

YOUR *Virtual* FFSC WEBINAR SCHEDULE

We have webinars scheduled to suit time zones around the world!

Visit MyNavyFamily.com, select a topic, and view available sessions with times automatically converted to your local time.

EMPLOYMENT

AI Resume Building - A Paradigm Shift	04/01/26	9:00 AM EST	6:00 AM PST
Leveraging AI For Your 2026 Job Search	04/03/26	9:00 AM EST	6:00 AM PST
AI Prompt Engineering: From Idea to Output	04/08/26	9:00 AM EST	6:00 AM PST
The Road to Remote Job Success	04/08/26	1:00 PM EST	10:00 AM PST
USAJobs 2026	04/10/26	9:00 AM EST	6:00 AM PST
Pain Free Resume Writing	04/14/26	1:00 PM EST	10:00 AM PST
The ART of the Interview	04/21/26	1:00 PM EST	10:00 AM PST
Launch Your Life: Family Employment Edition	04/22/26	12:00 PM EST	9:00 AM PST

Want more? Click on Employment for dates and times for:

- Becoming Federal Resume Savvy
- Job Search Hacks
- Mastering the Modern Resume
- Mastering Virtual Interviews

PARENTING

Exploring Through the Senses	04/08/26	2:00 PM EST	11:00 AM PST
	04/27/26	12:00 PM EST	9:00 AM EST
Self-Care: Parent Edition	04/13/26	12:00 PM EST	9:00 AM PST
	04/29/26	2:00 PM PST	11:00 AM EST
Terrific Toddlers	04/15/26	12:00 PM EST	9:00 AM PST
What About the Kids	04/16/26	1:00 PM EST	10:00 AM PST
Tear Free Dinner	04/20/26	12:00 PM EST	9:00 AM PST
Active Parenting Lunch and Learn	04/28/26	12:00 PM EST	9:00 AM PST
Self-Care: Parent Edition	04/29/26	2:00 PM EST	11:00 AM PST
Proactive Parenting Strategies for Healthy Sexual Development	04/30/26	4:00 PM EST	1:00 PM PST

Join us for these webinars offered several times throughout the month:

- Helping Kids Thrive Through Change
- Spotting the Signs of Youth Suicide

MENTAL WELL-BEING

Safety Transfers and Transitional Compensation Q&A	04/02/26	10:00 AM EST	7:00 AM PST
Child Abuse and Neglect: Identification and Reporting	04/21/26	11:00 AM EST	8:00 AM PST
What is Stalking and How it's Changing in a Digital Age	04/30/26	10:00 AM EST	7:00 AM PST

TRANSITION

Preparing for a Job Fair	04/03/26	5:00 PM EST	2:00 PM PST
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PERSONAL GROWTH

Motivating by Appreciation	04/15/26	2:00 PM EST	11:00 AM PST
Organize Your Life	04/22/26	2:00 PM EST	11:00 AM PST



- 1 Go to MyNavyFamily.com to log in or create a free account.
- 2 Select the category on the home page, then select your webinar.
- 3 Confirm the start time and click "Enroll Me."

The FFSC LMS also has comprehensive resources like New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.

PERSONAL FINANCIAL MANAGEMENT

Command Financial Specialist (CFS) Day 3	04/01/26	1:30 PM EST	10:30 AM PST
Home Selling	04/23/26	1:00 PM EST	10:00 AM PST
Money, Money, You're Ruining My Honey!	04/27/26	4:30 PM EST	1:30 PM PST

Click Personal Financial Management for webinars on:

- Booties & Budgets: Welcoming Your First Child and Baby-Proofing Your Finances
- Command Your Credit
- Emergency Financial Preparedness
- Financial Readiness Before Deployment: Securing Your Future
- Stretching Budgets and Maximizing Nutrition and more!



RELOCATION

Click the Relocation category for Calming Cultural Shock, Planning the Perfect PCS, Stepping up Support: Sponsorship Training, and The PCS Process — all offered several times throughout April for your convenience!	The Smooth Move Advantage	04/30/26	3:00 PM EST	12:00 PM PST
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EMERGENCY PREPAREDNESS

Get Organized for Emergencies	04/06/26	12:00 PM EST	9:00 AM PST
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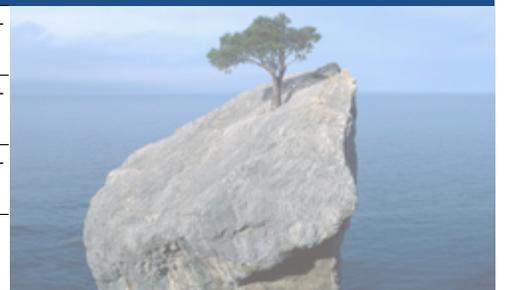
EXCEPTIONAL FAMILY MEMBER PROGRAM

504 BLUF: The Bottom Line Up Front About 504 Plans	04/20/26	1:00 PM EST	10:00 AM PST
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RESILIENCE

Understanding Anger	04/07/26	10:00 AM EST	7:00 AM PST
Stoicism Principles and Stress Management	04/17/26	9:00 AM EST	6:00 AM PST
Stress Management	04/21/26	10:00 AM EST	7:00 AM PST

Want to learn more about resilience? Join us for Bounce Back Better, Mission Ready, Mentally Strong or Run for Resilience. See the LMS for times in your time zone.



**VIRTUAL
WORK and
FAMILY LIFE
PROGRAM**



Book a Free 1:1 Consultation with a team member today

