



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



Your Navy Region Southeast Team has got you covered!

October 1, 2025, 9:00 a.m. EDT: AI Resume Building- A Paradigm Shift
Facilitator: Tito Perez, FFSC NAS Corpus Christi

October 3, 2025, 9:00 a.m. EDT: Leveraging AI for Your 2025 Job Search
Facilitator: Tito Perez, FFSC NAS Corpus Christi

October 7, 2025, 10:00 a.m. EDT: Understanding Anger
Facilitator: Edie Limardo, FFSC NS Mayport

October 7, 2025, 11:00 a.m. EDT: LinkedIn & How to Make it Work for You!
Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

October 7, 2025, 11:00 a.m. EDT: Effects of Divorce on Children
Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

October 7, 2025, 12:00 noon EDT: Terrific Toddlers
Facilitator: Lisa Phillips, FFSC NAS JRB New Orleans

October 7, 2025, 1:00 p.m. EDT: Mind Body Mental Fitness Module 1: Flexibility
Facilitators: Amy Kirk & Annemarie Ward, CNRMA

October 8, 2025, 11:00 a.m. EDT: Intimate Partner Violence: Identification and Reporting
Facilitator: Christina Comminey, FFSC NAS JRB New Orleans

October 9, 2025, 1:00 p.m. EDT: Problematic Sexual Behavior in Children & Youth (PSB-CY)
Facilitator: Melissa Harper & Edie Limardo, FFSC NS Mayport

October 10, 2025, 9:00 a.m. EDT: USAJobs 2025
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**





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October 14, 2025, 10:00 a.m. EDT: Stress Management

Facilitator: Edie Limardo, FFSC NS Mayport

October 14, 2025, 1:00 p.m. EDT: Mind Body Mental Fitness Module 5: Mindfulness & Meditation

Facilitators: Shannon Klein, CNRSE & Aylin Concolino, FFSC NAS Jacksonville

October 15, 2025, 11:00 a.m. EDT: Communication Skills

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

October 16, 2025, 1:00 p.m. EDT: What About the Kids?

Facilitator: Edie Limardo & Melissa Harper, FFSC NS Mayport

October 16, 2025, 1:00 p.m. EDT: Permanent Change of Station: From Special Education Into Adulthood- The Transition Process

Facilitator: Sonia McGonigle, Navy Region Southeast

October 21, 2025, 11:00 a.m. EDT: Conflict Management

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

October 21, 2025, 12:00 noon EDT: New Spouse Orientation

Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

October 21, 2025, 1:00 p.m. EDT: Mind Body Mental Fitness (MBMF) Module 6: Connection

Facilitators: Edie Limardo, FFSC NS Mayport & Amy Kirk, CNRMA

October 27, 2025, 11:00 a.m. EDT: Joy & Peace Through the Holidays

Facilitator: Michele Murphy, FFSC NAS JRB New Orleans

October 28, 2025, 12:00 noon EDT: Stress Management

Facilitator: Christina Comminey, FFSC NAS JRB New Orleans

October 29, 2025, at 2:00 p.m. EDT: Sponsor Training

Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans



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