

# 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://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.

If you have any trouble, please write to [learning@zeiders.com](mailto:learning@zeiders.com)

**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.



## Deployment

### Thursday, August 4th

10:00 am PST Navigating Your New Normal During Deployment

### Wednesday, August 10th

11:00 am PST Maintaining Relationships During Deployment

### Thursday, August 11th

10:00 am PST Reach Out and Touch: Creative Ways to Stay in Touch While on Deployment

10:00 am PST Couples and Deployment

## Employment

### Wednesday, August 3rd

10:00 am PST Effective Resume Writing

### Tuesday, August 9th

10:00 am PST Winning Interview Techniques

### Wednesday, August 10th

9:00 am PST Interviewing Skills

### Tuesday, August 16th

9:00 am PST Resume Writing

### Tuesday, August 23rd

10:00 am PST Navigating Federal Employment

### Wednesday, August 24th

7:00 am PST Interview Techniques

10:00 am PST Job Search Strategies

### Thursday, August 25th

10:00 am PST Job Search Strategies

## Finances

### Tuesday, August 2nd

11:00 am PST Financial Planning: Preparing for Divorce

### Tuesday, August 9th

9:00 am PST Credit...What's the Big Deal?

### Friday, August 12th

7:00 am PST Financial Responsibilities in the Military

### Tuesday, August 23rd

7:00 am PST Financial Planning: Preparing for Divorce

11:00 am PST College Degrees are More than Tuition and Fees

### Friday, August 26th

9:00 am PST They're Off to College...So Now What?

### Wednesday, August 31st

6:30 am PST Financial Planning: Preparing for Divorce

## Life Skills

### Monday, August 1st

7:00 am PST FAP Facts: Understanding the Family Advocacy Program

### Wednesday, August 3rd

7:00 am PST Youth Suicide Prevention

8:00 am PST Mind Body Mental Fitness Part 5: Problem Solving

### Thursday, August 4th

10:30 am PST Got Game?

### Wednesday, August 10th

8:00 am PST Mind Body Mental Fitness Part 6: Connection

11:00 am PST FAP Facts: Understanding the Family Advocacy Program

### Thursday, August 11th

7:00 am PST Taking the Grrrr out of Anger

### Friday, August 12th

7:00 am PST Stress Management

### Monday, August 15th

11:00 am PST Cultivating Resiliency

### Tuesday, August 16th

6:00 am PST FAP Facts: Understanding the Family Advocacy Program

7:00 am PST Stress Management

### Wednesday, August 17th

2:00 pm PST Mind Body Mental Fitness Part 1: Stress Resilience

### Monday, August 22nd

11:00 am PST Diversity and Cultural Competency in the Workplace

### Wednesday, August 24th

7:00 am PST Anger Management

8:00 am PST Sponsor Training

1:00 pm PST Say What You Mean: Assertive Communication Skills

2:00 pm PST Mind Body Mental Fitness Part 2: Mindfulness and Meditation

### Thursday, August 25th

8:00 am PST FAP Facts: Understanding the Family Advocacy Program

1:00 pm PST Adventures in Journaling

### Wednesday, August 31st

2:00 pm PST Mind Body Mental Fitness Part 3: Living Core Values

## Parenting

### Thursday, August 18th

10:00 am PST What About the Kids?

### Thursday, August 25th

11:00 am PST Baby Boot Camp

### Monday, August 29th

11:00 am PST Skills and Strategies for Co-Parenting

### Wednesday, August 31st

9:00 am PST The Basics of Special Education and IEPs

## Relocation

### Tuesday, August 9th

10:00 am PST Lemons to Lemonade

### Wednesday, August 31st

8:00 am PST Smooth Move Workshop

## Transition

### Tuesday, August 23rd

9:00 am PST Navy Retirement...Is It Enough?

