST	10:00 AM PST
Acing the Interview!	12/10/25	1:00 PM EST	10:00 AM PST
USAJobs 2025	12/12/25	9:00 AM EST	6:00 AM PST

Want more? Click on Employment for dates and times for:

- Becoming Federal Resume Savvy
- Job Search Hacks
- Mastering the Modern Resume
- Mastering Virtual Interviews

NAVY LIFE

New Spouse Orientation	12/2/25	1:00 PM EST	10:00 AM PST
	12/16/25	12:00 PM EST	9:00 AM PST

Click Navy Life for webinars like:

- Navy Family Connection
- Family Operations Security made Easy and more

PARENTING

Tear Free Dinner	12/3/25	12:00 PM EST	9:00 AM PST
Parenting to Prevent PSB: Teens (SHAPE Module 5)	12/3/25	7:00 PM EST	4:00 PM PST
What About the Kids?	12/11/25	1:00 PM EST	10:00 AM PST
Exploring Through the Senses	12/12/25	12:00 PM EST	9:00 AM PST
Self-Care: Parent Edition	12/16/25	2:00 PM EST	11:00 AM PST

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

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

EXCEPTIONAL FAMILY MEMBER PROGRAM

Permanent Change of Station from Special Education into Adulthood; The Transition Process	12/3/25	1:00 PM EST	10:00 AM PST
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EMERGENCY PREPAREDNESS

Preparedness: Your Piece of Mind	12/5/25	3:00 PM EST	12:00 PM PST
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MENTAL WELL-BEING

Understanding Anger	12/2/25	10:00 AM EST	7:00 AM PST
Stress Management	12/2/25 12/9/25	11:00 AM EST 10:00 AM EST	8:00 AM PST 7:00 AM PST
Staying Safe: Vigilance and Awareness in Preventing Stalking in Intimate Partner Relationships	12/4/25	11:00 AM EST	8:00 AM PST
Achieving Financial Empowerment while Experiencing Intimate Partner Violence	12/9/25	2:00 PM EST	11:00 AM PST

PERSONAL GROWTH

5 Love Languages 101	12/9/25	1:30 PM EST	10:30 AM PST
Conflict Management	12/11/25	11:00 AM EST	8:00 AM PST



- 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 FINANCIAL MANAGEMENT

Now I'm the Landlord	12/4/25	1:00 PM EST	10:00 AM PST
Let's Get Financially Fit!	12/15/25	5:00 PM EST	2:00 PM PST
Military Marriage 101: Building Stronger Bonds & Financial Security	12/17/25	1:00 PM EST	10:00 AM PST
The Fundamentals of Saving and Investing	12/18/25	11:00 AM EST	8:00 AM PST
How to Survive the Holidays Financially	12/18/25	1:00 PM EST	10:00 AM PST

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 and more!



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 December for your convenience!

Beyond the Move: Understanding Relocation's Impact on Your EFM	12/1/25	12:00 PM EST	9:00 AM PST
Unlock New Opportunities: Learn Cultural Adaptation	12/8/25	12:00 PM EST	9:00 AM PST
Smooth Move	12/16/25	12:00 PM EST	9:00 AM PST

RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 5: Problem Solving	12/2/25	1:00 PM EST	10:00 AM PST
Module 6: Connection	12/9/25	1:00 PM EST	10:00 AM PST
Holiday Blues	12/18/25	5:00 PM EST	2:00 PM PST
Stoicism Principles and Stress Management	12/19/25	9:00 AM EST	6:00 AM PST

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.

