

# Your FFSC LMS Webinar Schedule

October 2024



## 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

## 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
Wed	23 Oct	2:00 PM ET	Credit Code: Decoding Financial Success

### 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.



## 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
------	--------	------------

Go to [MyNavyFamily.com](https://www.mynavyfamily.com) to see these offerings converted to your time zone.