

YOUR *Virtual* FFSC WEBINAR SCHEDULE



November 2023

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](https://learning.zeiders.refineddata.com) (NMCI 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.



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 library.

2023 Retiree Summit 13-17 November

Are you retired? Preparing for retirement? Looking for the latest updates on retiree benefits? This series of webinars is for you. Enroll on the LMS. Topics include:

- Federal Employees Dental and Vision Insurance Program
- TRICARE
- Survivor Benefit Plan
- Defense Finance and Accounting Service
- Social Security Administration
- VA Benefits 101
- Navy Household Goods: Final Move Brief
- TRICARE for Life and Medicare
- Connecting Our Military Community to the 757's Fastest Growing Industries



Deployment

Wednesday, November 1st

9:00 AM ET Planning for Deployment

Wednesday, November 8th

1:00 PM ET Smooth Move

Tuesday, November 28th

1:00 PM ET Navigating Your New Deployment Normal

Employment

Wednesday, November 1st

1:00 PM ET Effective Resume Writing

Tuesday, November 14th

1:00 PM ET Job Search Strategies

Wednesday, November 15th

10:00 AM ET Innovative Interviewing

2:00 PM ET Resume Writing and Cover Letters Simplified

Monday, November 20th

12:30 PM ET EFM and Employment

Finances

Thursday, November 2nd

1:00 PM ET Managing Short Term Rentals

Tuesday, November 7th

1:00 PM ET Military Retirement...Is it Enough?

Tuesday, November 14th

8:30 AM ET Better Understanding Banking and Other Financial Institutions

Wednesday, November 15th

10:00 AM ET Financial Responsibility for the Military

Thursday, November 16th

10:00 AM ET Understanding TSP

Monday, November 27th

8:30 AM ET Understanding TSP

3:00 PM ET Quarterly CFS Forum

Life Skills

Wednesday, November 1st

11:00 AM ET Mind Body Mental Fitness Module 1:
Stress Resilience

Tuesday, November 7th

10:00 AM ET Understanding Anger

12:00 PM ET Teen Dating Violence Prevention

4:00 PM ET Effective Workplace Communication

4:00 PM ET Mind Body Mental Fitness Module 6:
Connection

Wednesday, November 8th

11:00 AM ET Mind Body Mental Fitness Module 2:
Mindfulness and Meditation

11:30 AM ET The Road Ahead: Special Needs Future Planning

Tuesday, November 14th

10:00 AM ET Stress Management

2:00 PM ET Anger Management

4:00 PM ET Responding to Conflict: Strategies for
Improved Communication

Wednesday, November 15th

10:00 AM ET Stress Management

11:00 AM ET Mind Body Mental Fitness Module 3:
Living Core Values

1:00 PM ET How to Stress the Right Way

Thursday, November 16th

3:00 PM ET Synesthesia: Ability Awareness

Wednesday, November 29th

11:00 AM ET Mind Body Mental Fitness Module 4: Flexibility

Thursday, November 30th

10:00 AM ET Only the Lonely: Tackling the Lonely Season

2:00 PM ET Preventing and Responding to Intimate Partner
Violence

Parenting

Thursday, November 16th

1:00 PM ET What About the Kids?

Monday, November 20th

10:00 AM ET Co-Parenting: Working with Domestic Violence
Families

Relocation

Wednesday, November 15th

12:00 PM ET Sponsor Training

Transition

Tuesday, November 7th

11:00 AM ET Skillbridge

Tuesday, November 28th

11:00 AM ET Skillbridge