

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



Your Navy Region Southeast Team has got you covered!

September 3, 2025, 9:00 a.m. EDT: AI Resume Building- A Paradigm Shift

Facilitator: Tito Perez, FFSC NAS Corpus Christi

September 4, 2025, 10:00 a.m. EDT: Suicide Prevention

Facilitator: Edie Limardo, FFSC NS Mayport

September 5, 9:00 a.m. EDT: Leveraging AI for Your 2025 Job Search

Facilitator: Tito Perez, FFSC NAS Corpus Christi

September 8, 2025, at 2:00 p.m. EDT: Emergency Preparedness: Your Peace of Mind

Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans

September 9, 2025, 10:00 a.m. EDT: Understanding Anger

Facilitator: Edie Limardo, FFSC NS Mayport

September 9, 2025, 11:00 a.m. EDT: Effects of Divorce on Children

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

September 9, 2025, 12:00 noon EDT: New Spouse Orientation

Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

September 9, 2025, 12:00 noon EDT: Mental Health Begins at Birth

Facilitator: Lisa Phillips, FFSC NAS JRB New Orleans

September 10, 2025, 12:00 noon EDT: A Smooth Move PCS? It Can Happen

Facilitator: Diane Brown, FFSC NSA Mid-South

September 11, 2025, 11:00 a.m. EDT: Personal Communication

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

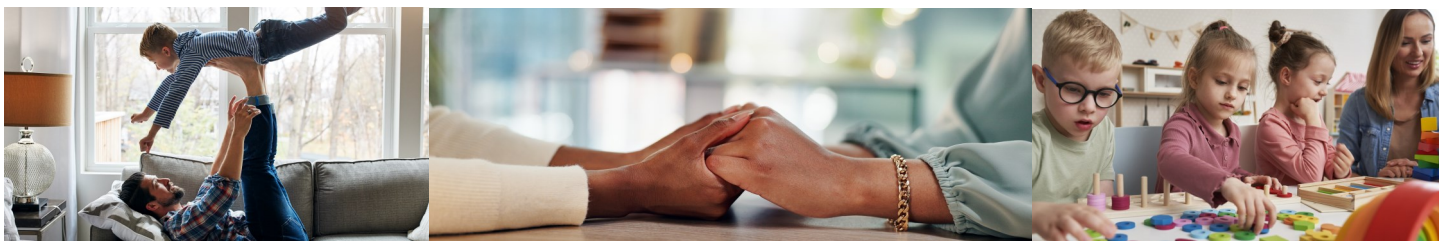


**Space is limited. Register early on the CNIC
 Learning Management System (LMS):**

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



The
 Fleet & Family Support
Center



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September 12, 2025, 9:00 a.m. EDT: USAJobs 2025

Facilitator: Tito Perez, FFSC NAS Corpus Christi

September 15, 2025, at 12:00 noon EDT: Smooth Move

Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans

September 16, 2025, 10:00 a.m. EDT: Stress Management

Facilitator: Edie Limardo, FFSC NS Mayport

September 16, 2025, 1:00 p.m. EDT: Mind Body Mental Fitness Module 1: Stress Management Facilitators: Anali Aguilar, FFSC NSB Kings Bay &

September 16, 2025, 4:00 p.m. EDT: Pain Free.....Resume Writing

Facilitator: Diane Brown, FFSC NSA Mid-South

September 17, 2025, 10:00 a.m. EDT: Love Paying Credit Cards?? Not!!!!

Facilitator: Kay Wade, FFSC NAS Jacksonville

September 17, 2025, 1:00 p.m. EDT: Baby Breaks the Bank

Facilitator: Michele Murphy, FFSC NAS JRB New Orleans

September 17, 2025, 3:00 p.m. EDT: Acing the Interview

Facilitator: La Tonya Radford, FFSC NAS JRB Ft Worth

September 18, 2025, 10:00 a.m. EDT: The Art of the Interview

Facilitator: Diane Brown, FFSC NSA Mid-South

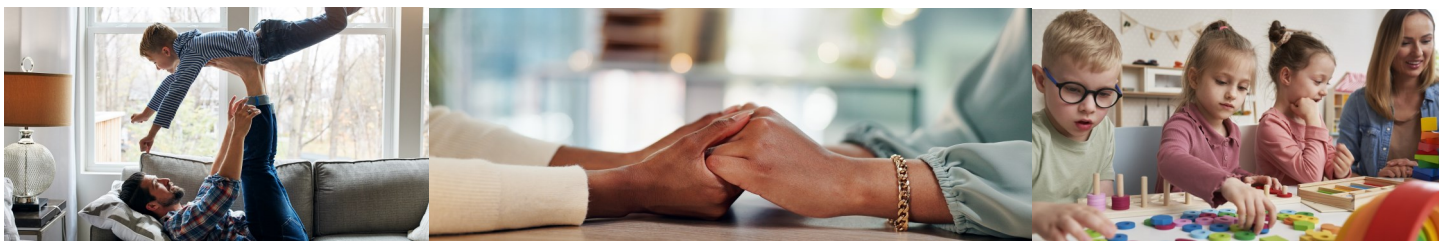


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September 19, 2025, 9:00 a.m. EDT: Stoic Principles & Stress Management

Facilitator: Tito Perez, FFSC NAS Corpus Christi

September 23, 2025, 1:00 p.m. EDT: Mind Body Mental Fitness Module 2: Mindfulness & Meditation

Facilitators: Wanda Archer, FFSC NAS Jacksonville &

September 24, 2025, 11:00 a.m. EDT: Building Healthy Relationships

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

September 30, 2025, 1:00 p.m. EDT: Mind Body Mental Fitness (MBMF) Module 3: Living Core Values

Facilitators: LaTonya Radford, FFSC NAS JRB New Orleans & Carolyn Robertson, FFSC NAS Jacksonville

September 18, 2025, 12:00 noon EDT: Suicide Prevention

Facilitator: Christina Comminey, FFSC NAS JRB New Orleans

September 18, 2025, 1:00 p.m. EDT: What About the Kids?

Facilitator: Edie Limardo, FFSC NS Mayport



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