



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



Your Navy Region Southeast Team has got you covered!

November 1, 2024, 9:00 a.m. EDT: Using AI to Build Resumes
Facilitator: Tito Perez, FFSC NAS Corpus Christi

November 4, 2024, 12:00 noon EDT: Scholarship Survivor: Going to College on the Cheap
Facilitator: Julie Shourds, FFSC NSA Mid-South

November 5, 2024, 10:00 a.m. EDT: Understanding Anger
Facilitator: Edie Limardo, FFSC NS Mayport

November 6, 2024, 9:00 a.m. EDT: Roadmap to Your Suitcase Career
Facilitator: Michele Murphy, FFSC JRB New Orleans

November 6, 2024, 2:00 p.m. EDT: Intimate Partner Violence
Facilitator: Edie Limardo, FFSC NS Mayport

November 7, 2024, 10:00 a.m. EDT: 12 Turkey Tips to Financial Freedom
Facilitator: Michele Murphy, FFSC JRB New Orleans

November 8, 2024, 9:00 a.m. EDT: USAJobs 2024
Facilitator: Tito Perez, FFSC NAS Corpus Christi

November 13, 2024, 11:00 a.m. EDT: Spouse 101
Facilitator: Tracy Smith, FFSC JRB Ft. Worth



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



The
Fleet & Family Support
Center



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November 13, 2024, 11:30 a.m. EDT: The Basics of Special Education & IDEA
Facilitator: Ginger Manley, FFSC NAS Pensacola

November 13, 2024, 2:00 p.m. EDT: Anger Management
Facilitator: Ora Millard, FFSC JRB Ft. Worth

November 14, 2024, 9:00 a.m. EDT: Autopsy of a Deceased Relationship
Facilitator: Ma'ranthony Hubbard, FFSC NSA Mid-South

November 14, 2024, 1:00 p.m. EDT: What About the Kids?
Facilitator: Edie Limardo & Melissa Harper, FFSC NS Mayport

November 15, 2024, 9:00 a.m. EDT: Stoicism & Stress Management
Facilitator: Tito Perez, FFSC NAS Corpus Christi

November 15, 2024, 11:00 a.m. EDT: Adapt & Overcome: Building a Resilient Lifestyle
Facilitator: Michele Murphy, FFSC JRB New Orleans

November 19, 2024, 10:00 a.m. EDT: Stress Management
Facilitator: Edie Limardo, FFSC NS Mayport

November 20, 2024, 11:00 a.m. EDT: Conflict Management
Facilitator: Tracy Smith, FFSC JRB Ft. Worth

November 20, 2024, 2:00 p.m. EDT: Stress Management
Facilitator: Ora Millard, FFSC JRB Ft. Worth



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