We are all more organized in different areas of our life, but luckily FFSC has Subject Matter Experts that can provide you more tips and tricks to help tackle the areas that need improving. Spouses are encouraged to attend all of these trainings. Be sure to pass this flyer on.

How to register:
Step #1: Make a free account at MyNavyFamily.com (NMCI use https://learning.zeiders.refineddata.com) 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 personalized link.

The CNIC LMS has comprehensive resources for Navy spouses and family members such as New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse eLibrary.

Warning Signs
Saying “I wish I wasn’t here.” “Nothing matters.”
Increased alcohol and drug use
Aggressive behavior
Withdrawal from friends, family and community
Dramatic mood swings
Impulsive or reckless behavior
Collecting and saving pills or buying a weapon
Giving away possessions
Saying goodbye to friends and family

Is someone you love sending signs for help? Join one of the suicide prevention webinars on 7, 8, 13 or 29 September.
Enrollment is available now on the LMS.
**Deployment**

**Thursday, September 1st**
1000 am PST  Deployment Disasters: The Game Show

**Thursday, September 8th**
1000 am PST  Managing Deployment Successfully

**Thursday, September 22nd**
1000 am PST  Children and Deployment

**Thursday, September 29th**
1000 am PST  Navigating Your New Normal During Deployment

**Employment**

**Tuesday, September 6th**
800 am PST  Understanding the Federal Job Announcement
900 am PST  Preparing for a Job Fair

**Thursday, September 8th**
600 am PST  Resume Writing

**Tuesday, September 13th**
800 am PST  Writing Your Federal Resume for Success
900 am PST  Interviewing Skills
1000 am PST  Effective Resume Writing

**Wednesday, September 14th**
1000 am PST  Winning Interview Techniques

**Thursday, September 15th**
700 am PST  Effective Resume Writing

**Tuesday, September 20th**
800 am PST  MilSpouse: Let’s Talk Fed Jobs
1000 am PST  DoD SkillBridge Overview

**Wednesday, September 28th**
600 am PST  Interview Techniques
800 am PST  The Federal Interview
1000 am PST  Navigating Federal Employment
1000 am PST  Virtual Job Fair: Military Spouse Edition

**Thursday, September 29th**
1000 am PST  Job Search Strategies

**Finances**

**Tuesday, September 20th**
900 am PST  Home Selling

**Friday, September 23rd**
900 am PST  Mortgage 101

**Tuesday, September 27th**
900 am PST  Now I’m the Landlord

**Friday, September 30th**
700 am PST  Financial Responsibilities in the Military

**Life Skills**

**Thursday, September 1st**
600 am PST  Taking the Grrrr Out of Anger
800 am PST  FAP Facts: Understanding the Family Advocacy Program

**Wednesday, September 7th**
700 am PST  Youth Suicide Prevention
700 am PST  Building Healthy Relationships
200 pm PST  Mind Body Mental Fitness Part 4: Flexibility

**Thursday, September 8th**
1100 am PST  Suicide Prevention
1100 am PST  FAP Facts: Understanding the Family Advocacy Program

**Monday, September 12th**
1100 am PST  Cultivating Resiliency
1100 am PST  FAP Facts: Understanding the Family Advocacy Program

**Tuesday, September 13th**
600 am PST  Suicide Prevention

**Wednesday, September 14th**
1100 am PST  Emergency Preparedness for Families
200 pm PST  Mind Body Mental Fitness Part 5: Problem Solving

**Thursday, September 15th**
700 am PST  Anger Management
1030 am PST  Got Game?

**Monday, September 19th**
1100 am PST  Diversity and Cultural Competency in the Workplace

**Tuesday, September 20th**
700 am PST  Stress Management
100 pm PST  Adventures in Journaling

**Wednesday, September 21st**
800 am PST  Sponsor Training
200 pm PST  Mind Body Mental Fitness Part 6: Connection

**Thursday, September 22nd**
1000 am PST  FAP Facts: Understanding the Family Advocacy Program

**Wednesday, September 28th**
1000 am PST  C.A.R.E. Becoming a Trauma Informed Organization
100 pm PST  Finding a Way Forward: Principles and Practice of Mindful Conflict Resolution
200 pm PST  Mind Body Mental Fitness Part 1: Stress Resilience

**Thursday, September 29th**
700 am PST  Stress Management
800 am PST  Suicide Prevention

**Friday, September 30th**
1100 am PST  Mind Body Mental Fitness Part 1: Stress Resilience

**Parenting**

**Thursday, September 15th**
1000 am PST  Parenting Children Through a Disaster
1000 am PST  What About the Kids?

**Wednesday, September 21st**
900 am PST  The Nuts and Bolts of the Exceptional Family Member Program

**Thursday, September 22nd**
1100 am PST  Baby Boot Camp

**Monday, September 26th**
1100 am PST  Skills and Strategies for Co-Parenting

**Relocation**

**Wednesday, September 28th**
800 am PST  Smooth Move

**Transition**

**Tuesday, September 6th**
900 am PST  So You’ve Signed Up for TAP, Now What?