



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



Your Navy Region Southeast Team has got you covered!

April 2, 2025, 3:00 p.m. EDT: Child Abuse & Neglect: Identification and Reporting
Facilitator: Christina Comminey, FFSC NAS JRB New Orleans

April 4, 2025, 9:00 a.m. EDT: AI Resume Building: A Paradigm Shift
Facilitator: Tito Perez, FFSC NAS Corpus Christi

April 8, 2025, 10:00 a.m. EDT: Understanding Anger
Facilitator: Edie Limardo, FFSC NS Mayport

April 9, 2025, 11:00 a.m. EDT: Intimate Partner Violence (IPV): Identification and Reporting
Facilitator: Edie Limardo & Elinor Cantrell, FFSC NS Mayport

April 10, 2025, 11:00 a.m. EDT: Let's Get Financially Fit!
Facilitator: Michele Murphy, FFSC NAS JRB New Orleans

April 10, 2025, at 3:00 p.m. EDT: Weathering the Storm: Emergency Preparedness for Families
Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans

April 11, 2025, 9:00 a.m. EDT: USAJobs2025
Facilitator: Tito Perez, FFSC NAS Corpus Christi

April 14, 2025, 12:00 noon EDT: Strategies for Co-Parenting: Putting the Child(ren) First
Facilitator: Michele Murphy, FFSC NAS JRB New Orleans

April 15, 2025, 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





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April 17, 2025, 1:00 p.m. EDT: What About the Kids?
Facilitator: Edie Limardo, FFSC NS Mayport

April 17, 2025, 1:00 p.m. EDT: Getting a Jumpstart into Early Learning
Facilitator: Sonia McGonigle, Navy Region Southeast

April 17, 2025, 3:00 p.m. EDT: PAIN FREE! Resume Writing Simplified
Facilitator: Diane Brown, FFSC NSA Mid-South

April 18, 2025, 9:00 a.m. EDT: Stoicism & Stress Management
Facilitator: Tito Perez, FFSC NAS Corpus Christi

April 23, 2025, 2:00 p.m. EDT: Anger Management
Facilitator: Ora Millard, FFSC JRB Ft Worth

April 24, 2025, 2:00 p.m. EDT: Stress Management
Facilitator: Ora Millard, FFSC JRB Ft Worth

April 28, 2025, 1:00 p.m. EDT: First Impressions Matter, Make Yours Count: Civilian Resume Writing Facilitator: Diane Brown, FFSC NSA Mid-South



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