



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



Your Navy Region Southeast Team has got you covered!

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

Facilitators: Arvon Villanueva & Paul Pantoja, FFSC NBVC Port Hueneme

July 2, 2025, 9:00 a.m. EDT: AI Resume Building: A Paradigm Shift

Facilitator: Tito Perez, FFSC NAS Corpus Christi

July 3, 2025, 12:00 noon EDT: AI Job Search Optimization 2025

Facilitator: Tito Perez, FFSC NAS Corpus Christi

July 8, 2025, 10:00 a.m. EDT: Understanding Anger

Facilitator: Edie Limardo, FFSC NS Mayport



July 8, 2025, 1:00 p.m. EDT: Mind Body Mental Fitness (MBMF) Module 3: Living Core Values

Facilitators: Paula Ingram, FFSC CBC Gulfport & Maria Wolfe, FFSC NAS Whiting Field

July 9, 2025, 1:00 p.m. EDT: PAIN FREE- Resume Writing

Facilitator: Diane Brown, FFSC NSA Mid-South

July 9, 2025, 6:00 p.m. EDT: College Bound- Survivor Secrets

Facilitator: Diane Brown, FFSC NSA Mid-South

July 10, 2025, at 3:00 p.m. EDT: Emergency Preparedness

Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans

July 11, 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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July 11, 2025, 10:00 a.m. EDT: Christmas in July: Saving for the Holidays

Facilitator: Michele Murphy, FFSC NAS JRB New Orleans

July 15, 2025, 9:30 a.m. EDT: Innovative Interviewing

Facilitator: Diane Brown, FFSC NSA Mid-South

July 15, 2025, 11:00 a.m. EDT: Stress Management

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

July 15, 2025, 12:00 noon EDT: Raising Siblings

Facilitator: Lisa Philips, FFSC NAS JRB New Orleans

July 15, 2025, 12:00 noon EDT: New Spouse Orientation

Facilitator: La Tonya Radford, FFSC NAS JRB Ft Worth

July 15, 2025, 1:00 p.m. EDT: Mind Body Mental Fitness (MBMF) Module 4: Flexibility

Facilitators: Ariel Raymond, FFSC NAS Pensacola & Kelly Stull, FFSC NS Mayport

July 17, 2025, 1:00 p.m. EDT: Demystifying the Acronyms and Supports for Students with Behavioral Needs

Facilitator: Sonia McGonigle, Commander Navy Region Southeast

July 17, 2025, 1:00 p.m. EDT: What About the Kids?

Facilitator: Edie Limardo, FFSC NS Mayport



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The
 Fleet & Family Support
Center



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July 17, 2025, 2:00 p.m. EDT: Are You Prepared for Your Next Job Fair?

Facilitator: Michele Murphy, FFSC NAS JRB New Orleans

July 18, 2025, 9:00 a.m. EDT: Stoicism Principles & Stress Management

Facilitator: Tito Perez, FFSC NAS Corpus Christi

July 18, 2025, 10:00 a.m. EDT: Stress Management

Facilitator: Edie Limardo, FFSC NS Mayport

July 22, 2025, 1:00 p.m. EDT: Mind Body Mental Fitness (MBMF) Module 5: Problem Solving

Facilitators: Aylin Concolino & Karen Whiting, FFSC NAS Jacksonville

July 24, 2025, 2:00 p.m. EDT: Couples Communication

Facilitator: Edie Limardo, FFSC NS Mayport

July 29, 2025, 1:00 p.m. EDT: Mind Body Mental Fitness (MBMF) Module 6: Connection

Facilitators: Ariel Raymond & Patty Sirak, FFSC NS Pensacola

July 31, 2025, 11:00 a.m. EDT: Conflict Management

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth



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