

# YOUR *Virtual* FFSC WEBINAR SCHEDULE

April 2025

Visit [MyNavyFamily.com](http://MyNavyFamily.com) to see times converted to your time zone. Click on the topic areas for more webinars in every time zone.

## EMPLOYMENT

AI Resume Building - A Paradigm Shift	4/4/2025	9:00 AM EDT	6:00 AM PDT
First Impressions Matter, Make Yours Count: Civilian Resume Writing	4/28/2025	1:00 PM EDT	10:00 AM PDT
Navigating LinkedIn	4/2/2025	1:00 PM EDT	10:00 AM PDT
PAIN FREE!...Resume Writing Simplified	4/17/2025	3:00 PM EDT	12:00 PM PDT
USAJOBS 2025	4/11/2025	9:00 AM EDT	6:00 AM PDT
Virtual FFSC Spring Job Fair 2025	4/2/2025	11:00 AM EDT	8:00 AM 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

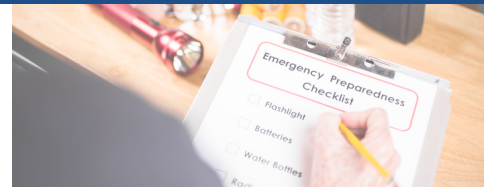
## EXCEPTIONAL FAMILY MEMBER (EFMP)



Getting a Jumpstart into Early Learning	4/17/2025	1:00 PM EDT	10:00 AM PDT
You Got an IEP, Now What? Navigating the Maze of Special Education!	4/2/2025	3:00 PM EDT	12:00 PM PDT

## FAMILY EMERGENCY PREPARATION AND RESPONSE

Weather the Storm: Emergency Preparedness for Families	4/10/2025	3:00 PM EDT	12:00 PM PDT
Resolve to Be Ready: Evacuation Planning	4/7/24	6:00 PM EDT	3:00 PM PDT
	4/14/25	7:00 PM EDT	4:00 PM PDT
	4/21/25	2:00 PM EDT	11:00 AM PDT



## MENTAL WELL-BEING



Child Abuse and Neglect: Identification and Reporting	4/2/2025	3:00 PM EDT	12:00 PM PDT
Healing Through Parenting	4/21/2025	1:00 PM EDT	10:00 AM PDT
Intimate Partner Violence: Identification and Reporting	4/9/25	11:00 AM EDT	8:00 AM PDT
Preventing Harm, Protecting Children	4/8/2025	1:30 PM EDT	10:30 AM PDT

## PARENTING

Self-Care: Parent Edition	4/7/2025	12:00 PM EDT	9:00 AM PDT
Strategies for Co-Parenting: Putting the Child(ren) First	4/14/2025	12:00 PM EDT	9:00 AM PDT
What About the Kids?	4/17/2025	1:00 PM EDT	10:00 AM PDT

Join us for these webinars offered several times throughout April:

- Helping Kids Thrive Through Change
- Spotting the Signs of Youth Suicide

## DEPLOYMENT SUPPORT

Looking for Deployment topics? Click Deployment for the following training topics.

- 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



**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 GROWTH



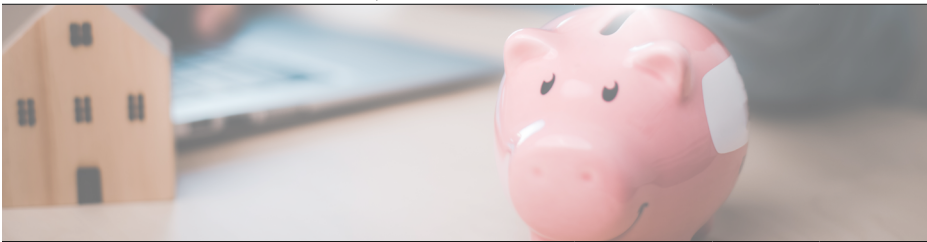
Anger Management	4/23/2025	2:00 PM EDT	11:00 AM PDT
Finding the Good in Conflict	4/3/25	6:00 AM EDT	3:00 AM PDT
	4/10/25	11:00 AM EDT	8:00 AM PDT
	4/17/15	2:00 AM EDT	11:00 PM PDT
Motivating By Appreciation	4/8/2025	2:00 PM EDT	11:00 AM PDT
Organize Your Life	4/15/2025	12:00 PM EDT	9:00 AM PDT
Understanding Anger	4/8/2025	10:00 AM EDT	7:00 AM PDT

## PERSONAL FINANCIAL MANAGEMENT

Car Buying 101	4/7/2025	12:00 PM EDT	9:00 AM PDT
CFS CEU: Spring into Savings	4/22/2025	12:00 PM EDT	9:00 AM PDT
Deployed Dough: Mastering your Finances at Sea	4/9/2025	1:00 PM EDT	10:00 AM PDT
Home Selling	4/8/2025	1:00 PM EDT	10:00 AM PDT
Let's Get Financially Fit!	4/10/2025	11:00 AM EDT	8:00 AM PDT
Now I'm the Landlord...	4/10/2025	1:00 PM EDT	10:00 AM PDT
Tackling TSP: Your Playbook for Retirement Success	4/30/2025	1:00 PM EDT	10:00 AM PDT
Touchpoint Talk: Continuation Pay	4/4/2025	11:30 AM EDT	8:30 AM PDT
Touchpoint Talk: Continuation Pay	4/18/2025	11:30 AM EDT	8:30 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 April for your convenience!

## RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 1: Stress Resilience	4/1/2025	8:00 AM EDT	5:00 AM PDT
Module 2: Mindfulness and Meditation	4/8/2025	8:00 AM EDT	5:00 AM PDT
Module 3: Living Core Values	4/1/2025	3:00 PM EDT	12:00 PM PDT
	4/15/2025	8:00 AM EDT	5:00 AM PDT
Module 4: Flexibility	4/8/2025	3:00 PM EDT	12:00 PM PDT
	4/22/2025	8:00 AM EDT	5:00 AM PDT
Module 5: Problem Solving	4/15/2025	3:00 PM EDT	12:00 PM PDT
	4/29/2025	8:00 AM EDT	5:00 AM PDT
Module 6: Connections	4/22/2025	3:00 PM EDT	12:00 PM PDT
Stoicism and Stress Management	4/18/2025	9:00 AM EDT	6:00 AM PDT
Stress Management	4/15/2025	10:00 AM EDT	7:00 AM PDT
	4/24/2025	2:00 PM EDT	11:00 AM PDT



Want to learn more about resilience? Join us for Bounce Back Better on April 1st, 3rd, 8th, or 10th. See the LMS for times in your time zone.

### Navigate Your Career Transition with Confidence!

The Career Transition Series is here to support you every step of the way through career changes, organizational shifts, or retirement. Whether you're looking to enhance your financial preparedness, boost employment readiness, plan your next career move, or build mental health resilience—this series has got you covered! Expert Webinars, Employer Panels, Spring Job Fair, Downloadable Materials, and More!

**Dates: March 26-27, April 1-3, 7-8, 2025**

VIRTUAL

WORK and  
FAMILY LIFE  
PROGRAM

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