

# 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.

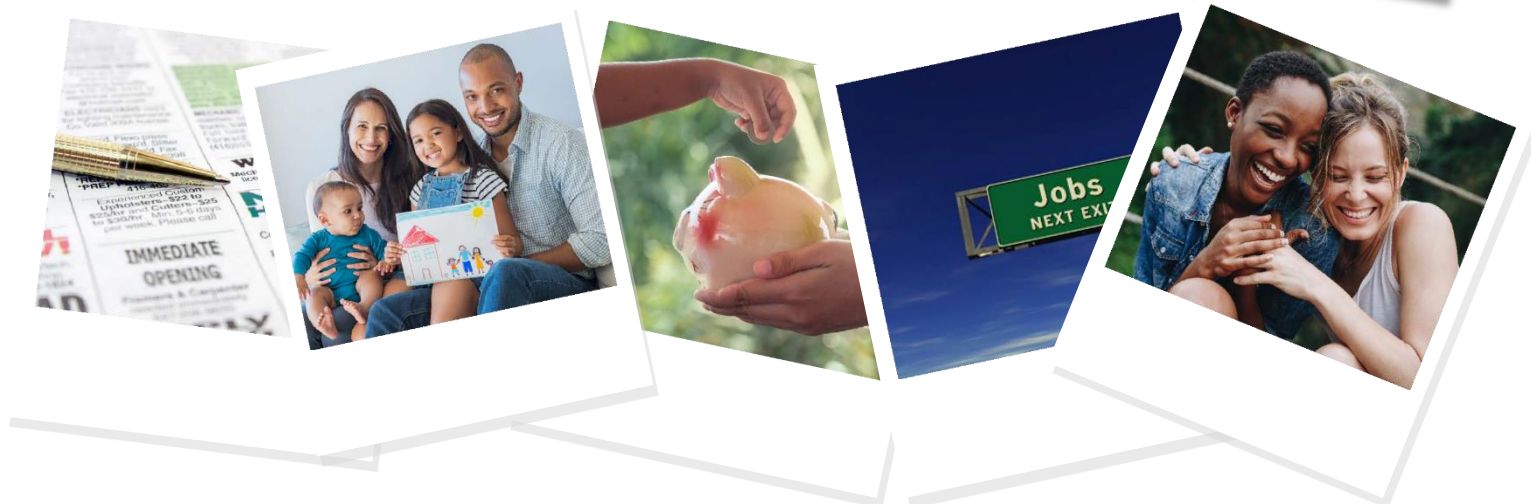
**Step #3:** Click on the title of a session to view the information and description.

**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, April 7th

1:00 PM EST Pre-Deployment Workshop

### Thursday, April 14th

1:00 PM EST Managing Deployment Successfully

### Thursday, April 21st

1:00 PM EST Navigating Your New Normal

### Thursday, April 28th

1:00 PM EST Reintegrating with Children

## Employment

### Tuesday, April 5th

10:00 AM EST Interview Techniques

### Wednesday, April 6th

12:00 PM EST Resume Writing 101

### Thursday, April 7th

12:00 PM EST Resume Writing Workshop

### Wednesday, April 13th

12:00 PM EST Winning Interview Techniques

### Thursday, April 14th

12:00 PM EST SEED Workshop

### Tuesday, April 19th

1:00 PM EST LinkedIn 101

### Wednesday, April 20th

1:00 PM EST Federal Employment System

### Tuesday, April 26th

9:00 AM EST Virtual Interviewing Skills

### Wednesday, April 27th

1:00 PM EST Effective Resume Writing

### Thursday, April 28th

9:00 AM EST Virtual Interviewing Skills

1:00 PM EST Portable Careers

## Finances

### Friday, April 8th

2:00 PM EST Mortgage 101

### Tuesday, April 12th

12:00 PM EST 7 Healthy Money Habits

### Thursday, April 21st

1:00 PM EST College Degrees are More than Tuition and Fees

### Tuesday, April 26th

12:00 PM EST Vacation Planning for All

1:00 PM EST TSP: Your Ticket to Paradise

## Life Skills

### Monday, April 4th

11:00 AM EST Family Advocacy Program Training

### Tuesday, April 5th

2:00 PM EST Mind Body Mental Fitness (MBMF)  
Part 6: Connection

### Wednesday, April 6th

9:00 AM EST Coping with Stress

10:00 AM EST Youth Suicide Prevention

11:00 AM EST Stress Management

2:00 PM EST Child Seat Basics

### Friday, April 8th

10:00 AM EST Improving Workplace Relationships

### Tuesday, April 12th

10:00 AM EST Child Abuse and Neglect Identification and Reporting

11:00 AM EST Mind Body Mental Fitness Part 1: Stress Resilience

2:00 PM EST Family Advocacy Program Training

2:00 PM EST Mind Body Mental Fitness (MBMF) Part 4: Flexibility

### Wednesday, April 13th

11:00 AM EST Communicating on Social Media

2:00 PM EST Child Abuse and Neglect Identification and Reporting

### Tuesday, April 19th

11:00 AM EST Mind Body Mental Fitness Part 2: Mindfulness  
and Meditation

12:00 PM EST Navy Spouse 101

### Wednesday, April 20th

4:00 PM EST Atomic SMART Goals

### Thursday, April 21st

11:00 AM EST Child Abuse Prevention Service Delivery

2:00 PM EST Family Advocacy Program Training

### Tuesday, April 26th

10:00 AM EST Special Education Notebook Session 1

11:00 AM EST Mind Body Mental Fitness Part 3: Living Core Values

### Wednesday, April 27th

11:00 AM EST Sponsor Training

### Thursday, April 28th

11:00 AM EST EFMP Overview Training

1:00 PM EST Couples Communication

2:00 PM EST Child Abuse and Neglect Identification and Reporting

## Parenting

### Wednesday, April 13th

12:00 PM EST The Basics of Special Education and IEPs

### Monday, April 25th

2:00 PM EST Parenting During Life's Ups and Downs

### Thursday, April 28th

2:00 PM EST Baby Boot Camp

## Relocation

### Tuesday, April 5th

1:00 PM EST Smooth Move

### Wednesday, April 6th

4:00 PM EST Top 10 PCSing Tips

### Wednesday, April 13th

1:00 PM EST How to Complete a Household Goods Move  
Application

### Wednesday, April 20th

11:00 AM EST Smooth Move Workshop

### Friday, April 22nd

12:00 PM EST EFMP Families on the Move