We are all more organized in different areas of our life, but luckily FFSC has Subject Matter Experts that can provide you more tips and tricks to help tackle the areas that need improving.

**How to register:**

**Step #1:** Create an Account — Visit [MyNavyFamily.com](https://www.MyNavyFamily.com) to establish a free account. We recommend establishing your account at least one day before the webinar. Be sure to enter your time zone!!

**Step #2:** View the calendar — Once your account is confirmed, click “Live Webinar” at the top of the page to view the calendar and select a webinar.

**Step #3:** Receive a Reminder Email — You will receive an email and link for the webinar one week, one day, and one hour prior to the webinar!

Please feel free to message us at [learning@zeiders.com](mailto:learning@zeiders.com) if you have any questions. We look forward to seeing everyone there!

### Employment and Transition

- **Tuesday, August 4th**
  - 9:00 AM EST: Federal Employment *
  - 1:00 PM EST: What You Need To Know!
- **Thursday, August 6th**
  - 10:00 AM EST: Fundamentals of LinkedIn
- **Tuesday, August 11th**
  - 9:00 AM EST: USAJOBS2020
  - 3:00 PM EST: Job Search Strategies During Challenging Economic Times
- **Tuesday, August 18th**
  - 3:00 PM EST: Salary and Negotiation Skills
- **Wednesday, August 19th**
  - 9:00 AM EST: Effective Resume Writing in 2020
  - 9:00 AM EST: Private Sector Resume Basics
- **Thursday, August 20th**
  - 12:00 PM EST: Life After the Uniform
  - 12:00 PM EST: Interview Skills
- **Friday, August 21st**
  - 12:00 PM EST: Virtual Interviewing Techniques
  - 4:00 PM EST: Resume Writing
- **Wednesday, August 26th**
  - 1:00 PM EST: Stay at Home Business with Direct Sales Companies
- **Thursday, August 27th**
  - 11:00 AM EST: FFSC Virtual Job Fair 2020

### Finances

- **Tuesday, August 4th**
  - 1:00 PM EST: Consumer Awareness
- **Wednesday, August 5th**
  - 2:00 PM EST: Teen$ and Money
- **Friday, August 7th**
  - 12:00 PM EST: $ES to TSP
- **Tuesday, August 11th**
  - 3:00 PM EST: Car Buying
- **Thursday, August 13th**
  - 1:00 PM EST: Basic Investing
- **Friday, August 14th**
  - 11:00 AM EST: Developing Your Spending Plan
- **Friday, August 14th**
  - 2:00 PM EST: Thrift Savings Plan (TSP)
- **Monday, August 31st**
  - 10:30 AM EST: Understanding Your TSP
### Life Skills

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Wednesday, August 5th</td>
<td>10:00 AM</td>
<td>Suicide Prevention</td>
</tr>
<tr>
<td>Wednesday, August 5th</td>
<td>2:00 PM</td>
<td>Thriving in Times of Uncertainty</td>
</tr>
<tr>
<td>Thursday, August 6th</td>
<td>1:00 PM</td>
<td>Using Technology to Teach Your Child at Home</td>
</tr>
<tr>
<td>Wednesday, August 12th</td>
<td>9:30 AM</td>
<td>Communicating on Social Media</td>
</tr>
<tr>
<td>Wednesday, August 12th</td>
<td>2:00 PM</td>
<td>Communication Skills</td>
</tr>
<tr>
<td>Thursday, August 13th</td>
<td>11:00 AM</td>
<td>Stress Management with WD-40</td>
</tr>
<tr>
<td>Friday, August 14th</td>
<td>11:00 AM</td>
<td>Disaster Preparedness</td>
</tr>
<tr>
<td>Tuesday, August 18th</td>
<td>9:00 AM</td>
<td>Strengthening Couples</td>
</tr>
<tr>
<td>Friday, August 21st</td>
<td>2:00 PM</td>
<td>Five Love Languages</td>
</tr>
<tr>
<td>Tuesday, August 25th</td>
<td>9:00 AM</td>
<td>Healthy Relationship Habits</td>
</tr>
<tr>
<td>Tuesday, August 25th</td>
<td>1:00 PM</td>
<td>Taking Care of Common Signs of Stress</td>
</tr>
<tr>
<td>Wednesday, August 26th</td>
<td>10:00 AM</td>
<td>Personal Communications</td>
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</table>

### Ombudsman

<table>
<thead>
<tr>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Tuesday, August 25th</td>
<td>6:00 PM</td>
<td>Ombudsman Assembly</td>
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### Parenting

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Thursday, August 6th</td>
<td>1:00 PM</td>
<td>What about the Kids?</td>
</tr>
<tr>
<td>Friday, August 7th</td>
<td>2:00 PM</td>
<td>Your Child’s Development</td>
</tr>
<tr>
<td>Thursday, August 20th</td>
<td>4:00 PM</td>
<td>New Moms and Dads</td>
</tr>
<tr>
<td>Thursday, August 20th</td>
<td>4:00 PM</td>
<td>Deployment and Children</td>
</tr>
<tr>
<td>Wednesday, August 26th</td>
<td>2:00 PM</td>
<td>Parenting Tips</td>
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### Relocation

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
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</thead>
<tbody>
<tr>
<td>Friday, August 7th</td>
<td>12:00 PM</td>
<td>Sponsor Training</td>
</tr>
<tr>
<td>Friday, August 14th</td>
<td>1:00 PM</td>
<td>Sponsorship Training 101</td>
</tr>
</tbody>
</table>
DEPLOYMENT, LIFE SKILLS, AND I&R CLASSES

On Demand pre-recorded classes, GMTs, and other tips and ideas to help sailors and families through this challenging time

LINKS AVAILABLE ON THE FOLLOWING PAGE

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DEPLOYMENT CLASSES  LIFE SKILLS CLASSES

PRE-DEPLOYMENT

Pre-Deployment 1 of 5:
https://youtu.be/oRYYz06HeeE
Pre-Deployment 2 of 5:
https://youtu.be/rEuZPFAaUXy
Pre-Deployment 3 of 5:
https://youtu.be/e_BNpJgxWGU
Pre-Deployment 4 of 5:
https://youtu.be/H2L_Ole44CU
Pre-Deployment 5 of 5:
https://youtu.be/fEaor7pVydw

EMOTIONAL CYCLES OF DEPLOYMENT

Stage 1:
https://youtu.be/pyZVchIRaDk
Stage 2:
https://youtu.be/Idk3IEQFEck
Stage 3:
https://youtu.be/ZGPjw3tLAh8
Stage 4:
https://youtu.be/lc7eQpC-BFg
Stage 5:
Stage 6:
https://youtu.be/t3hv5vluag
Stage 7:
https://youtu.be/EvGqhmWV4oQ

STRESS RESILIENCE

Stress Resilience 1:
https://youtu.be/Il53H4FCue0
Stress Resilience 2:
https://youtu.be/4wywOxZycQ
Stress Resilience 3:
https://youtu.be/kvsAzR9fxN0

TIME MANAGEMENT

Time Management 1 of 3:
https://youtu.be/ccดาQ_8ZqJs
Time Management 2 of 3:
https://youtu.be/n-24_115InM
Time Management 3 of 3:
https://youtu.be/C-CnYyviQV4

SUICIDE PREVENTION

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Suicide Prevention 3 of 4:
https://youtu.be/iIMtZFSXwFs
Suicide Prevention 4 of 4:
https://youtu.be/BXxj260d5bE

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3 of 4:
https://youtu.be/gxhRXuLK01g
4 of 4:
https://youtu.be/fU_ELqQufyE

REINTEGRATION FOR FAMILIES WITH CHILDREN

1 of 5:
https://youtu.be/h3B4KvD-JDw
2 of 5:
https://youtu.be/tlgjQVXoJkM
3 of 5:
https://youtu.be/gl_bo9DA7gA
4 of 5:
https://youtu.be/UolqvTctBwA
5 of 5:
https://youtu.be/ishZ6b_OWGM

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CDH 4/20
LIFE SKILLS CLASSES

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https://youtu.be/eg5KvxoVX48

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FLEET AND FAMILY SUPPORT CENTER SAN DIEGO

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DEPLOYMENT CLASSES
RETURN AND REUNION

CONSUMER AWARENESS
Consumer Awareness 1 of 4: https://youtu.be/GPkIuIfdQCM
Consumer Awareness 2 of 4: https://youtu.be/pSvo-IPoV1g
Consumer Awareness 3 of 4: https://youtu.be/eyYdCCZ6EnY
Consumer Awareness 4 of 4: https://youtu.be/ntiJehJHdLk

SINGLE SAILOR
Single Sailor 1 of 4: https://youtu.be/3G5NJskgOg8
Single Sailor 2 of 4: https://youtu.be/n303cfvnF8
Single Sailor 3 of 4: https://youtu.be/bKhSAqknJ5E
Single Sailor 4 of 4: https://youtu.be/pElOAmA9S–Q

CAR BUYING
Car Buying 1 of 5: https://youtu.be/M7QAEzrgQ7A
Car Buying 2 of 5: https://youtu.be/asMuJH246SI
Car Buying 3 of 5: https://youtu.be/XgD5OmVldw0
Car Buying 4 of 5: https://youtu.be/kH2EVYoEgdc
Car Buying 5 of 5: https://youtu.be/6CbJQDEiCN8

RETURN TO CHILDREN
Return to Children 1 of 4: https://youtu.be/17__N94KyFA
Return to Children 2 of 4: https://youtu.be/FYSTE2U__6kk
Return to Children 3 of 4: https://youtu.be/BxTqcDEeOZU
Return to Children 4 of 4: https://youtu.be/lW5–5leZcbQ

RETURN TO INTIMACY
Return to Intimacy 1 of 4: https://youtu.be/In6wXoB5w5E
Return to Intimacy 2 of 4: https://youtu.be/-COih6ec8el
Return to Intimacy 3 of 4: https://youtu.be/oIV7B11–DdA
Return to Intimacy 4 of 4: https://youtu.be/zT7Irl5l8l8

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CDH 4/20
**DEPLOYMENT CLASSES**

**RETURN AND REUNION**

**SUICIDE PREVENTION: DEBORAH**

Part 1:
https://youtu.be/OuqR7KWWO-k
Part 2:
https://youtu.be/elri8U-ZvbE
Part 3:
https://youtu.be/Um_DuSqO-pE
Part 4:
https://youtu.be/sfVYD1Nxs-A

**RETURN TO CHILDREN: DEBORAH**

Part 1:
https://youtu.be/da1JEZJXELs
Part 2:
https://youtu.be/Ima26_eYSFM

**RETURN TO INTIMACY: DEBORAH**

Part 1:
https://youtu.be/4Q3wIb73hIk
Part 2:
https://youtu.be/dkeYYNryywK
Part 3:
https://youtu.be/quWaiqmtlj8

**NEW PARENT: DENISE**

Part 1 of 2:
https://youtu.be/vG0HkqK9LJM
Part 2 of 2:
https://youtu.be/Pf9fe5zDw5A

**NEW PARENT: LAUREN**

New Parent 1 of 4:
https://youtu.be/tv7kJZcU0Lc
New Parent 2 of 4:
https://youtu.be/v2VHm1Xo8yU
New Parent 3 of 4:
https://youtu.be/2CKYEcNTGMA
New Parent 4 of 4:
https://youtu.be/cYZdisLgzh4

**DEPLOYMENT CLASSES**

**RETURN AND REUNION**

**MID-DEPLOYMENT BRIEF**

Mid Deployment 1 of 3:
https://youtu.be/SH9Bt3oWimQ
Mid Deployment 2 of 3:
https://youtu.be/JbGp6ZDA3lo
Mid Deployment 3 of 3:
https://youtu.be/jwPGmC1hgfE

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https://youtu.be/Ve7_iNEj5CL8
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