

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	2/4/26	9:00 AM EST	6:00 AM PST
Leveraging AI For Your 2025 Job Search	2/6/26	10:00 AM EST	7:00 AM PST
How to Design a Powerhouse Mock Interview - Help Your Client with the Interview	2/10/26	1:00 PM EST	10:00 AM PST
AI Prompt Engineering: From Idea to Output	2/11/26	9:00 AM EST	6:00 AM PST
Power Up Your Resume for Remote Jobs	2/11/26	1:00 PM EST	10:00 AM PST
USAJOBS 2026	2/13/26	1:00 PM EST	10:00 AM PST
The ART of the Interview	2/18/26	11:00 AM EST	8:00 AM PST
Pain Free Resume Writing	2/25/26	11:00 AM EST	8:00 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
- Remote Ready: A Spouse's Roadmap to a Virtual Career!

PARENTING

Parenting to Prevent PSB: Preteens (SHAPE Module 4)	2/3/26	12:00 PM EST	9:00 AM PST
Parenting to Prevent PSB: Teens (SHAPE Module 5)	2/11/26	12:00 PM EST	9:00 AM PST
Positive Parenting	2/11/26	12:00 PM EST	9:00 AM PST
What About the Kids	2/19/26	1:00 PM EST	10:00 AM PST

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

- Helping Kids Thrive Through Change
- Spotting the Signs of Youth Suicide
- Nine Steps to Positive Parenting

MENTAL WELL-BEING

Understanding Anger	2/10/26	10:00 AM EST	7:00 AM PST
Couples Communication - Conflict Resolution	2/11/26	2:00 PM EST	11:00 AM PST
Stress Management	2/24/26	10:00 AM EST	7:00 AM PST



NAVY LIFE

Mission Start: Military Spouse Orientation 101	2/3/26	12:00 PM EST	9:00 AM PST
Stronger Together During Deployment	2/4/26	12:00 PM EST	9:00 AM PST

Click Navy Life for webinars like:

- Navy Family Connection
- Family Operations Security made Easy and more

PERSONAL GROWTH

Healthy Relationships	2/10/26	10:00 AM EST	7:00 AM PST
Personal Communication	2/26/26	10:00 AM EST	7:00 AM PST

Click the Personal Growth category for Finding the Good in Conflict offered several times throughout the month.



- 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

Quarterly Command Financial Specialist Forum	2/11/26	10:00 AM EST	7:00 AM PST
Million Dollar Service Member Day 1	2/17/26	11:00 AM EST	8:00 AM PST
Why Insurance Matters and More: Do You Have the Right Coverage?	2/17/26	2:00 PM EST	11:00 AM PST
Million Dollar Service Member Day 2	2/18/26	11:00 AM EST	8:00 AM PST
Navy Retirement..Is it Enough?	2/19/26	1:00 PM EST	10:00 AM PST
Baby Breaks the Bank	2/20/26	3:00 PM EST	12:00 PM PST
Money Munchkins: Raising Money-Savvy Kids	2/25/26	1:00 PM EST	10:00 AM 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
- Making the Most of your Overseas Pay
- Making your Money work for you
- Military Retirement Planning
- PCS and your Pocketbook
- Planning your Financial Future
- Servicemembers Civil Relief Act Q&A
- 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 January for your convenience!

Out with the Old, In with the New Continent: Moving Overseas	2/12/26	11:00 AM EST	8:00 AM PST
Smooth Move - Overseas	2/17/26	1:00 PM EST	10:00 AM PST

EFMP - EXCEPTIONAL FAMILY MEMBER PROGRAM

Getting a Jumpstart into Early Learning	2/19/26	1:00 PM EST	10:00 AM PST
Navigating Employment: A Resource Guide for Exceptional Family Members	2/20/26	12:00 PM EST	9:00 AM PST



RESILIENCE

Stoicism Principles and Stress Management	2/20/26	9:00 AM EST	6:00 AM PST
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Click Resilience for webinars on:

- Bounce Back Better
- Run Resilience
- Mission Ready, Mentally Strong

