



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



Your Navy Region Southeast Team has got you covered!

May 1, 2025, 12:00 noon EDT: AI Resume Building: A Paradigm Shift

Facilitator: Tito Perez, FFSC NAS Corpus Christi

May 1, 2025, 3:00 p.m. EDT: Cultivating Resiliency

Facilitator: LaTonya Radford, FFSC NAS JRB New Orleans

May 2, 2025, 9:00 a.m. EDT: AI Job Search Organization 2025

Facilitator: Tito Perez, FFSC NAS Corpus Christi

May 6, 2025, 12:00 noon EDT: Positive Parenting

Facilitator: Lisa Phillips, FFSC NAS JRB New Orleans

May 8, 2025, 11:00 a.m. EDT: Conflict Management

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

May 8, 2025, at 3:00 p.m. EDT: Emergency Preparedness

Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans

May 9, 2025, 9:00 a.m. EDT: USAJobs 2025

Facilitator: Tito Perez, FFSC NAS Corpus Christi

May 13, 2025, 10:00 a.m. EDT: Understanding Anger

Facilitator: Edie Limardo, FFSC NS Mayport

May 16, 2025, 9:00 a.m. EDT: Stoicism Principles & Stress Management

Facilitator: Tito Perez, FFSC NAS Corpus Christi

May 20, 2025, 10:00 a.m. EDT: PAIN FREE! Resume Writing Simplified

Facilitator: Diane Brown, FFSC NSA Mid-South



**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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May 20, 2025, 10:00 a.m. EDT: Stress Management

Facilitator: Edie Limardo, FFSC NS Mayport

May 20, 2025, 11:00 a.m. EDT: ACING the Interview!

Facilitator: Michele Murphy, FFSC NAS JRB New Orleans

May 20, 2025, 2:00 p.m. EDT: Healthy Relationships

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

May 21, 2025, 2:00 p.m. EDT: Innovative Interviewing

Facilitator: Diane Brown, FFSC NSA Mid-South

May 21, 2025, 7:00 p.m. EDT: Teen Job Search: A Guide to Finding a Great Job

Facilitator: Diane Brown, FFSC NSA Mid-South

May 22, 2025, 1:00 p.m. EDT: 504: BLUF- The Bottom Line Up Front About the 504

PlansFacilitator: Sonia McGonigle, Navy Region Southeast

May 22, 2025, 1:00 p.m. EDT: What About the Kids?

Facilitator: Edie Limardo, FFSC NS Mayport

May 22, 2025, at 3:00 p.m. EDT: Smooth Move

Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans

May 30, 2025, 2:00 p.m. EDT: Money, Money, Money: You're Ruining My Honey

Facilitator: Michele Murphy, FFSC NAS JRB New Orleans



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