



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



Your Navy Region Southeast Team has got you covered

October 4, 2024, 9:00 a.m. EDT: Using AI to Build Resumes
Facilitator: Tito Perez, FFSC NAS Corpus Christi

October 7, 2024, 12:00 noon EDT: The Ins & Outs of Continuation Pay
Facilitator: Julie Shourds, FFSC NSA Mid-South

October 9, 2024, 9:00 a.m. EDT: Discovering the Building Blocks of Fostering Health Relationships
Facilitator: Michele Murphy, FFSC JRB New Orleans

October 8, 2024, 10:00 a.m. EDT: Understanding Anger
Facilitator: Edie Limardo, FFSC NS Mayport

October 9, 2024, 2:00 p.m. EDT: Anger Management
Facilitator: Ora Millard, FFSC JRB Ft. Worth

October 10, 2024, 2:00 p.m. EDT: Moving with an Exceptional Family Member
Facilitator: Roni Dillard, FFSC JRB New Orleans

October 11, 2024, 9:00 a.m. EDT: USAJobs 2024
Facilitator: Tito Perez, FFSC NAS Corpus Christi

October 15, 2024, 10:00 a.m. EDT: Stress Management
Facilitator: Edie Limardo, FFSC NS Mayport

October 16, 2024, 2:00 p.m. EDT: Stress Management
Facilitator: Ora Millard, FFSC JRB Ft. Worth

October 17, 2024, 10:00 a.m. EDT: Baby Breaks the Bank!
Facilitator: Michele Murphy, FFSC JRB New Orleans



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





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October 17, 2024, 11:00 a.m. EDT: Don't Stress, Invest!

Facilitator: Bethany Olsen, FFSC CBC Gulfport

October 17, 2024, 12:00 noon EDT: Mental Health Begins at Birth

Facilitator: Lisa Phillips, FFSC JRB New Orleans

October 17, 2024, 1:00 p.m. EDT: What About the Kids?

Facilitator: Edie Limardo & Melissa Harper, FFSC NS Mayport

October 17, 2024, 12:00 noon EDT: Autopsy of a Deceased Relationship

Facilitator: Ma'ranthony Hubbard, FFSC NSA Mid-South

October 18, 2024, 9:00 a.m. EDT: Stoicism & Stress Management

Facilitator: Tito Perez, FFSC NAS Corpus Christi

October 18, 2024, 10:00 a.m. EDT: Sponsorship Training

Facilitator: Vanessa Peters, FFSC NSA Mid-South

October 18, 2024, 1:00 p.m. EDT: Acing the Interview

Facilitator: Michele Murphy, FFSC JRB New Orleans

October 23, 2024, 11:30 p.m. EDT: The Road Ahead: Special Needs Future Planning

Facilitator: Ginger Manley, FFSC NAS Pensacola

October 24, 2024, 2:00 p.m. EDT: Couples Communication: Fair Fighting

Facilitator: Edie Limardo, FFSC NS Mayport



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Learning.Zeiders.Refineddata.com**



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