



# Family CONNECTION

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Questions?



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## What's Happening?

Good news from local Fleet and Family Support Centers.



## Your Virtual FFSC Webinars

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NOOM | NAVY

## Prioritizing Sailors' Health: The Navy's Partnership with Nook

Balancing work, family, and personal well-being can be challenging. That is why the Navy is committed to supporting you with Nook, a psychology-based health and...

Family Connection is a publication of the Fleet and Family Support Program. The Navy's Fleet and Family Support Program promotes the self-reliance and resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle. The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

# Smooth Financial Readiness: Essential in Building Lethal Warfighters

In today's increasingly complex military landscape, our warfighters must be equipped with more than physical weapons and tactical training. The true strength of the force lies not only in advanced technology and strategic dominance, but in the resilience and readiness of each individual service member.

Financial readiness is often underestimated but is a core pillar of resiliency. The Navy's personal financial management program (PFMP) is more than a support service. It is a strategic enabler to our military's lethality, directly tied to operational success, mission continuity and the preservation of military readiness.

## Reducing Personal Stress to Increase Focus

Financial stress is a silent readiness killer. Financial struggling is a personal issue, and often an individual's pride is a barrier that can be difficult to overcome, making them reluctant to reach out for help until it is too late. When warfighters are preoccupied with overdue bills, mounting debt or the inability to support their families with basic needs, their focus on critical tasks diminishes. This distraction erodes operational readiness and can compromise safety in training environments and real-world operations. Personal financial management (PFM) combats this by providing service members, families and leaders with practical tools and confidential counseling to build and maintain sound financial habits. Budget planning, debt reduction strategies and savings goals are more than spreadsheets; they are safeguards for an individual's mental focus and emotional well-being. With reduced stress, Sailors can fully concentrate on their responsibilities, execute complex tasks with confidence and maintain sharper situational awareness in port or underway.

## Supporting Retention and Continuity in the Force

A financially stable service member is more likely to "stay in the fight." Financial hardship is one of the top reasons for premature separations and disrupted career paths. When there is financial stability, service members are more likely to stay committed to their careers, helping retain experienced leaders and skilled personnel. PFM supports this continuity by teaching service members the important skills to navigate the financial demands of life, either on active duty or in civilian life. In turn, the Navy retains critical talent and maintains a force composed of emerging leaders and combat-ready warfighters.

## Strengthening Mission Readiness through Financial Stability and Leadership

Financial instability can affect the individual while disrupting unit readiness. Mismanaged finances can lead to security clearance issues and even forced separations. Commanders may have to shift focus from their objectives to addressing personnel in financial crisis. By equipping warfighters with tools to manage their finances, the PFMP helps prevent these disruptions and allows leaders to stay focused on operational priorities while maintaining unit cohesion.

Additionally, leadership's investment in financial wellness through programs like the Command Financial Specialist (CFS) program builds trust within the unit. Warfighters see that their well-being is a priority, reinforcing a culture of care and mutual respect. This fosters solidarity, strengthens trust and ensures that the unit remains resilient and mission-ready, even in the most challenging situations.

## Enabling Deployment Readiness

Financial preparedness is a vital component of deployment readiness and should not be overlooked. Service members must be able to deploy with the assurance that their financial responsibilities at home are secure.

Whether it is creating emergency savings, setting up automatic bill payments or powers of attorney, the PFMP helps service members ensure their finances are as ready as they are for deployments. This readiness enhances unit cohesion and ensures the force can mobilize rapidly without hesitation. In a high-stakes environment, knowing the family is financially protected frees the mind to concentrate on the mission.

The bottom line is that financial readiness is a force multiplier. It increases lethality by enhancing individual focus, promoting retention, eliminating distractions, preparing service members for deployment and strengthening trust in leadership. The PFMP is not just about dollars and cents; it is about mission success, force readiness and warfighter resilience. As we continue to face global challenges, let us not overlook the power of a financially fit force. PFMP stands ready because when our warfighters are financially strong, our Navy is unstoppable.

For more information on financial readiness, visit the Navy's [Personal Finances webpage](#).





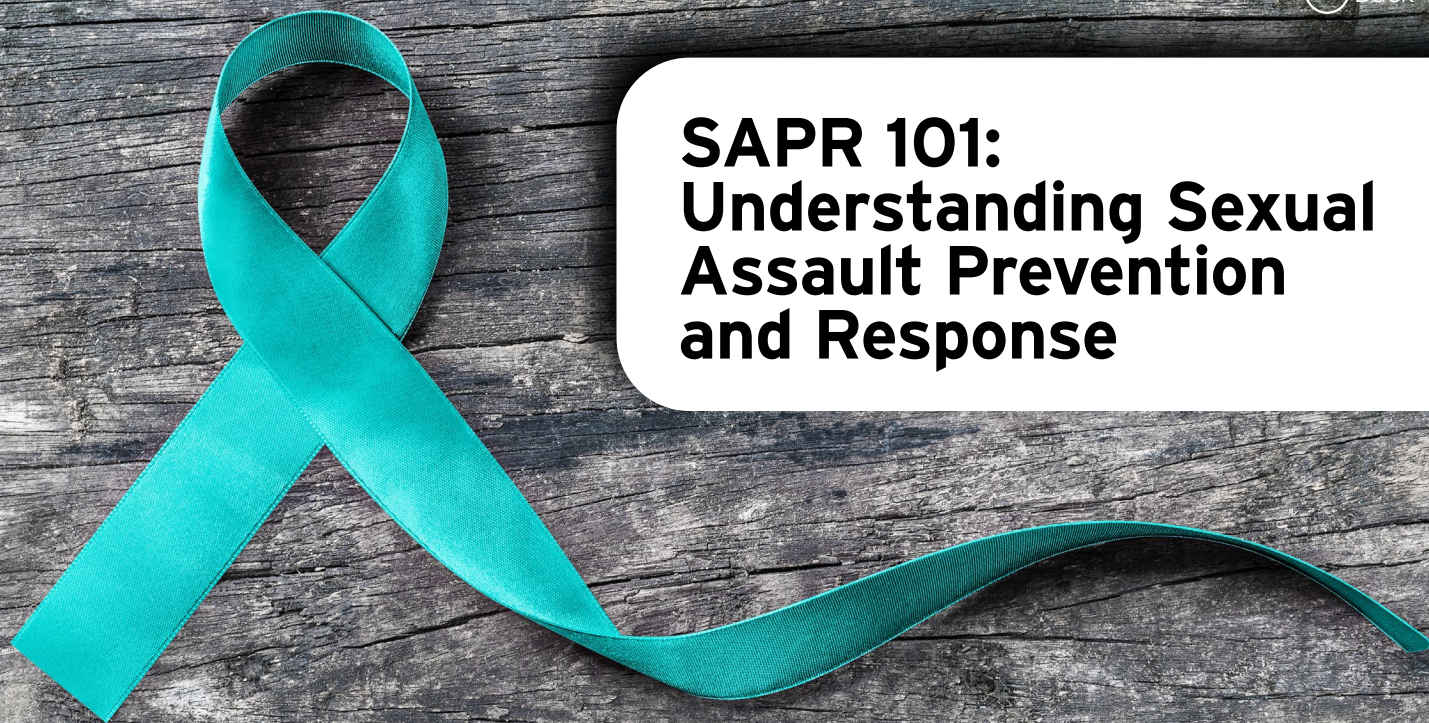
# School Liaisons Support Military Families

School liaisons do much more than help with school transitions; they serve as vital connectors across education systems. From deployments and special education to homeschooling and emotional support, school liaisons help families find solutions and feel seen. One school liaison describes taking a “point guard” approach, pivoting between families, schools, commanders and support agencies to meet student needs. With this hands-on support, students can do more than adjust; they can thrive.

Host Bruce Moody speaks with School Liaison Program Manager Venetia D. Waters, Ed.D., at MacDill Air Force Base in Tampa, Florida on the Military OneSource podcast, [What Does a School Liaison Really Do for Military Families?](#) They discuss how strong community partnerships and proactive communication are key to supporting military-connected children every step of the way.







# SAPR 101: Understanding Sexual Assault Prevention and Response

The Sexual Assault Prevention and Response (SAPR) program plays a vital role in ensuring the safety and well-being of individuals within the DoD. The SAPR program is designed to meet the needs of survivors and ensure that the Navy and its warfighters remain mission-ready.

The SAPR program is survivor-centered; services are delivered with compassion and professionalism. These services are available 24/7 worldwide, ensuring that active-duty members, reservists, National Guard members, dependents over the age of 18 and DoD civilians have access to the necessary support and resources.



At each installation, sexual assault response coordinators (SARCs) and victim advocates (VAs) provide immediate crisis intervention. SARCs serve as case managers, while VAs act as advocates for survivors, connecting them to resources, accompanying them to medical and legal appointments and supporting them throughout their healing journey. Both SARCs and VAs are professionals, credentialed through the Defense Sexual Assault Advocacy Credential Program and adhere to a strict code of ethics, ensuring confidentiality and the highest level of care when handling each case.

Individuals affected by sexual assault can reach out to a SARC or SAPR VA for immediate assistance. Survivors are provided with reporting options and referrals to additional services that may aid in their recovery.

To locate and contact your installation's SARC or SAPR VA visit your Fleet and Family Support Center's SAPR program or contact the DoD Safe Helpline online or call 877-995-5247.





## From Ship to Shore: Building Resilient Summer Habits for a Stronger, Happier Life

Summer in the Navy can feel like a mix of salt air, sunburns, and liberty port excitement. One minute, you are swabbing the deck or standing watch at 3 a.m., and the next, you are lounging on a beach in Guam or hurrying to catch a flight back home for some well-deserved leave. This unpredictable tempo can make it hard to stick to a healthy routine, but it does not have to. Here is how to build habits that can fit your Navy life, whether you are underway, on shore duty or somewhere in between:

### 1. Habit Stacking for the Win

Forget trying to overhaul your entire life overnight. Instead, try habit stacking, a simple, brain-friendly way to add small, healthy habits to routines you already have. For example, if you are already brushing your teeth each morning, add 10 pushups right after. If you are on watch and have a few quiet minutes, try a few sets of calf raises or a quick mindfulness exercise (just don't let the chief catch you looking too Zen).

For those married or in a long-term relationship, this can be a team effort. If you and your partner have a nightly call or video chat while you are on deployment, consider adding a quick couples' check-in: one thing you are grateful for, one thing you are looking forward to, and one thing that is stressing you out. It is a great way to stay connected and keep your relationship strong, even across time zones.

### 2. Mental Reps for Mental Readiness

Physical fitness is drilled into you from boot camp, but your mental strength is just as important. Use your downtime, those long hours on watch or the quiet moments in your stateroom, to practice mental reps. It can be as simple as deep breathing, mindfulness exercises, or even visualizing a successful day ahead.

[continued below]

For example, if you are getting ready for a tough conversation with your significant other (maybe about how your idea of a “quick call” is 10 minutes and theirs is a 45-minute deep dive into their day), try mentally rehearsing how you want that chat to go. It can help reduce stress and keep things from going sideways when you finally get a signal.

Or, if you are trying to motivate yourself for that next physical readiness test (PRT), picture yourself crushing the run or breezing through the swim portion like a confident, slightly saltier version of Michael Phelps.

### **3. Create a “Go Bag” for Your Well-being**

You have a go bag for duty, but what about one for your mental and physical well-being? Stock a small bag with a resistance band, a water bottle, a good book and a few healthy snacks. Keep it in your locker, your car or by your bunk so you are always prepared to take a few minutes for self-care, whether you are stuck in a long muster, killing time before liberty call, or trying to dodge that overly chatty shipmate in the galley.

For those with kids, this can be a lifesaver. If you are on a family road trip or headed to a beach day, having a family go bag with sunscreen, a frisbee and some quick-grab snacks can turn a potential meltdown into a great memory. You might not be able to control the traffic, but at least you will have a bottle of water when the kids start asking if you are almost there for the 50th time.

### **4. Find Your Summer “Battle Buddy”**

Accountability is a powerful motivator. Find a shipmate, partner or friend who shares your goals – whether that is hitting the gym, training for the PRT, or just eating a bit cleaner. Check in with each other regularly and celebrate each other’s progress. It is a small step, but knowing someone’s got your back can make all the difference.

For couples, this can be a fun way to stay connected. Challenge each other to daily steps competitions on your fitness apps or try to outdo each other with creative, healthy meal ideas. Just be careful not to turn it into a full-on competition unless you are ready for some serious trash talk when you lose, which you will, at some point.

### **5. Embrace the Messy Middle**

Do not get hung up on perfection. Some days, you will crush it. Other days, you will hit the rack at 2 a.m. and barely make it to a morning meeting. The key is to keep moving forward. It is about progress, not perfection. Over time, these small wins add up to real change.

### **Final Thought:**

Your career in the Navy will be full of unpredictable challenges; build habits that can flex with you. Whether you are underway, on duty or on liberty, small habits set you up for long-term success, both in uniform and in your personal life. This summer, take charge of your health. Stack those habits, find your battle buddy and keep pushing through the messy middle. You have got this!



# Prioritizing Sailors' Health: The Navy's Partnership with Noom

Balancing work, family, and personal well-being can be challenging. That is why the Navy is committed to supporting you with Noom, a psychology-based health and weight-loss program designed to fit seamlessly into your busy schedule.

With daily lessons, personalized coaching, easy recipes, quick meditation and five-minute fitness videos, Noom makes building healthy habits achievable—in just minutes a day!

## Who Can Participate?

Active-duty Sailors who did not meet Body Composition Assessment (BCA) standards (Step-3) during the CY2024 Physical Fitness Assessment (PFA) are eligible for Noom at no cost.

## What Is Noom?

Noom is an award-winning digital health program that integrates psychology, technology and expert coaching to help individuals build sustainable eating habits and achieve their weight and health goals.

Unlike traditional diets, Noom's curriculum goes beyond what you eat; it explores why you eat, empowering you to create lasting changes. The program features:

- Daily psychology-based lessons
- A color-coded food system for smarter choices
- Personalized coaching and community support.

For more details about Noom, watch the [overview video](#).

## When & Where?

Eligible Sailors can participate now through January 31, 2026. To sign up for the no-cost version, visit the [Noom Navy portal](#) or scan the QR code and use your first name, last name, and DoD ID number to confirm eligibility and register. Personally identifiable information provided by eligible Sailors while using Noom will not be shared with the Navy.

## Why Noom?

The Navy cares about Sailors' well-being and provides resources that support their success. With Noom, reaching health and weight loss goals are simpler, smarter, and sustainable.





# June is National Safety Month

Join Navy Housing in recognizing National Safety Month. National Safety Month is a great time to focus on home safety, such as preventing accidents, preparing for emergencies and making your home a secure place for everyone.

Here are home safety tips and areas to focus on:

## Fire Safety

- ✓ Practice home fire drills and use an escape plan.
- ✓ Test smoke alarms at least once a month.
- ✓ Ensure kitchen fire extinguishers work and are up to date.

## Electrical Safety

- ✓ Do not overload power strips.
- ✓ Childproof electrical outlets.
- ✓ Replace damaged electrical cords.

## Carbon Monoxide Awareness

- ✓ Install carbon monoxide (CO) detectors properly.
- ✓ Know the symptoms of CO poisoning.

## Fall Prevention

- ✓ Use nonslip bathmats and handrails in the bathroom.
- ✓ Ensure a clean and clutter-free hallway with good lighting.
- ✓ Help senior citizens up and down stairs.





# Navy Wounded Warrior Athletes Make Small Act of Kindness, Learn Big Lesson



We wanted to share something positive. Two wounded warriors, HM1 (FMF) Demetrius Walker and STG2 (SW/AW) Rickaiya Diggs, attending the Navy Trials met a young man whose feet were sticking out of his worn-out shoes. They decided to make it right by buying him some new shoes. This might seem like a small act, but it is the kind of story that reminds us that humanity can be officially restored with small acts of kindness. Like all of us, these wounded warriors likely had many other things on their minds, but it did not stop them from doing something kind for a young man.

## HM1 (FMF) Demetrius Walker's Reflections

My adaptive recreation and community outreach specialist (ARCO) asked me to reflect on my favorite part of team trials and I got to share a story that changed my perspective on being present and trusting the process. Navy adaptive sports trials changed location from Coronado, California to Washington, D.C. due to updated travel restrictions. While staying at the hotel, a fellow athlete and I noticed a child that had his feet hanging out of the front of his shoes. This child was a member of the band at Pleasanton Middle School, which was attending a band conference in Washington, D.C. We encountered this child on separate occasions, but did not know what the other person was feeling. After the swim trials, we both happened to be having lunch together and talked about our shared experience. We both felt something needed to be done so we agreed to buy him some shoes.

To avoid any misunderstanding, we wanted to ensure the chaperones were involved. Rickaiya previously spoke with the young man and knew his shoe size. I previously spoke with the assistant principal, Karen Cobb, regarding an issue with another group of kids. It seemed like fate for all those things to line up perfectly.

After making several attempts to contact the principal to meet with her and the young man, we were able to meet them the morning of their departure. Karen and the band instructor, Dennis, greeted us with open arms and facilitated our interactions with the young man. The staff shared how much of an integral member the young man was to the band, and it was seen through his interactions with his fellow band members.

It was humbling to watch him open the box and see the joy in his eyes. He couldn't believe that complete strangers would do something like that and ask for nothing in return. He was very appreciative to receive the shoes, and it was an emotional moment for all involved.

I know that Rickaiya and I were meant to be there for that moment. The stress associated with the last-minute changes was worth it because it was a blessing to be a blessing to someone. The Navy Wounded Warrior adaptive sports staff moved mountains so that we could still attend the trials.

With all the logistics, venues, coaches, ARCOs, and athletes we're forced to adapt and overcome with little notice. We all adapted, and we learned valuable lessons ... that is what this program is about.

This experience has given me a renewed sense of pride for our Navy team. We can do unimaginable things when we are on one accord for the good of the person next to us. This is our country, and nobody can take care of us better than we can. It starts with one small act.



# GOOD NEWS!

## What's Happening? Good News from Local Fleet and Family Support Centers

### NSA Beaufort Leadership Collaborates with Hopeful Horizons

Naval Support Facility Beaufort's leadership hosted Hopeful Horizons spokesperson Ms. Rose Ewing in a community collaboration in April. Covering the 14th Circuit and encompassing four counties, Hopeful Horizons provides support services including sexual assault victim services, child advocacy and domestic violence.

Their services support a safer community by changing the culture of violence and offering a path to healing. Last year, Hopeful Horizons:

- Provided legal services to 242 victims and survivors of sexual assault and domestic violence, providing 2,877 trauma-focused therapy and supportive counseling sessions.
- Educated 1,270 youth.
- Trained more than 1,200 professionals and community members.
- Helped 21 families (21 adults with 28 children) to move into new homes.

Ms. Ewing was also a guest at the facility's Sexual Assault Awareness and Prevention Proclamation signing.



[continued below]



## Lots of Great Stuff Happening at NAVSUB Kings Bay



**Town Hall for Spouses.** The Naval Submarine Base Kings Bay Integrated Primary Prevention Working (IPPW) Group coordinated two Spouse Townhalls which allowed attendees to ask questions and receive updated information from their Fleet and Family Support Center (FFSC), Commissary (DeCA), Navy Exchange (NEX), Child and Youth Program (CYP), Facilities, Housing, Morale, Welfare and Recreation (MWR) and command leadership. This, along with numerous social media platforms and events, is another way that Kings Bay is trying to meet the needs of all those stationed onboard and make this the best duty station ever.

**NAVSUB Hosts 14th Annual "Walk, Roll & Stroll."** To honor Child Abuse Prevention and Awareness and military children, FFSC staff partnered with the installation's CYP, MWR, Navy-Marine Corps Relief Society (NMCRS), DeCA, health promotions, clinic, religious ministries and Navy Federal Credit Union to host the 14th Annual "Walk, Roll and Stroll" on April 3. More than 150 attendees enjoyed music, crafts and visiting with some of their favorite characters.

**EFMP and the MWR Bunny Bonanza Event.** Kings Bay Exceptional Family Member Program teamed up with MWR to host a special early egg hunt during this year's Bunny Bonanza event on April 12. This inclusive partnership provided a calmer, less crowded environment for families with special needs to hunt eggs. After the egg hunt, everyone was invited to visit the Easter Bunny, sample sweet treats from food trucks and play outdoor games.

**On Your Mark, Get Set.** April was the start of the Sexual Assault Prevention and Response (SAPR) programs' year-round push for sexual assault prevention and awareness. Capt. Chris Bohner, commanding officer, Naval Submarine Base Kings Bay signed the proclamation with the sexual assault response workforce and Fleet and Family Support Center all wearing teal. SAPR and FFSC staff wore denim for Denim Day 2025 to raise awareness and support survivors of sexual violence. The IPPW team cheered on service members and families at the annual SAPR 5K on April 15. The SAPR team supported Naval Health Branch Clinic Kings Bay's proclamation signing.

**Kings Bay Supports Special Olympics.** The IPPW at FFSC Kings Bay supported more than 400 athletes at the Area 16 Special Olympics on April 17. What a great way to celebrate amazing people.

## Gitmo Supports Sexual Assault Prevention with Series of Events



The Fleet and Family Support Center (FFSC) at Naval Station (NAVSTA) Guantanamo Bay, Cuba, joined installations across the globe recognizing Sexual Assault Prevention and Awareness last month by hosting a series of events designed to educate, empower and unite the community. The month kicked off with a proclamation signing and Sexual Assault Prevention and Response (SAPR) Meet and Greet, Teal Tuesday Outreach Table, SAPR Sunrise Yoga at the installation's lighthouse, "Strike Out Sexual Assault" Bowling Night, and a SAPR awareness Color Run.

Throughout April, each event promoted open dialogue, community involvement and the importance of creating a culture

free from sexual violence. NAVSTA Guantanamo Bay remains committed to these efforts beyond April, standing together in support of survivors and in pursuit of lasting change.

For more information or to get involved with the SAPR program, contact your [installation's FFSC](#). Together, we can prevent sexual assault and support a culture of dignity and respect.



[continued below]



## NAS JRB New Orleans' FFSC 'Chalks the Walk' to Fight Sexual Assault

Throughout April, the Fleet and Family Support Center (FFSC) at Naval Air Station – Joint Reserve Base (NAS JRB) New Orleans, Louisiana, took an active role in supporting the nationwide Sexual Assault Awareness and Prevention campaign, an important initiative focused on raising public awareness, educating communities and promoting effective prevention strategies.



This year's campaign embraced the theme of visibility and community engagement. Each Tuesday, participants wore teal in support of #TealTuesday, a visual show of solidarity against sexual assault that encouraged open conversations across the installation.

Capt. Andrew McGinly, commanding officer, NAS JRB New Orleans, reinforced the Navy's ongoing commitment by signing the Sexual Assault Awareness and Prevention Proclamation on April 8. This act of leadership highlighted the importance of a unified approach to fostering a safe and respectful environment.

The month culminated with the "Chalk the Walk" event on April 30, hosted by the Sexual Assault Prevention and Response (SAPR) team. Victim advocates and command representatives used sidewalk chalk to creatively express what sexual assault prevention means to them. The event drew participation from

99 Sailors representing 11 commands, turning powerful messages into vibrant artwork. The creative competition added a fun twist, with VR-54 taking first place for their standout design. The Navy Air Logistics Office followed in second place and Navy Reserve Professional Development Center placed third.

From thought provoking visuals to team-led events, the FFSC and participating commands showcased their steadfast dedication to cultivating a culture of dignity, respect, and zero tolerance for sexual assault.

## NAS JRB New Orleans' Activities Highlight CAP

Recently, the Fleet and Family Support Center's Counseling, Advocacy, and Prevention (CAP) team at Naval Air Station - Joint Reserve Base (NAS JRB) New Orleans, Louisiana, shined a spotlight on child abuse prevention through a series of creative, family-friendly events designed to strengthen bonds and promote positive parenting.

Back by popular demand, the Drive-In Movie Night returned on April 11, offering families a unique twist on movie night. Each family received a cardboard "car" to decorate that sparked an impressive display of creativity and collaboration. After crafting their personalized vehicles, families settled in with pizza and popcorn to enjoy a showing of Disney's "Cars" under the stars.

Later in the month, the fun continued with the Safari Scavenger Hunt on April 25. This jungle-themed adventure encouraged teamwork and exploration as children searched for animal-themed clues along a decorated trail. The day was packed with hands-on crafts, including building binoculars and making their own animal creations to take home. Families also enjoyed bubble play, painting activities and a chance to win a prize courtesy of the Child and Youth Program's school liaison.

Both events offered more than just entertainment; they created opportunities for military families to connect, build lasting memories and learn about positive parenting practices in an engaging and supportive environment.



## NSA Charleston Supports Sexual Assault Awareness and Prevention

The Sexual Assault Prevention and Response (SAPR) advocate team at Naval Support Activity Charleston, South Carolina, along with an Air Force representative from the joint base, hosted a collaborative Sexual Assault Awareness and Prevention information event on April 11 at the Naval Nuclear Power Training Command. The SAPR advocate team interacted and shared positive messages of encouragement and resources with more than 150 Sailors. In addition, the event allowed active-duty service members to engage and identify their command's unit victim advocates and test their knowledge about dating safety and what constitutes a healthy relationship.

[continued below]



## NAS Pensacola Recognizes Child Abuse Prevention Awareness

Commanding Officer of Naval Air Station Pensacola (NASP), Capt. Chandra Newman issued a proclamation in recognition of National Child Abuse Prevention Awareness on April 10. To mark the occasion, Newman visited the air station's Child Development Center (CDC), where she read an inspiring book about bravery to children. Blue pinwheels were distributed to each student, encouraging them to proudly wave as a symbol of hope and awareness in support of child abuse prevention.

At NASP, this observance is marked by a series of events and initiatives aimed at fostering a safe and supportive environment for military families. The NASP Family Advocacy Program (FAP) plays a pivotal role in these efforts, offering services designed to prevent and respond to child abuse and neglect. These services include public awareness campaigns, parenting support programs and clinical treatment for families in need. One key initiative is the New Parent Support Program, which provides home visits, parenting classes and playgroups to help military parents develop strong, healthy bonds with their children while navigating the challenges of military life.

The unique demands of military life can amplify the typical stressors of raising children. Frequent relocations, changing schools, making new friends, deployments and extended separations from one or both parents are common experiences for military children. To alleviate these pressures, families are encouraged to prioritize fun, foster connections and practice self-care to maintain strong and healthy relationships.

It is often said that it takes a village to raise children. Military families can support one another by offering encouragement, connection and linking those who are struggling with available resources. Every caring adult within the community plays a crucial role in building resilience in military children and families, particularly those impacted by trauma, abuse or neglect.

Visit the [Family Advocacy Program's website](#) for more information. Or call the [Military OneSource](#) support line at (800) 342-9647.





# Special Thanks to this Month's Contributors:

- HM1 (FMF) Demetrius Walker and STG2 (SW/AW) Rickaiya Diggs, Navy Wounded Warriors
- Rebecca Pratt, NAS Pensacola, Fleet and Family Support Center
- Brittany Oehrle, NAS Pensacola, Fleet and Family Support Center
- Lasha A. George, NAS JRB New Orleans Fleet and Family Support Center
- Pamela Harmon, BS, MPH, NSA Charleston Fleet and Family Support Center
- Justin Thomas, CNRSW Fleet & Family Support Program
- Antonella DeLuca, CNIC Family Housing
- April Tischler, CNIC Navy Gold Star Program
- Jeff Bright, LCSW, BCN, CNIC Fleet and Family Program
- Kristin Kammermeier, CNIC Fleet and Family Program
- Fran Jackson, MBA, AFC, CNIC Fleet and Family Program
- Marisa Keeler, AFC, GCDF, CNIC Fleet and Family Support Program
- Tim McGough, CNIC Fleet and Family Support Program
- Military OneSource





# YOUR *Virtual* FFSC WEBINAR SCHEDULE

JUNE 2025

We have webinars scheduled to suit time zones around the world!

Visit [MyNavyFamily.com](https://MyNavyFamily.com), select a topic, and view available sessions with times automatically converted to your local time.

## EMPLOYMENT

Power Up Your Resume for Remote Jobs	6/4/25	1:00 PM EDT	10:00 AM PDT
AI Resume Building - A Paradigm Shift	6/5/25	12:00 PM EDT	9:00 AM PDT
AI Job Search Optimization 2025	6/6/25	9:00 AM EDT	6:00 AM PDT
USAJOBS 2025	6/13/25	9:00 AM EDT	6:00 AM PDT
LinkedIn and How to Make it Work for You!	6/23/25	10:00 AM EDT	7:00 AM PDT

**Want more? Click on Employment for dates and times for:**

- Becoming Federal Resume Savvy
- Job Search Hacks
- Mastering the Modern Resume
- Mastering Virtual Interviews
- Remote Ready: A Spouse's Roadmap to a Virtual Career!
- Understanding USAJobs

## EXCEPTIONAL FAMILY MEMBER (EFMP)

Music Together for Children with Special Needs	6/5/25	12:30 PM EDT	9:30 AM PDT
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## MENTAL WELL-BEING

Staying Safe: Vigilance and Awareness in Preventing Stalking in IPV Relationships	6/13/25	1:00 PM EDT	10:00 AM PDT
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## PARENTING



How to Protect the Next Generation in the Digital Age	6/3/25	1:00 PM EDT	10:00 AM PDT
Parenting and Sexual Development (SHAPE Module 1)	6/6/25	8:30 AM EDT	5:30 AM PDT
Parenting to Prevent PSB: Teens (SHAPE Module 5)	6/11/25	6:30 PM EDT	3:30 PM PDT
College Bound - Survivor Secrets	6/25/25	7:00 PM EDT	4:00 PM PDT
What About the Kids?	6/26/25	1:00 PM EDT	10:00 AM PDT

**Join us for these webinars offered throughout June:**

- Helping Kids Thrive Through Change
- Spotting the Signs of Youth Suicide

## DEPLOYMENT SUPPORT

IA Deployment 101	6/17/25	1:00 PM EDT	10:00 AM PDT
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**Looking for more?** Click Deployment on the LMS for the following trainings.

- Deployment Sleep Strategies
- Equipping Your Kids During Deployment
- Ready, Set, Deploy: Pre-Deployment Planning
- Single Sailor Deployment Tools
- The Service Member's Guide to Family Care Plans



## TRANSITION



Spouse Transition And Readiness Table Talk (S.T.A.R.T.)	6/20/25	9:00 AM EDT	6:00 AM PDT
Why Does This Job Fair Not Have Any Rides?	6/18/25	4:00 PM EDT	1:00 PM PDT



**1** Go to [MyNavyFamily.com](https://MyNavyFamily.com) to log in or create a free account. Select the category on the

**2** home page, then select your webinar.

**3** Confirm the start time and click "Enroll Me."

The FFSC LMS also has comprehensive resources like New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.

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## PERSONAL GROWTH



Building Bridges-Nurturing Healthy Relationships	6/5/25	1:00 AM EDT	10:00 AM PDT
Understanding Anger	6/10/25	10:00 AM EDT	7:00 AM PDT
Anger Management	6/10/25	11:00 AM EDT	8:00 AM PDT
Habits of Happy People	6/10/25	11:00 AM EDT	8:00 AM PDT
Conflict Management	6/25/25	11:00 AM EDT	8:00 AM PDT

## PERSONAL FINANCIAL MANAGEMENT

Coins to Credit: Raising Money-Savvy Kids	6/4/25	1:00 PM EDT	10:00 AM PDT
	6/25/25	1:00 PM EDT	10:00 AM PDT
Touchpoint Talk Marriage	6/13/25	11:30 AM EDT	8:30 AM PDT
Military Marriage 101: Building Stronger Bonds & Financial Security	6/25/25	1:00 PM EDT	10:00 AM PDT
Let's Get Financially Fit!	6/27/25	3:00 PM EDT	12:00 PM PDT



**Click Personal Financial Management** for webinars on:

- Booties & Budgets: Welcoming Your First Child and Baby-Proofing Your Finances
- Command Your Credit
- Emergency Financial Preparedness
- Financial Readiness Before Deployment: Securing Your Future
- Making the Most of your Overseas Pay
- Making your Money work for you
- Military Retirement Planning
- PCS and your Pocketbook
- Planning your Financial Future
- Servicemembers Civil Relief Act Q&A
- Stretching Budgets and Maximizing Nutrition
- TSP Essentials for Navy Life: Grow Your Savings, Secure Your Future

## RELOCATION

**Click the Relocation category** for Calming Cultural Shock, Planning the Perfect PCS, Stepping up Support: Sponsorship Training, and The PCS Process — all offered several times throughout June for your convenience!

Smooth Move	6/3/25	1:00 PM EDT	10:00 AM PDT
Relocation: Moving Overseas	6/5/25	12:00 PM EDT	9:00 AM PDT
PCS Within the Continental US (CONUS)	6/17/25	12:00 PM EDT	9:00 AM PDT
Sponsor Training	6/18/25	3:00 PM EDT	12:00 PM EDT
Smooth Move OCONUS	6/26/25	2:00 PM EDT	11:00 AM PDT

## RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 1: Stress Resilience	6/24/25	11:00 AM EDT	8:00 AM EDT
Module 3: Living Core Values	6/3/25	1:00 PM EDT	10:00 AM EDT
Module 4: Flexibility	6/10/25	1:00 PM EDT	10:00 AM PDT
Module 5: Problem Solving	6/17/25	1:00 PM EDT	10:00 AM PDT
Module 6: Connection	6/24/25	1:00 PM EDT	10:00 AM PDT
Stoicism Principles and Stress Management	6/20/25	9:00 AM EDT	6:00 AM PDT
Stress Management	6/24/25	10:00 AM EDT	7:00 AM PDT



Want to learn more about resilience? Join us for Bounce Back Better. See the LMS for times in your time zone.

