



FFSC Workshops have gone virtual. **Save the date! Attend from anywhere.**



Your Navy Region Southeast Team has got you covered!

February 4, 2025, 10:00 a.m. EST: Understanding Anger

Facilitator: Edie Limardo, FFSC NS Mayport

February 5, 2025, 11:00 a.m. EST: Conflict Management

Facilitator: Tracy Smith, FFSC JRB Fort Worth

February 7, 2025, 1:00 p.m. EST: Money, Money You're Ruining My Honey

Facilitator: Michele Murphy, FFSC JRB New Orleans

February 7, 2025, 9:00 a.m. EST: AI Resume Building: A Paradigm Shift

Facilitator: Tito Perez, FFSC NAS Corpus Christi

February 11, 2025, 10:00 a.m. EST: Pain Free! Resume Writing Simplified

Facilitator: Diane Brown, FFSC NSA Mid-South

February 12, 2025, 11:00 a.m. EST: Conflict Management

Facilitator: Tracy Smith, FFSC JRB Fort Worth

February 13, 2025, 2:00 p.m. EST: Stress Management

Facilitator: Ora Millard, FFSC JRB Ft Worth

February 14, 2025, 9:00 a.m. EST: USAJobs2025

Facilitator: Tito Perez, FFSC NAS Corpus Christi

February 18, 2025, 10:00 a.m. EST: Innovative Interviewing

Facilitator: Diane Brown, FFSC NSA Mid-South



**Space is limited. Register early on the CNIC
Learning Management System (LMS):
MyNavyFamily.com or**



The
Fleet & Family Support
Center



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February 19, 2025, 11:00 a.m. EST: Special Education from Start to Finish
Facilitator: Sonia McGonigle, Navy Region Southeast

February 21, 2025, 9:00 a.m. EST: Stoicism & Stress Management
Facilitator: Tito Perez, FFSC NAS Corpus Christi

February 19, 2025, 11:00 a.m. EST: Acing the Interview
Facilitator: LaTonya Radford, FFSC JRB New Orleans

February 19, 2025, 2:00 p.m. EST: Anger Management
Facilitator: Ora Millard, FFSC JRB Ft Worth

February 20, 2025, 1:00 p.m. EST: What About the Kids?
Facilitator: Edie Limardo, FFSC NS Mayport

February 21, 2025, 9:00 a.m. EST: Stoicism & Stress Management
Facilitator: Tito Perez, FFSC NAS Corpus Christi

February 24, 2025, 10:00 a.m. EST: Communicate with Confidence: Conveying Your Message Effectively
Facilitator: Michele Murphy, FFSC JRB New Orleans

February 27, 2025, 2:00 p.m. EST: Couples Communication: Fair Fighting
Facilitator: Edie Limardo, FFSC NS Mayport



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