



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



Your Navy Region Southeast Team has got you covered!

May 3, 2024, 10:00 a.m. EDT: USAJobs 2024

Facilitator: Tito Perez, FFSC NAS Corpus Christi

May 3, 2024, 2:00 p.m. EDT: Suicide Prevention

Facilitator: Kim Kadish, FFSC NAS Kingsville

May 6, 2024, 12:00 p.m. EDT: Scholarship Survivor: Going to College on the Cheap

Facilitator: Julie Shourds, FFSC NSA Mid-South

May 7, 2024, 10:00 a.m. EDT: Understanding Anger

Facilitator: Edie Limardo, FFSC NS Mayport

May 7, 2024, 1:00 p.m. EDT: MBMF Module 6: Connection

Facilitators: Maria Wolfe, FFSC NAS Panama City & Trish Pair, FFSC NAS Pensacola

May 8, 2024, 10:00 a.m. EDT: Success Under Stress

Facilitator: Michele Murphy, FFSC JRB New Orleans

May 8, 2024, 12:00 p.m. EDT: Mental Health Begins at Birth

Facilitator: Lisa Phillips, FFSC JRB New Orleans

May 8, 2024, 2:00 p.m. EDT: Anger Management

Facilitator: Ora Millard, FFSC JRB Ft. Worth



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

**MyNavyFamily.com or
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The
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Center



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May 9, 2024, 11:00 a.m. EDT: Hire Expectations

Facilitator: Cyrus Jones, FFSC JRB New Orleans

May 9, 2024, 11:30 a.m. EDT: The Basics of Special Education and IEPs

Facilitator: Ginger Manley, FFSC NAS Pensacola

May 9, 2024, 2:00 p.m. EDT: Stress Management

Facilitator: Ora Millard, FFSC JRB Ft. Worth

May 14, 2024, 10:00 a.m. EDT: Resume Writing & Cover Letters Simplified

Facilitator: Diane Brown, FFSC NSA Mid-South

May 14, 2024, 10:00 a.m. EDT: Stress Management

Facilitator: Edie Limardo, FFSC NS Mayport

May 21, 2024, 10:00 a.m. EDT: Strategies for Co-Parenting

Facilitator: Michele Murphy, FFSC JRB New Orleans

May 22, 2024, 7:00 p.m. EDT: Teen Job Search

Facilitator: Diane Brown, FFSC NSA Mid-South

May 23, 2024, 10:00 a.m. EDT: Innovative Interviewing

Facilitator: Diane Brown, FFSC NSA Mid-South



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May 23, 2024, 1:00 p.m. EDT: What About the Kids?

Facilitator: Edie Limardo, FFSC NS Mayport

May 23, 2024, 2:00 p.m. EDT: Sponsor Training

Facilitator: Veronica Dillard, FFSC JRB New Orleans

May 28, 2024, 12:00 p.m. EDT: First Impressions Matter, Make Yours Count

Facilitator: Tiffany Setaro, FFSC JRB New Orleans



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