

# YOUR *Virtual* FFSC WEBINAR SCHEDULE

DECEMBER 2022

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. Spouses are encouraged to attend all of these trainings. Be sure to pass this flyer on.

## How to register:

**Step #1:** Make a free account at [MyNavyFamily.com](https://learning.zeiders.refineddata.com) (NMCI use <https://learning.zeiders.refineddata.com>) at least one day before the webinar. Follow the on-screen instructions to create a new account. Be sure to enter your time zone!!

**Step #2:** Click on “Live Webinars” at the top of the page to view the full list of offerings.

**Step #3:** Click on the title of a session to view the information and description.

**Step #4:** Click on “Register Now” to register for the course.

You will get reminder emails with your personalized link.



**The CNIC LMS**  
has comprehensive resources for Navy spouses and family members such as New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse eLibrary.

### It's time for a year-end look at your finances.

Do you have a financial plan for the holidays and special events that avoids overspending and creating addition debt? Are you saving for retirement? Is it time to sell your home or are you considering renting it? There's a little something for everyone in December.

TSP and Other Defined Contribution Plans	1 Dec	12:00 PM
Joy and Peace Through the Holiday\$	6 Dec	11:00 AM
Home Selling	6 Dec	12:00 PM
Planning for Your Retirement	7 Dec	12:00 PM
Now I'm the Landlord	8 Dec	12:00 PM



# DECEMBER 2022

## Deployment

### Thursday, December 1st

1:00 PM EST Couples and Deployment

### Monday, December 12th

1:00 PM EST Reach Out and Touch: Holiday Edition

## Employment

### Wednesday, December 7th

1:00 PM EST Interviewing Skills

### Monday, December 12th

1:00 PM EST Interview Techniques

### Tuesday, December 13th

1:00 PM EST Resume Writing

### Wednesday, December 14th

11:00 AM EST Portable Careers

1:00 PM EST Job Search Strategies

## Finances

### Thursday, December 1st

12:00 PM EST TSP and other Defined Contribution Plans

### Tuesday, December 6th

11:00 AM EST Joy and Peace Through the Holiday\$

12:00 PM EST Home Selling

### Wednesday, December 7th

12:00 PM EST Planning for Your Retirement

### Thursday, December 8th

12:00 PM EST Now I'm the Landlord

### Wednesday, December 14th

4:00 PM EST CFS/PFM Leadership Forum

## Life Skills

### Thursday, December 1st

9:00 AM EST Only the Lonely: Tackling the Lonely Season

### Monday, December 5th

10:00 AM EST Mind Body Mental Fitness

Module 2: Mindfulness and Meditation

### Tuesday, December 6th

10:00 AM EST Understanding Anger

2:00 PM EST FAP Facts: Understanding the Family Advocacy Program

### Wednesday, December 7th

10:00 AM EST Youth Suicide Prevention

### Thursday, December 8th

2:00 PM EST Mind Body Mental Fitness

Module 4: Flexibility

### Monday, December 12th

2:00 PM EST Temper Taming: The Healthy Way of Dealing with Anger

2:00 PM EST FAP Facts: Understanding the Family Advocacy Program

### Tuesday, December 13th

10:00 AM EST Stress Management

### Wednesday, December 14th

4:00 PM EST Bad Latitude: Coping with Seasonal Affective Disorder

## Parenting

### Wednesday, December 7th

2:00 PM EST Special Education Notebook Session 3: Wading through Transitions

### Thursday, December 8th

2:00 PM EST "No I Don't Want To!"

Coping With Two-Year-Old Tantrums

3:00 PM EST College Bound...Observations and Tips from a Parent Survivor

### Thursday, December 15th

1:00 PM EST What About the Kids?

2:00 PM EST Baby Boot Camp

## Relocation

### Tuesday, December 6th

1:00 PM EST Moving with an Exceptional Family Member

### Wednesday, December 14th

11:00 AM EST Sponsor Training

## Transition

### Thursday, December 15th

11:00 AM EST Skillbridge

