



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



Your Navy Region Southeast Team has got you covered!

December 3, 2024, 1:00 p.m. EST: Autopsy of a Deceased Relationship
Facilitator: Ma'ranthony Hubbard, FFSC NSA Mid-South

December 5, 2024, 10:00 a.m. EST: December Dollars: Year End Mastery
Facilitator: Michele Murphy, FFSC JRB New Orleans

December 6, 2024, 9:00 a.m. EST: Using AI to Build Resumes
Facilitator: Tito Perez, FFSC NAS Corpus Christi

December 6, 2024, 3:00 p.m. EST: Success Under Stress
Facilitator: Michele Murphy, FFSC JRB New Orleans

December 9, 2024, 12:00 noon EST: The Ins & Outs of Continuation Pay
Facilitator: Julie Shourds, FFSC NSA Mid-South

December 10, 2024, 10:00 a.m. EST: Understanding Anger
Facilitator: Edie Limardo, FFSC NS Mayport

December 10, 2024, 11:00 a.m. EST: Strategies for Co-Parenting
Facilitator: Michele Murphy, FFSC JRB New Orleans

December 11, 2024, 12:00 noon EST: Anger Management
Facilitator: Ora Millard, FFSC JRB Ft. Worth



**Space is limited. Register early on the CNIC
Learning Management System (LMS):
MyNavyFamily.com or**





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December 11, 2024, 1:00 p.m. EST: What About the Kids?
Facilitator: Edie Limardo & Melissa Harper, FFSC NS Mayport

December 11, 2024, 1:00 p.m. EST: Intimate Partner Violence
Facilitator: Edie Limardo, FFSC NS Mayport

December 12, 2024, 12:00 noon EST: Raising Siblings
Facilitator: Lisa Phillips, FFSC JRB New Orleans

December 12, 2024, 12:00 p.m. EST: Cultural Adaptation
Facilitator: Veronica Dillard, FFSC JRB New Orleans

December 13, 2024, 9:00 a.m. EST: USAJobs 2024
Facilitator: Tito Perez, FFSC NAS Corpus Christ

December 16, 2024, 3:00 p.m. EST: LinkedIn & How to Make it Work for You
Facilitator: Michele Murphy, FFSC JRB New Orleans

December 17, 2024, 10:00 a.m. EST: Stress Management
Facilitator: Edie Limardo, FFSC NS Mayport

December 18, 2024, 12:00 noon. EST: Stress Management
Facilitator: Ora Millard, FFSC JRB Ft. Worth

December 19, 2024, 9:00 a.m. EST: Stoicism & Stress Management
Facilitator: Tito Perez, FFSC NAS Corpus Christi



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