



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



Your Navy Region Southeast Team has got you covered!

March 3, 2026, 4:00 p.m. EST: Child Abuse & Neglect Identification

Facilitator: Christina Comminey, FFSC NAS JRB New Orleans

March 4, 2026, 11:00 a.m. EST: AI Prompt Engineering: From Idea to Output

Facilitator: Tito Perez, FFSC NAS Corpus Christi

March 4, 2026, 12:00 noon EST: Mission Start: Military Spouse Orientation 101

Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

March 5, 2026, 10:00 a.m. EST: The Road Ahead: Special Needs Future Plan

Facilitator: Ginger Manley, FFSC NAS Pensacola

March 5, 2026, 3:00 p.m. EST: Effective Communication

Facilitator: Christina Comminey, FFSC NAS JRB New Orleans

March 6, 2026, 9:00 a.m. EST: Leveraging AI for Your 2026 Job Search

Facilitator: Tito Perez, FFSC NAS Corpus Christi

March 9, 2026, 1:00 p.m. EST: Problematic Sexual Behavior in Youth & Children

Facilitator: Edie Limardo & Melissa Harper, FFSC NS Mayport

March 10, 2026, 10:00 a.m. EST: Understanding Anger

Facilitator: Edie Limardo, FFSC NS Mayport

March 10, 2026, 10:00 a.m. EST: Introduction to the Exceptional Family Member Program (EFMP) Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

March 11, 2026, 9:00 a.m. EST: AI Resume Building- A Paradigm Shift

Facilitator: Tito Perez, FFSC NAS Corpus Christi



Space is limited. Register early on the CNIC Learning Management System (LMS):
MyNavyFamily.com or
Learning.Zeiders.Refineddata.com



The
Fleet & Family Support
Center



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March 11, 2026, 12:00 noon EST: Raising Siblings

Facilitator: Lisa Phillips, FFSC NAS JRB New Orleans

March 13, 2026, 9:00 a.m. EST: USAJobs 2026

Facilitator: Tito Perez, FFSC NAS Corpus Christi

March 18, 2026, 12:00 noon EST: Mission Start: Military Spouse Orientation 101

Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

March 18, 2026, 2:00 p.m. EST: Child Abuse Prevention

Facilitator: Edie Limardo, FFSC NS Mayport

March 19, 2026, 1:00 p.m. EST: What About the Kids?

Facilitator: Edie Limardo & Melissa Harper, FFSC NS Mayport

March 19, 2026, 10:00 a.m. EST: Stress Management

Facilitator: Edie Limardo, FFSC NS Mayport

March 20, 2026, 9:00 a.m. EST: Stoicism Principles & Stress Management

Facilitator: Tito Perez, FFSC NAS Corpus Christi

March 20, 2026, 10:00 a.m. EST: Let's Get Financially Fit

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

March 24, 2026, 10:00 a.m. EST: Stress Management

Facilitator: Edie Limardo, FFSC NS Mayport

March 31, 2026, 1:00 p.m. EST: Personalized Pathway: Your Compass to a Robust IEP

Facilitators: Sonia McGonigle & Iana Benjamin, Navy Region Southeast



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