

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.

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

2 Select the category on the home page, then select your webinar.

3 Confirm the start time and click "Enroll Me."

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
Click Resilience for webinars on:			
<ul style="list-style-type: none">• Bounce Back Better• Run Resilience• Mission Ready, Mentally Strong			

