



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



Your Navy Region Southeast Team has got you covered!

July 5, 10:00 a.m. EDT: USAJobs 2024

Facilitator: Tito Perez, FFSC NAS Corpus Christi

July 8, 2024, 12:00 noon EDT: The Ins and Outs of Continuation Pay

Facilitator: Melanie Matheus, FFSC JRB Ft Worth and
Kendra Armstrong-Milete, FFSC NAS Corpus Christi

July 9, 2024, 10:00 a.m. EDT: Understanding Anger

Facilitator: Edie Limardo, FFSC NS Mayport

July 9, 2024, 12:00 noon. EDT: Your Terrific Toddler

Facilitator: Lisa Phillips, FFSC JRB New Orleans

July 9, 2024, 2:00 p.m. EDT: Anger Management

Facilitator: Ora Millard, FFSC JRB Ft. Worth

July 10, 2024, 2:00 p.m. EDT: Stress Management

Facilitator: Ora Millard, FFSC JRB Ft. Worth

July 11, 2024, 11:00 a.m. EDT: Hire Expectations

Facilitator: Michele Murphy, FFSC JRB New Orleans

July 11, 2024, 2:00 p.m. EDT: Smooth Move

Facilitator: Veronica Dillard, FFSC JRB New Orleans

July 16, 2024, 10:00 a.m. EDT: Stress Management

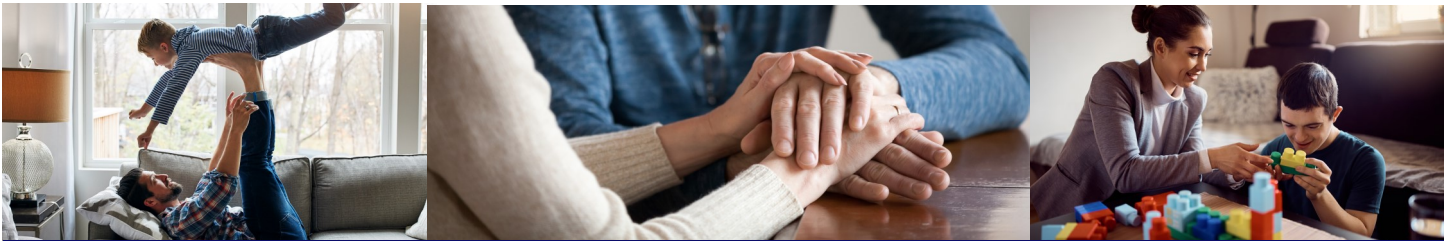
Facilitator: Edie Limardo, FFSC NS Mayport



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



The
Fleet & Family Support
Center



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July 17, 2024, 10:00 a.m. EDT: Temper Taming: The Healthy Way of Dealing with Anger
Facilitator: Michele Murphy, FFSC JRB New Orleans

July 18, 2024, 11:30 a.m. EDT: Resume Writing & Cover Letters Simplified
Facilitator: Diane Brown, FFSC NSA Mid-South

June 21, 2024, 11:30 a.m. EDT: The Road Ahead: Special needs Planning
Facilitator: Ginger Manley, FFSC NAS Pensacola

July 18, 2024, 1:00 p.m. EDT: What About the Kids?
Facilitator: Edie Limardo, FFSC NS Mayport

July 18, 2024, 7:00 p.m. EDT: College Bound: Survivor Secrets
Facilitator: Julie Shourds, FFSC NSA Mid-South



July 22, 2024, 2:00 p.m. EDT: Roadmap to Your Suitcase Career
Facilitator: Michele Murphy, FFSC JRB New Orleans

July 23, 2024, 11:00 a.m. EDT: Christmas in July: Saving Money for the Holidays
Facilitator: Michele Murphy, FFSC JRB New Orleans

July 24, 2024, 10:00 a.m. EDT: Innovative Interviewing
Facilitator: Diane Brown, FFSC NSA Mid-South

July 25, 2024, 2:00 p.m. EDT: Couples Communication: Communicating About Finances
Facilitator: Edie Limardo, FFSC NS Mayport

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