

YOUR *Virtual* FFSC WEBINAR SCHEDULE



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](https://learning.zeiders.refineddata.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.

Mind Body Mental Fitness—What’s it all about?

Mind Body Mental Fitness (MBMF) is a six-class course. The six sessions can be taken together as a series, or any one session can stand alone. Each class deepens your understanding of mental fitness and gives you the tools to manage stress. MBMF gives you the ability to learn and grow from the stressors you face; to not only bounce back, but to bounce forward.

MBMF Module 2: Mindfulness and Meditation	7 Mar	10:00 AM
MBMF Module 3: Living Core Values	14 Mar	10:00 AM
MBMF Module 4: Flexibility	21 Mar	10:00 AM
MBMF Module 5: Problem Solving	28 Mar	10:00 AM

Look for Module 1: Stress Resilience and Module 6: Connection in future months.



Deployment

Thursday, March 2nd

10:00 AM PST Deployment Disasters: The Game Show

Thursday, March 9th

10:00 AM PST Children and Deployment

Thursday, March 16th

10:00 AM PST Couples and Deployment

Thursday, March 23rd

10:00 AM PST Do's and Don'ts of Care Packages

Employment

Wednesday, March 1st

10:00 AM PST Effective Resume Writing

Friday, March 3rd

6:00 AM PST USAJobs 2023

Tuesday, March 7th

10:00 AM PST Effective Resume Writing

Tuesday, March 21st

7:00 AM PST Resume Writing

Wednesday, March 22nd

10:00 AM PST Navigating Federal Employment

10:00 AM PST Spring Job Fair

4:00 PM PST College Bound: Observations and Tips from a Parent Survivor

Thursday, March 23rd

7:00 AM PST Interviewing Skills

Finances

Tuesday, March 14th

10:00 AM PST Home Selling

Wednesday, March 15th

9:00 AM PST Get on the Debt Destroyer!

Thursday, March 16th

10:00 AM PST Now I'm the Landlord...

Monday, March 20th

9:00 AM PST Navigating Disabilities 101

Wednesday, March 22nd

8:00 AM PST Raising Financially Fit Children

Tuesday, March 28th

10:00 AM PST Managing Short-Term Rentals

Life Skills

Wednesday, March 1st

8:00 AM PST Youth Suicide Prevention

10:00 AM PST Stress Management

Thursday, March 2nd

6:00 AM PST Tips About Moving

7:00 am PST Implicit Bias, the Brain, and Intersectionality for Victims

8:00 AM PST Preventing and Responding to Intimate Partner Violence

Monday, March 6th

11:00 AM PST Leadership Development: Building Great Leaders!

Tuesday, March 7th

9:00 AM PST MBMF Train the Trainer Day 1

10:00 AM PST Improving Workplace Relationships

10:00 AM PST Mind Body Mental Fitness Module 2: Mindfulness and Meditation

Wednesday, March 8th

8:00 AM PST Emergency Preparedness for Families

9:00 AM PST MBMF Train the Trainer Day 2

Thursday, March 9th

9:00 AM PST MBMF Train the Trainer Day 3

11:00 AM PST "No I Don't Want To!": Coping with Two Year Old Tantrums

Tuesday, March 14th

7:00 AM PST Stress Management

9:00 AM PST MBMF Train the Trainer Day 4

10:00 AM PST Mind Body Mental Fitness Module 3: Living Core Values

Wednesday, March 15th

9:00 AM PST MBMF Train the Trainer Day 5

10:00 AM PST Anger Management

Thursday, March 16th

9:00 AM PST MBMF Train the Trainer Day 6

10:00 AM PST Transforming Stress into Resilience

10:00 AM PST What About the Kids?

Tuesday, March 21st

8:00 AM PST Back to Basics: Essential Communication Skills

10:00 AM PST Mind Body Mental Fitness Module 4: Flexibility

Thursday, March 23rd

8:00 AM PST Preventing and Responding to Intimate Partner Violence

Tuesday, March 28th

10:00 AM PST Mind Body Mental Fitness Module 5: Problem Solving

Wednesday, March 29th

8:00 AM PST What Is Stress?

Friday, March 31st

6:00 AM PST EFMP Medical Share

Parenting

Thursday, March 9th

11:00 AM PST "No I Don't Want To!": Coping with Two Year Old Tantrums

Thursday, March 16th

10:00 AM PST What About the Kids?

Friday, March 31st

6:00 AM PST EFMP Medical Share

Relocation

Wednesday, March 1st

6:00 AM PST Tips About Moving

Wednesday, March 8th

9:00 AM PST Sponsor Training

Tuesday, March 14th

10:00 AM PST Smooth Move: Overseas

Friday, March 17th

10:00 AM PST Top Ten Tips to Making PCSing Easier

Wednesday, March 22nd

8:00 AM PST Sponsor Training

Monday, March 27th

8:00 AM PST Moving with EFM

Wednesday, March 29th

8:00 AM PST Smooth Move Workshop

Transition

Wednesday, March 15th

10:00 AM PST DoD SkillBridge Overview

Thursday, March 16th

8:00 AM PST Skillbridge