

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 | 1/7/26 | 9:00 AM EST | 6:00 AM PST |
| Leveraging AI For Your 2025 Job Search | 1/9/26 | 9:00 AM EST | 6:00 AM PST |
| AI Prompt Engineering: From Idea to Output | 1/14/26 | 9:00 AM EST | 6:00 AM PST |
| The Road to Remote Job Success | 1/14/26 | 1:00 PM EST | 10:00 AM PST |
| USAJobs 2026 | 1/16/26 | 9:00 AM EST | 6:00 AM PST |
| Why Doesn't This Fair Have Any Rides?! (Preparing for Job Fair) | 1/20/26 | 4:00 PM EST | 1:00 PM PST |
| Decoding Civilian Dress Codes | 1/20/26 | 6:00 PM EST | 3:00 PM PST |
| From Home to Hire | 1/21/26 | 12:00 PM EST | 9:00 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

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| Big Scary Feelings: Understanding and Dealing with Big Emotions in Children | 1/7/26 | 10:00 AM EST | 7:00 AM PST |
| Understanding ACEs (Adverse Childhood Experiences) | 1/8/26 | 12:00 PM EST | 9:00 AM PST |
| Parenting and Sexual Development (SHAPE Module 1) | 1/13/26 | 12:00 PM EST | 9:00 AM PST |
| What About the Kids | 1/15/26 | 1:00 PM EST | 10:00 AM PST |
| Parenting to Prevent PSB: Ages 2-4 (SHAPE Module 2) | 1/20/26 | 12:00 PM EST | 9:00 AM EST |
| Why Won't These Kids Listen?! Understanding and Managing Defiance | 1/23/26 | 10:00 AM EST | 7:00 AM PST |
| Parenting to Prevent PSB: Ages 5-9 (SHAPE Module 3) | 1/27/26 | 12:00 PM EST | 9:00 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

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| Stress Management | 1/6/26 1/27/26 | 10:00 AM EST | 7:00 AM PST |
| Understanding Anger | 1/13/26 | 10:00 AM EST | 7:00 AM PST |



NAVY LIFE

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| Mission Start: Military Spouse Orientation 101 | 1/7/26 | 12:00 PM EST | 9:00 AM PST |
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Click Navy Life for webinars like:

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

PERSONAL GROWTH



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| Anger Management | 1/22/26 | 10:00 AM EST | 7:00 AM PST |
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Click the Personal Growth category for Finding the Good in Conflict offered several times throughout the month.



- 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

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| Million Dollar Service Member Day 1 | 1/6/26 | 12:00 PM EST | 9:00 AM PST |
| 2026 New Updates (TSP, W4, Military Financial Pay and State Benefits) | 1/7/26 | 10:00 AM EST | 7:00 AM PST |
| Million Dollar Service Member Day 2 | 1/7/26 | 12:00 PM EST | 9:00 AM PST |
| Home Selling | 1/22/26 | 1:00 PM EST | 10:00 AM PST |
| Money, Money, You're Ruining My Honey! | 1/23/26 | 11:00 AM EST | 8:00 AM PST |
| Command Financial Specialist Continuing Education | 1/27/26 | 12:00 PM EST | 9:00 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!

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| Steering Sailors Right: The Sponsor's Essential Toolkit | 1/8/26 | 4:00 PM EST | 1:00 PM PST |
| Sponsorship - From the Sailor to the Family | 1/21/26 | 4:00 PM EST | 1:00 PM PST |

EFMP - EXCEPTIONAL FAMILY MEMBER PROGRAM

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| IEP vs 504 What's the Difference? | 1/7/26 | 12:00 PM EST | 9:00 AM PST |
| Getting Underway with Your Special Education Journey | 1/27/26 | 1:00 PM EST | 10:00 AM PST |



RESILIENCE

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| Stoicism Principles and Stress Management | 1/23/26 | 9:00 AM EST | 6:00 AM PST |
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Click Resilience for webinars on:

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

