



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



Your Navy Region Southeast Team has got you covered!



April 2, 2024, 1:00 p.m. EST: MBMF Module 1: Stress Resilience

Facilitators: Paula Ingram, FFSC CBC Gulfport & Lindsay Fowler, FFSC NS Guantanamo Bay

April 5, 2024, 9:00 a.m. EST: Using AI to Build Resumes

Facilitator: Tito Perez, FFSC NAS Corpus Christi

April 9, 2024, 1:00 p.m. EST: MBMF Module 2: Mindfulness & Meditation

Facilitators: Ora Millard, FFSC JRB Ft Worth & Kelly Stull, FFSC NS Mayport

April 16, 2024, 1:00 p.m. EST: MBMF Module 3: Living Core Values

Facilitators: Anali Aguilar, FFSC NSB Kings Bay & Paul Maxwell, FFSC NAS Pensacola

April 17, 2024, 7:00 p.m. EST: College Bound: Survivor Secrets

Facilitator: Diane Brown, FFSC NSA Mid-South

April 18, 2024, 10:00 a.m. EST: Resume Writing & Cover Letters Simplified

Facilitator: Diane Brown, FFSC NSA Mid-South

April 18, 2024, 11:30 p.m. EST: The Road Ahead: Special Needs Future Planning

Facilitator: Ginger Manley, FFSC NAS Pensacola

**Space is limited. Register early on the CNIC
Learning Management System (LMS):
MyNavyFamily.com or
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The
Fleet & Family Support
Center



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April 23, 2024, 12:00 noon EST: Innovative Interviewing

Facilitator: Diane Brown, FFSC NSA Mid-South



April 23, 2024, 1:00 p.m. EST: MBMF Module 4: Flexibility

Facilitators: Kim Kadish, FFSC NAS Kingsville & Monica McGinnis, FFSC Ft. Eisenhower

April 24, 2024, 3:00 p.m. EST: Anger Management

Facilitator: Ora Millard, FFSC JRB Fort Worth

April 25, 2024, 11:00 a.m. EST: Stress Management

Facilitator: Ora Millard, FFSC JRB Fort Worth

April 25, 2024, 2:00 p.m. EST: Couples Communication: Sex & Intimacy

Facilitator: Edie Limardo, FFSC NS Mayport

April 30, 2024, 1:00 p.m. EST: Making Bath Time Wonderful

Facilitator: Judy Myers, FFSC NSB Kings Bay

April 30, 2024, 1:00 p.m. EST: MBMF Module 5: Problem Solving

Facilitators: Edie Limardo, FFSC NS Mayport & Michele Murphy, FFSC JRB New Orleans

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