

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

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

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



NAVY LIFE

Mission Start: Military Spouse Orientation 101	1/7/26	12:00 PM EST	9:00 AM PST	Click Navy Life for webinars like:
				<ul style="list-style-type: none"> • Navy Family Connection • Family Operations Security made Easy and more

PERSONAL GROWTH

	Anger Management	1/22/26	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 to log in or create a free account.

The FFSC LMS also has comprehensive resources like New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.

2 Select the category on the home page, then select your webinar.

3 Confirm the start time and click "Enroll Me."

PERSONAL FINANCIAL MANAGEMENT

Million Dollar Service Member Day 1	1/6/26	12:00 PM EST	9:00 AM PST	Click Personal Financial Management for webinars on: <ul style="list-style-type: none">• 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!
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	



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!

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

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

Stoicism Principles and Stress Management	1/23/26	9:00 AM EST	6:00 AM PST	Click Resilience for webinars on: <ul style="list-style-type: none">• Bounce Back Better• Run Resilience• Mission Ready, Mentally Strong
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