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 (NMC 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.

Warning Signs
Saying “I wish I wasn’t here.” “Nothing matters.”
Increased alcohol and drug use
Aggressive behavior
Withdrawal from friends, family and community
Dramatic mood swings
Impulsive or reckless behavior
Collecting and saving pills or buying a weapon
Giving away possessions
Saying goodbye to friends and family

Is someone you love sending signs for help? Join one of the suicide prevention webinars on 7, 8, 13 or 29 September.
Enrollment is available now on the LMS.

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, September 1st
1:00 PM EST Deployment Disasters: The Game Show
Thursday, September 8th
1:00 PM EST Managing Deployment Successfully
Thursday, September 22nd
1:00 PM EST Children and Deployment
Thursday, September 29th
1:00 PM EST Navigating Your New Normal During Deployment

Employment
Tuesday, September 6th
11:00 AM EST Understanding the Federal Job Announcement
12:00 PM EST Preparing for a Job Fair
Thursday, September 8th
9:00 AM EST Resume Writing
Tuesday, September 13th
11:00 AM EST Writing Your Federal Resume for Success
12:00 PM EST Interviewing Skills
1:00 PM EST Effective Resume Writing
Wednesday, September 14th
1:00 PM EST Winning Interview Techniques
Thursday, September 15th
10:00 AM EST Effective Resume Writing
Tuesday, September 20th
11:00 AM EST MilSpouse: Let’s Talk Fed Jobs
1:00 PM EST DoD SkillBridge Overview
Wednesday, September 28th
9:00 AM EST Interview Techniques
11:00 AM EST The Federal Interview
1:00 PM EST Navigating Federal Employment
1:00 PM EST Virtual Job Fair: Military Spouse Edition
Thursday, September 29th
1:00 PM EST Job Search Strategies

Finances
Tuesday, September 20th
12:00 PM EST Home Selling
Friday, September 23rd
12:00 PM EST Mortgage 101
Tuesday, September 27th
12:00 PM EST Now I’m the Landlord
Friday, September 30th
10:00 AM EST Financial Responsibilities in the Military

Life Skills
Thursday, September 1st
9:00 AM EST Taking the Grrrr Out of Anger
11:00 AM EST FAP Facts: Understanding the Family Advocacy Program

Wednesday, September 7th
10:00 AM EST Youth Suicide Prevention
10:00 AM EST Building Healthy Relationships
5:00 PM EST Mind Body Mental Fitness Part 4: Flexibility

Thursday, September 8th
2:00 PM EST Suicide Prevention
2:00 PM EST FAP Facts: Understanding the Family Advocacy Program

Monday, September 12th
2:00 PM EST Cultivating Resiliency
2:00 PM EST FAP Facts: Understanding the Family Advocacy Program

Tuesday, September 13th
9:00 AM EST Suicide Prevention

Wednesday, September 14th
2:00 PM EST Emergency Preparedness for Families
5:00 PM EST Mind Body Mental Fitness Part 5: Problem Solving

Thursday, September 15th
10:00 AM EST Anger Management
1:30 PM EST Got Game?

Monday, September 19th
2:00 PM EST Diversity and Cultural Competency in the Workplace

Tuesday, September 20th
10:00 AM EST Stress Management
4:00 PM EST Adventures in Journaling

Wednesday, September 21st
11:00 AM EST Sponsor Training
5:00 PM EST Mind Body Mental Fitness Part 6: Connection

Thursday, September 22nd
1:00 PM EST FAP Facts: Understanding the Family Advocacy Program

Wednesday, September 28th
1:00 PM EST C.A.R.E. Becoming a Trauma Informed Organization
4:00 PM EST Finding a Way Forward: Principles and Practice of Mindful Conflict Resolution
5:00 PM EST Mind Body Mental Fitness Part 1: Stress Resilience

Thursday, September 29th
10:00 AM EST Stress Management
11:00 AM EST Suicide Prevention

Friday, September 30th
2:00 PM EST Mind Body Mental Fitness Part 1: Stress Resilience

Parenting
Thursday, September 15th
1:00 PM EST Parenting Children Through a Disaster
1:00 PM EST What About the Kids?

Wednesday, September 21st
12:00 PM EST The Nuts and Bolts of the Exceptional Family Member Program

Thursday, September 22nd
2:00 PM EST Baby Boot Camp

Monday, September 26th
2:00 PM EST Skills and Strategies for Co-Parenting

Relocation
Wednesday, September 28th
11:00 AM EST Smooth Move

Transition
Tuesday, September 6th
12:00 PM EST So You’ve Signed Up for TAP, Now What?