

# Your FFSC LMS Webinar Schedule

October 2024

## How to register:

**Step #1:** Make a free account at

[MyNavyFamily.com](http://MyNavyFamily.com) or use the QR code to the right (NMCI users should register at least one day before the webinar.)



Follow the on-screen instructions to create a new account. Be sure to enter your time zone!

**Step #2:** Choose a category on the home screen or click the Live Webinars link at the top of the page to view the descriptions and time/date converted to your time zone.

**Step #3:** Click on “Register Here” to sign up for the training.

In addition, the FFSC LMS has comprehensive resources for Navy spouses and family members such as New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.



## EMPLOYMENT

|       |        |             |   |
|-------|--------|-------------|---|
| Fri   | 4 Oct  | 9:00 AM ET  | Using Artificial Intelligence (AI) to Build Resumes |
| Tues  | 8 Oct  | 9:30 AM ET  | Financial Planning for Transition                   |
| Tues  | 8 Oct  | 10:00 AM ET | Understanding USAJobs                               |
| Tues  | 8 Oct  | 9:00 AM ET  | Understanding USAJobs                               |
| Wed   | 9 Oct  | 1:00 PM ET  | Effective Resume Writing                            |
| Thurs | 10 Oct | 10:00 AM ET | Becoming Federal Resume Savvy                       |
| Thurs | 10 Oct | 9:00 PM ET  | Becoming Federal Resume Savvy                       |
| Fri   | 11 Oct | 9:00 AM ET  | USAJOBS 2024  |
| Wed   | 16 Oct | 1:00 PM ET  | Power Up Your Resume for Remote Jobs                |
| Fri   | 18 Oct | 1:00 PM ET  | Acing the Interview!                                |
| Tues  | 22 Oct | 10:00 AM ET | Understanding USAJobs                               |
| Tues  | 22 Oct | 7:00 PM ET  | Understanding USAJobs                               |
| Tues  | 22 Oct | 12:00 PM ET | Becoming Federal Resume Savvy                       |
| Tues  | 22 Oct | 9:00 PM ET  | Becoming Federal Resume Savvy                       |

## Need assistance in meeting your post-military goals?

Now is the time to find answers to all those questions you may have. Speak with experts who can help you navigate the complexities of your career transition.

## NAVY CAREER AND TRANSITION

|       |        |             |                                   |
|-------|--------|-------------|-----------------------------------|
| Tues  | 8 Oct  | 10:00 AM ET | Skillbridge                       |
| Tues  | 8 Oct  | 8:30 AM ET  | Managing Your Transition          |
| Tues  | 8 Oct  | 1:00 PM ET  | Military Occupational Crosswalk   |
| Tues  | 8 Oct  | 6:00 AM ET  | Pre-Separation Counseling         |
| Thurs | 10 Oct | 8:00 PM ET  | Financial Planning for Transition |
| Thurs | 10 Oct | 11:30 PM ET | Military Occupational Crosswalk   |

**Have a financial concern?** Perhaps one of these sessions can help.

## PERSONAL FINANCIAL MANAGEMENT

|       |        |             |   |
|-------|--------|-------------|---|
| Wed   | 2 Oct  | 12:00 PM ET | Drive Smart: Navigating the Car Buying Journey                |
| Mon   | 7 Oct  | 12:00 PM ET | The Ins and Outs of Continuation Pay                          |
| Tues  | 8 Oct  | 1:00 PM ET  | The Ghost of Christmas Past                                   |
| Wed   | 9 Oct  | 12:00 PM ET | Fraud-Proof Finances: Mastering Money Management and Security |
| Thurs | 10 Oct | 1:00 PM ET  | Prepare Your Children for Life After High School              |
| Wed   | 16 Oct | 12:00 PM ET | Dollars and Sense: Mastering Your Money Management            |
| Thurs | 17 Oct | 10:00 AM ET | Baby Breaks the Bank  |
| Thurs | 17 Oct | 11:00 AM ET | Don't Stress—Invest   |
| Wed   | 23 Oct | 2:00 PM ET  | Credit Code: Decoding Financial Success                       |

## EXCEPTIONAL FAMILY MEMBER

|       |        |             |   |
|-------|--------|-------------|---|
| Thurs | 10 Oct | 2:00 PM ET  | Moving with an Exceptional Family Member                          |
| Thurs | 17 Oct | 2:00 PM ET  | Emergency Preparedness for Family Members with Medical Conditions |
| Wed   | 23 Oct | 11:30 AM ET | The Road Ahead: Special Needs Future Planning                     |
| Thurs | 24 Oct | 7:00 PM ET  | Music Together for Children with Special Needs                    |

## RELOCATION WEBINARS

|       |        |             |  |
|-------|--------|-------------|--|
| Thurs | 3 Oct  | 10:00 AM ET | Stepping Up Support: Sponsorship Training  |
| Thurs | 3 Oct  | 9:00 PM ET  | Stepping Up Support: Sponsorship Training  |
| Tues  | 8 Oct  | 10:00 AM ET | Planning the Perfect PCS                   |
| Tues  | 8 Oct  | 9:00 PM ET  | Planning the Perfect PCS                   |
| Wed   | 9 Oct  | 10:00 AM ET | The PCS Process                            |
| Wed   | 9 Oct  | 9:00 PM ET  | The PCS Process                            |
| Thurs | 17 Oct | 10:00 AM ET | Calming Cultural Shock                     |
| Thurs | 17 Oct | 1:00 PM ET  | Final Move                                 |
| Thurs | 17 Oct | 9:00 PM ET  | Calming Cultural Shock                     |
| Fri   | 18 Oct | 10:00 AM ET | Sponsorship Training                       |
| Tues  | 22 Oct | 12:00 PM ET | Sponsorship: From the Sailor to the Family |
| Wed   | 23 Oct | 12:00 PM ET | Sponsorship Training                       |

## PERSONAL GROWTH

|       |        |             |   |
|-------|--------|-------------|---|
| Tues  | 8 Oct  | 10:00 AM ET | Understanding Anger   |
| Wed   | 9 Oct  | 9:00 AM ET  | Discover the Building Blocks of Fostering Healthy Relationships |
| Wed   | 9 Oct  | 2:00 PM ET  | Anger Management  |
| Tues  | 15 Oct | 11:00 AM ET | Building Bridges: Nurturing Healthy Relationships               |
| Thurs | 17 Oct | 12:00 PM ET | Motivating by Appreciation                                      |
| Thurs | 24 Oct | 2:00 PM ET  | Couples Communication: Fair Fighting                            |

## DEPLOYMENT SUPPORT

|       |        |             |                                      |
|-------|--------|-------------|--------------------------------------|
| Thurs | 3 Oct  | 1:00 PM ET  | Deployment Started: Now What?        |
| Tues  | 22 Oct | 4:00 PM ET  | IA Deployment 101                    |
| Wed   | 23 Oct | 12:00 PM ET | Planning for a Successful Deployment |

## EMERGENCY PREPAREDNESS AND RESPONSE

|       |       |            |   |
|-------|-------|------------|---|
| Thurs | 7 Oct | 9:00 AM ET | EFAC - Emergency Family Assistance Center |
|-------|-------|------------|---|

## MENTAL WELL BEING

|       |        |             |   |
|-------|--------|-------------|---|
| Wed   | 16 Oct | 2:00 PM ET  | Getting Out: Achieving Financial Empowerment while Experiencing Intimate Partner Violence |
| Thurs | 17 Oct | 12:00 PM ET | Autopsy of a Deceased Relationship  |
| Thurs | 17 Oct | 2:00 PM ET  | Pets are Family Too: Linking Animal Abuse and Domestic Abuse                              |
| Tues  | 22 Oct | 9:00 AM ET  | Camouflaged Crime   |
| Thurs | 24 Oct | 11:00 AM ET | Getting Out: Achieving Financial Empowerment while Experiencing Intimate Partner Violence |
| Wed   | 30 Oct | 2:00 PM ET  | Getting Out: Achieving Financial Empowerment while Experiencing Intimate Partner Violence |

## PARENTING

|       |        |             |   |
|-------|--------|-------------|---|
| Fri   | 4 Oct  | 1:00 PM ET  | Self Care: Parent Edition                             |
| Thurs | 17 Oct | 12:00 PM ET | Mental Health Begins at Birth                         |
| Thurs | 17 Oct | 1:00 PM ET  | What About the Kids                                   |
| Fri   | 25 Oct | 1:00 PM ET  | Tear Free Dinner                                      |
| Fri   | 25 Oct | 1:00 PM ET  | Co-Parenting: Working with Domestic Violence Families |
| Tues  | 29 Oct | 7:00 PM ET  | Parenting and Sexual Development (SHAPE Mod.1)        |

## BUILDING RESILIENCE

|      |        |             |                                |
|------|--------|-------------|--------------------------------|
| Tues | 15 Oct | 10:00 AM ET | Stress Management              |
| Wed  | 16 Oct | 2:00 PM ET  | Stress Management              |
| Fri  | 18 Oct | 9:00 AM ET  | Stoicism and Stress Management |

## Mind-Body Mental Fitness *What's it all about?*



The primary goal of Mind-Body Mental Fitness is to enhance the mind, body, spirit and social domains in one's life. MBMF teaches proactive pathways to achieve mental fitness, find balance within these domains, and gain practical skills that can be utilized daily. Some of the practical skills are problem solving, goal setting, mindfulness, meditation, and quick recalibrations to adjust your physiological state. When we increase our resilience, stressors can be seen as a challenge to overcome, rather than a threat.

Over the course of six sessions, MBMF can help you and your command by teaching service members and families that neuroplasticity and mental toughness can be strengthened with consistent practice to create a culture of resilience. The six sessions can be taken together as a series, or any one session can stand alone.

The MBMF modules are:

1. Stress Resiliency
2. Mindfulness and Meditation
3. Living Core Values
4. Flexibility
5. Problem Solving
6. Connection

### Module 1: Stress Resilience

|       |        |             |
|-------|--------|-------------|
| Thurs | 3 Oct  | 12:00 PM ET |
| Thurs | 3 Oct  | 8:00 PM ET  |
| Tues  | 29 Oct | 11:00 AM ET |

### Module 2: Mindfulness and Meditation

|       |        |             |
|-------|--------|-------------|
| Thurs | 10 Oct | 12:00 PM ET |
| Thurs | 10 Oct | 8:00 PM ET  |

### Module 3: Living Core Values

|       |        |             |
|-------|--------|-------------|
| Tues  | 1 Oct  | 1:00 PM ET  |
| Thurs | 17 Oct | 12:00 PM ET |
| Thurs | 17 Oct | 8:00 PM ET  |

### Module 4: Flexibility

|       |        |             |
|-------|--------|-------------|
| Tues  | 8 Oct  | 1:00 PM ET  |
| Thurs | 24 Oct | 12:00 PM ET |
| Thurs | 24 Oct | 8:00 PM ET  |

### Module 5: Problem Solving

|      |        |            |
|------|--------|------------|
| Tues | 15 Oct | 1:00 PM ET |
|------|--------|------------|

### Module 6: Connection

|      |        |            |
|------|--------|------------|
| Tues | 22 Oct | 1:00 PM ET |
|------|--------|------------|

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