

YOUR *Virtual* FFSC WEBINAR SCHEDULE

JULY 2025

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.

DEPLOYMENT SUPPORT

Looking for deployment training? Click Deployment on the LMS for the following trainings.

- Deployment Sleep Strategies
- Equipping Your Kids During Deployment
- Ready, Set, Deploy: Pre-Deployment Planning
- Single Sailor Deployment Tools
- The Service Member's Guide to Family Care Plans



EMPLOYMENT

AI Resume Building - A Paradigm Shift	7/2/25	9:00 AM EDT	6:00 AM PDT
AI Job Search Optimization 2025	7/3/25	12:00 PM EDT	9:00 AM PDT
The Road to Remote Job Success	7/9/25	1:00 PM EDT	10:00 AM PDT
PAIN FREE - Resume Writing	7/9/25	1:00 PM EDT	10:00 AM PDT
USAJOBS 2025	7/11/25	9:00 AM EDT	6:00 AM PDT
Mock Interview	7/15/25	1:00 PM EDT	10:00 AM PDT
Innovative Interviewing	7/15/25	9:30 AM EDT	6:30 AM PDT
Are you Prepared for the Next Job Fair?	7/17/25	2:00 PM EDT	11:00 AM PDT
Navigating LinkedIn	7/28/25	4:00 PM EDT	1:00 PM PDT

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!
- Understanding USAJobs

EXCEPTIONAL FAMILY MEMBER (EFMP)

Demystifying the Acronyms and Supports for Students with Behavioral Needs	7/17/25	1:00 PM EDT	10:00 AM PDT
Navigating Employment: A Resource Guide for Exceptional Family Members	7/3/25	12:00 PM EDT	9:00 AM PDT
The Transition From High School to College for Students with Disabilities	7/16/25	1:00 PM EDT	10:00 AM PDT

MENTAL WELL-BEING

Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	7/16/25	11:00 AM EDT	8:00 AM PDT
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PARENTING



Healing Through Parenting	7/21/25	1:30 PM EDT	10:30 AM PDT
Parenting and Sexual Development (SHAPE Module 1)	7/15/25 7/31/25	11:00 AM EDT 9:00 AM EDT	8:00 AM PDT 6:00 AM PDT
Raising Siblings	7/15/25	12:00 PM EDT	9:00 AM PDT
What About the Kids?	7/17/25	1:00 PM EDT	10:00 AM PDT

Join us for these webinars offered throughout July:

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



1 Go to MyNavyFamily.com to log in or create a free account. Select the category on the

2 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 GROWTH



Understanding Anger	7/8/25	10:00 AM EDT	7:00 AM PDT
College Bound - Survivor Secrets	7/9/25	6:00 PM EDT	3:00 PM PDT
New Spouse Orientation	7/15/25	12:00 PM EDT	9:00 AM PDT
Stress Management	7/15/25	11:00 AM EDT	8:00 AM PDT
	7/22/25	10:00 AM EDT	7:00 AM PDT
Conflict Management	7/31/25	11:00 AM EDT	8:00 AM PDT

PERSONAL FINANCIAL MANAGEMENT

Christmas in July: Saving Money for the Holidays	7/11/25	10:00 AM EDT	7:00 AM PDT
Are You Home Buying Ready?	7/17/25	1:00 PM EDT	10:00 AM PDT
Money Munchkins: Raising Money-Savvy Kids	7/23/25	1:00 PM EDT	10:00 AM PDT
Home Selling	7/24/25	1:00 PM EDT	10:00 AM PDT
Couples Communication: Communicating About Finance	7/24/25	2:00 PM EDT	11:00 AM PDT



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
- TSP Essentials for Navy Life: Grow Your Savings, Secure Your Future

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 June for your convenience!

EMERGENCY PREPAREDNESS

Emergency Preparedness	7/10/25	3:00 PM EDT	12:00 PM PDT
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RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 2: Mindfulness and Meditation	7/1/25	1:00 PM EDT	10:00 AM PDT
Module 3: Living Core Values	7/8/25	1:00 PM EDT	10:00 AM PDT
Module 4: Flexibility	7/15/25	1:00 PM EDT	10:00 AM PDT
Module 5: Problem Solving	7/22/25	1:00 PM EDT	10:00 AM PDT
Module 6: Connection	7/29/25	1:00 PM EDT	10:00 AM PDT
Stoicism Principles and Stress Management	7/18/25	9:00 AM EDT	6:00 AM PDT



Want to learn more about resilience? Join us for Bounce Back Better. See the LMS for times in your time zone.

