Your FFSC LMS Webinar Schedule

July 2024

How to register:

Step #1: Make a free account at

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: Click on "Live Webinars" at the top of the page to view the full list of offerings.

Step #3: Click on the title of a session to view the information and description.

Step #4: Click on "Register Now" to register for the course.

You will get reminder emails with your personal link.

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.



On the move?

It's PCS season, and these webinars could enhance your move or that of a fellow service member.

Relocation

Wed 10 Jul 2:00 PM ET Sponsorship Training

This training teaches Navy personnel to serve as sponsors.

Topics include ways to be an effective sponsor, duties and responsibilities, military and community sources of help, and FFSC relocation assistance.

Thurs 11 Jul 2:00 PM ET Smooth Move

7:00 PM ET

On the road again! Join us to learn tips to better assist those on a PCS/EAO move. Topics include smooth move, moving process overview, techniques for coping, managing the move, moving with children and resources available throughout the relocation process.

Looking for parenting topics? Tues 9 Jul 12:00 PM ET Your Terrific Toddler Thurs 11 Jul 1:00 PM ET Tear Free Dinner Tues 16 Jul 11:00 AM ET Parenting and Sexual Development (SHAPE Module 1) 1:00 PM ET Thurs 18 Jul What About the Kids?

College Bound: Survivor Secrets

Money matters!					
Mon	8 Jul	12:00 PM ET	The Ins and Outs of Continuation Pay		
Tues	23 Jul	11:00 AM ET	Christmas in July: Saving Money for the Holidays		
Wed	24 Jul	12:00 PM ET	Credit Code: Decoding Financial Success		
Thurs	25 Jul	2:00 PM ET	Couples Communication: Communicating About Finances		

Navigating Mental Health in Today's World						
Tues	9 Jul	10:00 AM ET	Understanding Anger			
		2:00 PM ET	Anger Management			
Wed	10 Jul	2:30 PM ET	Coparenting: Working with Domestic Violence Families			
Tues	16 Jul	2:00 PM ET	Pets are Family Too: Linking Animal Abuse and Domestic Abuse			
Wed	17 Jul	10:00 AM ET	Temper Taming: The Healthy Way of Dealing with Anger			
Mon	22 Jul	1:00 PM ET	Preventing and Responding to Intimate Partner Violence			
Mon	29 Jul	2:30 PM ET	Teen Dating Violence Prevention			

Could you use helpful tips for your job search?					
Fri	5 Jul	9:00 AM ET	USAJobs 2024		
Wed	10 Jul	12:00 PM ET	Acing the Interview		
		1:00 PM ET	Effective Resume Writing		
Thurs	11 Jul	11:00 AM ET	Hire Expectations		
Wed	17 Jul	12:00 PM ET	Improve Your Professional Presence: Job Search Strategies		
alony Careers		2:00 PM ET	Resume Writing Simplified		
Mon	22 Jul	2:00 PM ET	Roadmap Your Suitcase Career		
Wed	24 Jul	10:00 AM ET	Innovative Interviewing		

For EFMP Families

Thurs 18 Jul 11:30 AM ET The Road Ahead: Special Needs Future Planning

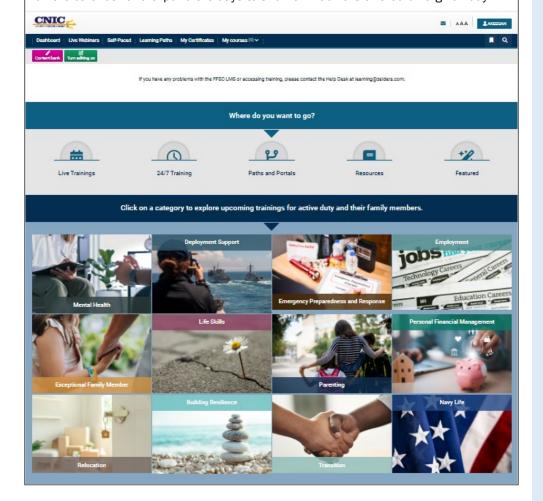
Life Skills for Your Family

Thurs 18 Jul 12:00 PM ET Motivating by Appreciation

Tues 23 Jul 1:00 PM ET Organize Your Life

When was the last time you visited the LMS?

Well, take a look at this, then log into the LMS and tour the new interface! You are sure to love the new user-friendly navigation. Jump to the Live Webinars tab (or the new Live Trainings icon) and discover that you can now read complete webinar titles on the calendar and expand the days to show all webinars offered on a given day.



Stress Management and Resilience

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

Tues 6 Aug 1:00 PM ET

Module 2: Mindfulness and Meditation

Tues 2 Jul 10:00 AM ET Tues 13 Aug 1:00 PM ET

Module 3: Living Core Values

Tues 9 Jul 10:00 AM ET
Tues 20 Aug 1:00 PM ET

Module 4: Flexibility

Tues 16 Jul 10:00 AM ET

Tues 27 Aug 1:00 PM ET

Module 5: Problem Solving

Tues 23 Jul 10:00 AM ET

Fri 21 Jun 12:00 PM ET

Module 6: Connection

Tues 30 Jul 10:00 AM ET

Stress Management

Wed 10 Jul 2:00 PM ET
Tuesday 16 Jul 10:00 AM ET