

# YOUR *Virtual* FFSC WEBINAR SCHEDULE

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

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

## EMPLOYMENT

AI Resume Building - A Paradigm Shift	<b>2/4/26</b>	9:00 AM EST	6:00 AM PST
Leveraging AI For Your 2025 Job Search	<b>2/6/26</b>	10:00 AM EST	7:00 AM PST
How to Design a Powerhouse Mock Interview - Help Your Client with the Interview	<b>2/10/26</b>	1:00 PM EST	10:00 AM PST
AI Prompt Engineering: From Idea to Output	<b>2/11/26</b>	9:00 AM EST	6:00 AM PST
Power Up Your Resume for Remote Jobs	<b>2/11/26</b>	1:00 PM EST	10:00 AM PST
USAJOBS 2026	<b>2/13/26</b>	1:00 PM EST	10:00 AM PST
The ART of the Interview	<b>2/18/26</b>	11:00 AM EST	8:00 AM PST
Pain Free Resume Writing	<b>2/25/26</b>	11:00 AM EST	8:00 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
- Remote Ready: A Spouse's Roadmap to a Virtual Career!

## PARENTING

Parenting to Prevent PSB: Preteens (SHAPE Module 4)	<b>2/3/26</b>	12:00 PM EST	9:00 AM PST
Parenting to Prevent PSB: Teens (SHAPE Module 5)	<b>2/11/26</b>	12:00 PM EST	9:00 AM PST
Positive Parenting	<b>2/11/26</b>	12:00 PM EST	9:00 AM PST
What About the Kids	<b>2/19/26</b>	1:00 PM EST	10:00 AM PST

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

- Helping Kids Thrive Through Change
- Spotting the Signs of Youth Suicide
- Nine Steps to Positive Parenting

## MENTAL WELL-BEING

Understanding Anger	<b>2/10/26</b>	10:00 AM EST	7:00 AM PST
Couples Communication - Conflict Resolution	<b>2/11/26</b>	2:00 PM EST	11:00 AM PST
Stress Management	<b>2/24/26</b>	10:00 AM EST	7:00 AM PST



## NAVY LIFE

Mission Start: Military Spouse Orientation 101	<b>2/3/26</b>	12:00 PM EST	9:00 AM PST
Stronger Together During Deployment	<b>2/4/26</b>	12:00 PM EST	9:00 AM PST

Click Navy Life for webinars like:

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

## PERSONAL GROWTH



Healthy Relationships	<b>2/10/26</b>	10:00 AM EST	7:00 AM PST
Personal Communication	<b>2/26/26</b>	10:00 AM EST	7:00 AM PST

Click the Personal Growth category for Finding the Good in Conflict offered several times throughout the month.



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

Quarterly Command Financial Specialist Forum	<b>2/11/26</b>	10:00 AM EST	7:00 AM PST
Million Dollar Service Member Day 1	<b>2/17/26</b>	11:00 AM EST	8:00 AM PST
Why Insurance Matters and More: Do You Have the Right Coverage?	<b>2/17/26</b>	2:00 PM EST	11:00 AM PST
Million Dollar Service Member Day 2	<b>2/18/26</b>	11:00 AM EST	8:00 AM PST
Navy Retirement..Is it Enough?	<b>2/19/26</b>	1:00 PM EST	10:00 AM PST
Baby Breaks the Bank	<b>2/20/26</b>	3:00 PM EST	12:00 PM PST
Money Munchkins: Raising Money-Savvy Kids	<b>2/25/26</b>	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 January for your convenience!

Out with the Old, In with the New Continent:  
Moving Overseas

**2/12/26**

11:00 AM EST

8:00 AM PST

Smooth Move - Overseas

**2/17/26**

1:00 PM EST

10:00 AM PST

## EFMP - EXCEPTIONAL FAMILY MEMBER PROGRAM

Getting a Jumpstart into Early Learning

**2/19/26**

1:00 PM EST

10:00 AM PST

Navigating Employment: A Resource Guide for  
Exceptional Family Members

**2/20/26**

12:00 PM EST

9:00 AM PST



## RESILIENCE

Stoicism Principles and Stress Management

**2/20/26**

9:00 AM EST

6:00 AM PST

Click Resilience for webinars on:

- Bounce Back Better
- Run Resilience
- Mission Ready, Mentally Strong

