



**FFSC Workshops have gone virtual.
Save the date! Attend from anywhere.**



Your Navy Region Southeast Team has got you covered.



May 7, 2020, 10:00 a.m. EDT: Understanding Anger 101

Facilitator: Edith Limardo, FFSC NS Mayport

May 7, 2020, 1:00 p.m. EDT: COVID-19 Finances & the CARES Act

Facilitator: Jennifer Belden, FFSC NASJRB New Orleans

May 13, 2020, 4:00 p.m. EDT: Teens and Money

Facilitator: Julie Shourds, FFSC NAS Mid-South

May 14, 2020, 11:00 a.m. EDT: Developing Your Spending Plan

Facilitator: Melanie Matheus, AFC, FFSC NASJRB Fort Worth

May 19, 2020, 11:00 a.m. EDT: Managing Your Transition Timeline during COVID-19

Facilitator: Ma'ranthony Hubbard, FFSC NSA Mid-South

May 21, 2020, 10:00 a.m. EDT: Couples Communication

Facilitator: Edith Limardo, FFSC NS Mayport

May 21, 2020, 11:00 a.m. EDT: Stress Management with WD-40

Facilitator: Paula Ingram, FFSC NCBC Gulfport

May 22, 2020, 10:00 a.m. EDT: Disaster Preparedness

Facilitator: Thomas Butler, Jr., FFSC NAS Pensacola

**Space is limited. Register early on the CNIC
Learning Management System (LMS):**

<https://zeiders.refineddata.com/login/index.php>



The
Fleet & Family Support
Center