

MAY 2020

YOUR *Virtual* FFSC WEBINAR SCHEDULE



TO PARTICIPATE

Go to mynavyfamily.com to create a LMS account.
Once logged in, access LIVE webinars to register for a session.

For NMCI use <https://learning.zeiders.refineddata.com>.

COVID-19

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| Thursday, May 7th | 11:00AM EST | Setting Healthy Boundaries During Covid-19 |
| Thursday, May 7th | 1:00 PM EST | COVID-19 Finances and the CARES Act |
| Tuesday, May 19th | 1:00PM EST | No Place To Hide: Introverts Stuck at Home with Extroverts |
| Wednesday, May 20th | 2:00PM EST | Teens & Tweens During Covid-19 |
| Wednesday, May 20th | 4:30PM EST | COVID-19 Financial Resources |
| Wednesday, May 20th | 6:00PM EST | Household Goods Q&A During Covid-19 |
| Thursday, May 21st | 2:00PM EST | Positive Parenting and Coping Tips During COVID-19 |
| Thursday, May 21st | 3:00 PM EST | Stress Management in Times of Crisis |
| Wednesday, June 3rd | 1:00PM EST | COVID-19 Financial Resources |



Emergency Management

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| Friday, May 22nd | 10:00 AM EST | Disaster Preparedness |
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Deployment

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| Thursday, May 7th | 7:00 PM EST | Deployment and the EFM Family |
| Thursday, May 14th | 2:00PM EST | Return and Reunion: Homecoming |

Employment

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| Wednesday, May 27th | 12:00 PM EST | Federal Employment - Navigating USAJOBS |
| Thursday, May 28th | 4:00PM EST | Dressing for Interviews |

Work and Family Life

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| Wednesday May 6th | 4:00PM EST | Thriving in Times of Uncertainty |
| Thursday, May 7th | 10:00AM EST | Understanding Anger 101 |
| Monday May 18th | 1:00PM EST | Anger Management 101 |
| Thursday May 21st | 10:00AM EST | Couples Communication |
| Thursday May 21st | 11:00AM EST | Stress Management with WD-40 |
| Wednesday May 27th | 1:30PM EST | Single Stress Management |





Ombudsman

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| Tuesday, May 12th | 6:00 PM EST | Ombudsmen Assembly |
| Wednesday, May 13th | 9:30PM EST | Ombudsmen Assembly |
| Wednesday, June 3rd | 6:00 PM EST | Ombudsman Assembly |

Personal Financial Management

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| Monday, May 11th | 3:00PM EST | Home Buying in Today's Market |
| Wednesday, May 13th | 12:00PM EST | Consumer Awareness |
| Wednesday, May 13th | 3:00PM EST | Thrift Savings Plan |
| Wednesday, May 13th | 4:00PM EST | Teens and Money |
| Thursday, May 14th | 9:00AM EST | Saving and Investing |
| Thursday, May 14th | 11:00AM EST | Developing your Spending Plan |
| Thursday, May 14th | 6:00PM EST | Starting your College Journey |
| Tuesday, May 19th | 1:00PM EST | Credit Management |
| Tuesday, May 19th | 4:00PM EST | Frauds and Scams: How to Avoid Them |
| Wednesday, May 20th | 2:00PM EST | Car Buying Strategies |
| Thursday, May 21st | 9:00AM EST | Thrift Savings Plan |
| Thursday, May 28th | 9:00AM EST | Credit Management |
| Thursday, June 4th | 9:00AM EST | Saving and Investing |



Relocation

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| Monday, May 4th | 12:00PM EST | Sponsor Training |
| Tuesday, May 12th | 1:00PM EST | Spouse Certification |
| Friday, May 22nd | 5:00PM EST | New Spouse Orientation |
| Tuesday, May 26th | 12:00PM EST | Sponsor Training |

Transition Assistance

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| Tuesday, May 19th | 11:00AM EST | Managing your Transition Timeline During COVID-19 |
| Wednesday, June 3rd | 1:00PM EST | SKILLBRIDGE Workshop |

