

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

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

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

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

Employment

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



Work and Family Life

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



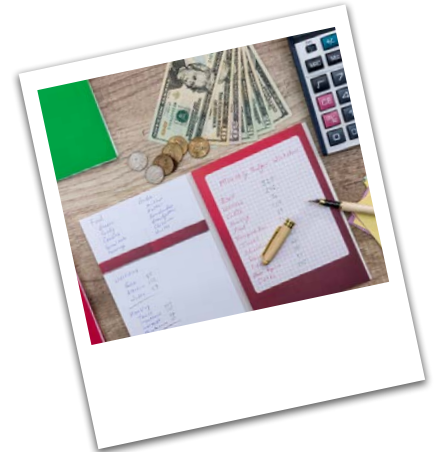


Ombudsman

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

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

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

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





FLEET & FAMILY SUPPORT PROGRAMS

Brings the Classroom to You!

Join us for an interactive and informative webinar. These webinars are open to Service Members, families, and civilian government employees.

Free

NAVY LIFE

SOUTHWEST

CONTACTS

NAF El Centro
760-339-2442

NAS Fallon NV
775-426-3333

NAS Lemoore
559-998-4042

NAWS China Lake
760-939-4545

NB Ventura County
805-656-3030

NSA Monterey
831-656-3030

NB Coronado
619-545-6071

NB Point Loma
619-553-7505

NB San Diego
619-556-7404



For access to webinars go to CNICLMS.COM, or MYNAVYFAMILY.COM and register on the webinar site. Webinar schedules and access will be found on the site.

Fleet & Family Support Program

COPING WITH COVID-19

INFORMATION & REFERRAL RESOURCES

YOUR NEXT STEPS

If you or your family are experiencing challenges, there is local, regional and national support to help.

Your Local FFSC:



WE ARE STILL OPEN.

Virtual services are available
Monday-Friday 7:30 am-4:30 pm
866-923-6478

Military Resources:

MILITARY ONESOURCE
800-342-9647
www.militaryonesource.mil



FOCUS
(Families OverComing Under Stress)
www.focusproject.org/covid19



More Sources of Help:



Visit us online at
WWW.NAVYLIFESW.COM



Download our mobile App:
MY NAVY FAMILY



DOD SAFE HELPLINE
Safehelpline.org
877-995-5247



CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)
www.consumerfinance.gov
855-411-2372



NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-8255



CONNECT WITH A NAVY CHAPLAIN
855-NAVY-311
Text: navy11@navy.mil

COUNSELING @ HOME

For more information on COVID, please visit www.cdc.gov/covid19