

# YOUR *Virtual* FFSC WEBINAR SCHEDULE

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

Visit [MyNavyFamily.com](http://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>3/4/26</b>	9:00 AM EST	6:00 AM PST	Want more? Click on Employment for dates and times for: <ul style="list-style-type: none"> <li>• Becoming Federal Resume Savvy</li> <li>• Job Search Hacks</li> <li>• Mastering the Modern Resume</li> <li>• Mastering Virtual Interviews</li> </ul>
The Road to Remote Job Success	<b>3/4/26</b>	1:00 PM EST	10:00 AM PST	
Leveraging AI for Your 2026 Job Search	<b>3/6/26</b>	9:00 AM EST	6:00 AM PST	
AI Prompt Engineering: From Idea to Output	<b>3/11/26</b>	9:00 AM EDT	6:00 AM PDT	
USAJOBS 2026	<b>3/13/26</b>	9:00 AM EDT	6:00 AM PDT	
Power Up Your Resume for Remote Jobs	<b>3/18/26</b>	1:00 PM EDT	10:00 AM PDT	

## PARENTING

Raising Siblings	<b>3/11/26</b>	12:00 PM EDT	9:00 AM PDT	Join us for these webinars offered several times throughout the month: <ul style="list-style-type: none"> <li>• Helping Kids Thrive Through Change</li> <li>• Nine Steps to Positive Parenting</li> </ul>
What About the Kids	<b>3/19/26</b>	1:00 PM EDT	10:00 AM PDT	

## MENTAL WELL-BEING

Child Abuse and Neglect: Identification and Reporting	<b>3/3/26</b>	4:00 PM EST	1:00 PM PST
Suicide Prevention	<b>3/3/26</b>	4:00 PM EST	1:00 PM PST
What is Stalking and How it's Changing in a Digital Age	<b>3/5/26</b>	10:00 AM EST	7:00 AM PST
Problematic Sexual Behavior in Youth and Children	<b>3/9/26</b>	1:00 PM EDT	10:00 AM PDT
Child Abuse Prevention	<b>3/18/26</b>	2:00 PM EDT	11:00 AM PDT
Safety Transfers and Transitional Compensation for Abused Dependents	<b>3/26/26</b>	10:00 AM EDT	7:00 AM PDT



## NAVY LIFE

Mission Start: Military Spouse Orientation 101	<b>3/4/26</b>	12:00 PM EST	9:00 AM PST	Click Navy Life for webinars like: <ul style="list-style-type: none"> <li>• Navy Family Connection</li> <li>• Family Operations Security made Easy and more</li> </ul>
Mission Start: Military Spouse Orientation 101	<b>3/18/26</b>	12:00 PM EDT	9:00 AM PDT	

## PERSONAL GROWTH

 Organize Your Life	<b>3/4/36</b>		2:00 PM EST	11:00 AM PST
Effective Communication	<b>3/5/26</b>		3:00 PM EST	12:00 PM PST

## TRANSITION

TAP for Leadership - Understanding the TAP Process and requirements	<b>3/25/26</b>	5:00 PM EDT	2:00 AM PDT	Click on Transition for webinars like Skillbridge Simplified and more
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- 1 Go to [MyNavyFamily.com](http://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

Million Dollar Sailor Day 1	<b>3/3/26</b>	8:00 AM EST	5:00 AM PST	Click Personal Financial Management for webinars on: <ul style="list-style-type: none"> <li>• Booties &amp; Budgets: Welcoming Your First Child and Baby-Proofing Your Finances</li> <li>• Command Your Credit</li> <li>• Emergency Financial Preparedness and more!</li> </ul>
Million Dollar Sailor Day 2	<b>3/4/26</b>	8:00 AM EST	5:00 AM PST	
Now I'm the Landlord	<b>3/19/26</b>	1:00 PM EDT	10:00 AM PDT	
Let's Get Financially Fit	<b>3/20/26</b>	10:00 AM EDT	7:00 AM PDT	

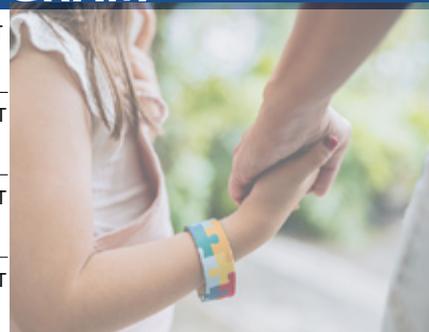


## RELOCATION

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 March for your convenience!	Smooth Move	<b>3/25/26</b>	1:00 PM EDT	10:00 AM PDT
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## EFMP - EXCEPTIONAL FAMILY MEMBER PROGRAM

The Road Ahead: Special Needs Future Planning	<b>3/5/26</b>	11:00 AM EST	8:00 AM PST
Intro to the Exceptional Family Member Program	<b>3/10/26</b>	10:00 AM EDT	7:00 AM PDT
Burnout: Restoring Balance for the EFMP Family	<b>3/25/26</b>	1:00 PM EDT	10:00 AM PDT
Personalized Pathway, Your Compass to a Robust IEP	<b>3/31/26</b>	1:00 PM EDT	10:00 AM PDT



## RESILIENCE

Understanding Anger	<b>3/10/26</b>	10:00 AM EDT	7:00 AM PDT	Click Resilience for webinars on: <ul style="list-style-type: none"> <li>• Bounce Back Better</li> <li>• Run Resilience</li> <li>• Mission Ready, Mentally Strong</li> </ul>
Stress Management	<b>3/10/26</b> <b>3/24/26</b>	10:00 AM EDT	7:00 AM PDT	
Stoicism Principles and Stress Management	<b>3/20/26</b>	10:00 AM EDT	7:00 AM PDT	

## DEPLOYMENT SUPPORT

IA Deployment	<b>3/18/26</b>	4:00 PM EDT	1:00 PM PDT
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**VIRTUAL  
WORK and  
FAMILY LIFE  
PROGRAM**



Book a Free 1:1 Consultation with a team member today

