



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



**Your Navy Region Southeast Team has got you covered!**

**June 5, 2025, 12:00 noon EDT: AI Resume Building: A Paradigm Shift**

Facilitator: Tito Perez, FFSC NAS Corpus Christi

**June 6, 2025, 9:00 a.m. EDT: AI Job Search Organization 2025**

Facilitator: Tito Perez, FFSC NAS Corpus Christi

**June 10, 2025, 10:00 a.m. EDT: Understanding Anger**

Facilitator: Edie Limardo, FFSC NS Mayport

**June 10, 2025, 11:00 a.m. EDT: Habits of Healthy People**

Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

**June 10, 2025, 11:00.m. EDT: Anger Management**

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

**June 13, 2025, 9:00 a.m. EDT: USAJobs 2025**

Facilitator: Tito Perez, FFSC NAS Corpus Christi

**June 17, 2025, 10:00 a.m. EDT: PCS within the Continental United States (CONUS)**

Facilitator: Diane Brown, FFSC NSA Mid-South

**June 18, 2025, at 3:00 p.m. EDT: Sponsor Training**

Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans

**June 20, 2025, 9:00 a.m. EDT: Stoicism Principles & Stress Management**

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**



**The**  
 Fleet & Family Support  
**Center**



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**June 23, 2025, 10:00 a.m. EDT: LinkedIn: How to Make it Work for You**

Facilitator: Michele Murphy, FFSC NAS JRB New Orleans

**June 24, 2025, 10:00 a.m. EDT: Mind Body Mental Fitness**

**Module 1: Stress Management**

Facilitators: LaTonya Radford, FFSC NAS JRB New Orleans & Kelly Stull, FFSC NS Mayport

**June 24, 2025, 10:00 a.m. EDT: Stress Management**

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

**June 25, 2025, 7:00 p.m. EDT: College Bound: Survivor Secrets**

Facilitator: Diane Brown, FFSC NSA Mid-South

**June 25, 2025, 11:00 a.m. EDT: Conflict Management**

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

**June 26, 2025, 2:00 p.m. EDT: Smooth Move: OCONUS**

Facilitator: Diane Brown, FFSC NSA Mid-South

**June 26, 2025, 1:00 p.m. EDT: What About the Kids?**

Facilitator: Edie Limardo, FFSC NS Mayport

**June 27, 2025, 3:00 p.m. EDT: Let's Get Financially Fit!**

Facilitator: Michele Murphy, FFSC NAS JRB New Orleans



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