



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



Your Navy Region Southeast Team has got you covered!

January 6, 2026, 10:00 a.m. EST: Stress Management

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

January 7, 2026, 9:00 a.m. EST: AI Resume Building- A Paradigm Shift

Facilitator: Tito Perez, FFSC NAS Corpus Christi

January 7, 2026, 10:00 a.m. EST: Big Scary Feelings: Understanding and Dealing with Big Emotions in Children

Facilitator: Heather Tullier, LPC-S, RPT, NCC, FFSC NAS JRB New Orleans

January 7, 2026, 12:00 noon EST: Mission Start: Military Spouse Orientation 101

Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

January 8, 2026, 12:00 noon EST: Understanding Adverse Childhood Experiences (ACES) Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

January 8, 2026, at 4:00 p.m. EST: Steering Sailors Right: The Sponsor's Essential Toolkit Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans

January 9, 2026, 9:00 a.m. EST: Leveraging AI for Your 2026 Job Search

Facilitator: Tito Perez, FFSC NAS Corpus Christi

January 13, 2026, 10:00 a.m. EST: Understanding Anger

Facilitator: Edie Limardo, FFSC NS Mayport

January 14, 2026, 9:00 a.m. EST: AI Prompt Engineering: From Idea to Output

Facilitator: Tito Perez, FFSC NAS Corpus Christi

January 15, 2026, 1:00 p.m. EST: What About the Kids?

Facilitator: Edie Limardo & Melissa Harper, FFSC NS Mayport



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

MyNavyFamily.com or
 Learning.Zeiders.Refineddata.com





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January 16, 2026, 9:00 a.m. EST: USAJobs 2026

Facilitator: Tito Perez, FFSC NAS Corpus Christi

January 21, 2026, 12:00 noon EST: From Home to Hire

Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

January 22, 2026, 10:00 a.m. EST: Anger Management

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

January 23, 2026, 9:00 a.m. EST: Stoicism Principles & Stress Management

Facilitator: Tito Perez, FFSC NAS Corpus Christi

January 23, 2026, 10:00 a.m. EST: Why Don't These Kids Listen? Understanding and Managing Defiance

Facilitator: Heather Tullier, LPC-S, RPT, NCC, FFSC NAS JRB New Orleans

January 23, 2026, 11:00 a.m. EST: Money, Money You're Ruining My Honey

Facilitator: Michele Murphy, AFC®, FFSC NAS JRB New Orleans

January 27, 2026, 10:00 a.m. EST: Stress Management

Facilitator: Edie Limardo, FFSC NS Mayport

January 27, 2026, 1:00 p.m. EST: Getting Underway With Your Special Ed Journey

Facilitators: Sonia McGonigle & Iana Benjamin, Navy Region Southeast



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