



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



**Your Navy Region Southeast Team has got you covered!**

**September 4, 2024, 9:00 a.m. EDT: Autopsy of a Deceased Relationship**

Facilitator: Ma'ranthony Hubbard, FFSC NSA Mid-South

**September 5, 2024, 2:00 p.m. EDT: Emergency Preparedness**

Facilitator: Veronica Dillard, FFSC JRB New Orleans

**September 5, 2024, 7:00 p.m. EDT: Suicide Prevention**

Facilitator: Kim Kadish, FFSC NAS Kingsville

**September 6, 2024, 9:00 a.m. EDT: Using AI to Build Resumes**

Facilitator: Tito Perez, FFSC NAS Corpus Christi

**September 9, 2024, 12:00 noon EDT: The Scholarship Survivor: Going to College on the Cheap**

Facilitator: Julie Shourds, FFSC NSA Mid-South

**September 10, 2024, 10:00 a.m. EDT: Sponsorship Training**

Facilitator: Vanessa Peters, FFSC NSA Mid-South

**September 10, 2024, 10:00 a.m. EDT: Understanding Anger**

Facilitator: Edie Limardo, FFSC NS Mayport

**September 11, 2024, 2:00 p.m. EDT: Anger Management**

Facilitator: Ora Millard, FFSC JRB Ft. Worth

**September 12, 10:00 a.m. EDT: Let's Get Financially Fit!**

Facilitator: Cyrus Jones, FFSC JRB New Orleans



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



**The**  
Fleet & Family Support  
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**September 12, 2024, 12:30 p.m. EDT: The Nuts & Bolts of the Exceptional Family Member Program**

Facilitator: Ginger Manley, FFSC NAS Pensacola

**September 13, 2024, 9:00 a.m. EDT: USAJobs 2024**

Facilitator: Tito Perez, FFSC NAS Corpus Christi

**September 13, 2024, 3:00 p.m. EDT: Strategies for Coparenting: Putting the Child(ren) First**

Facilitator: Michele Murphy, FFSC JRB New Orleans

**September 17, 2024, 10:00 a.m. EDT: Stress Management**

Facilitator: Edie Limardo, FFSC NS Mayport

**September 18, 2024, 2:00 p.m. EDT: Stress Management**

Facilitator: Ora Millard, FFSC JRB Ft. Worth

**September 19, 2024, 1:00 p.m. EDT: What About the Kids?**

Facilitator: Edie Limardo & Melissa Harper, FFSC NS Mayport

**September 20, 2024, 9:00 a.m. EDT: Stoicism & Stress Management**

Facilitator: Tito Perez, FFSC NAS Corpus Christi

**September 23, 2024, 9:00 a.m. EDT: First Impressions Matter, Make Yours Count: Civilian Resume Writing**

Facilitator: Michele Murphy, FFSC JRB New Orleans



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