



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



Your Navy Region Southeast Team has got you covered!

December 1, 2025, at 12:00 noon EST: Beyond the Move: Understanding Relocation's Impact on Your EFM Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans

December 2, 2025, 10:00 a.m. EST: Understanding Anger
Facilitator: Edie Limardo, FFSC NS Mayport

December 2, 2025, 11:00 a.m. EST: Stress Management
Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

December 3, 2025, 9:00 a.m. EST: AI Resume Building- A Paradigm Shift
Facilitator: Tito Perez, FFSC NAS Corpus Christi

December 4, 2025, 1:00 p.m. EST: Permanent Change of Station (PCS) from Special Education to Adulthood: The Transition Process
Facilitators: Sonia McGonigle & Iana Benjamin, Navy Region Southeast

December 5, 2025, 9:00 a.m. EST: Leveraging AI for Your 2025 Job Search
Facilitator: Tito Perez, FFSC NAS Corpus Christi

December 5, 2025, at 3:00 p.m. EST: Emergency Preparedness: Your Peace of Mind
Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans

December 8, 2025, at 12:00 noon EST: Unlock New Opportunities: Learn Cultural Adaptation
Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans

December 9, 2025, 10:00 a.m. EST: Stress Management
Facilitator: Edie Limardo, FFSC NS Mayport

December 10, 2025, 1:00 p.m. EST: Acing the Interview!
Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans



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

**MyNavyFamily.com or
Learning.Zeiders.Refineddata.com**





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December 11, 2025, 11:00 a.m. EST: Conflict Management
Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

December 11, 2025, 1:00 p.m. EST: What About the Kids?
Facilitator: Edie Limardo & Melissa Harper, FFSC NS Mayport

December 12, 2025, 9:00 a.m. EST: USAJobs 2025
Facilitator: Tito Perez, FFSC NAS Corpus Christi

December 15, 2025, 10:00 a.m. EST: Let's Get Financially Fit
Facilitator: Michele Murphy, AFC®, FFSC NAS JRB New Orleans

December 16, 2025, at 12:00 noon EST: New Spouse Orientation
Facilitator: LaTonya Radford, FFSC NAS JRB New Orleans

December 16, 2025, at 12:00 noon EST: Smooth Move
Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans

December 19, 2025, 9:00 a.m. EST: Stoicism Principles & Stress Management
Facilitator: Tito Perez, FFSC NAS Corpus Christi



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