



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



Your Navy Region Southeast Team has got you covered!

March 4, 2025, 10:00 a.m. EST: Understanding Anger

Facilitator: Edie Limardo, FFSC NS Mayport

March 4, 2025, at 11:00 a.m. EST: Leading the Way: Empowering Newcomers

Facilitator: Veronica Dillard, FFSC JRB New Orleans

March 5, 2025, 11:00 a.m. EST: Conflict Management

Facilitator: Tracy Smith, FFSC JRB Fort Worth

March 7, 2025, 9:00 a.m. EST: AI Resume Building: A Paradigm Shift

Facilitator: Tito Perez, FFSC NAS Corpus Christi

March 11, 2025, 10:00 a.m. EST: Stress Management

Facilitator: Ora Millard, FFSC JRB Ft Worth

March 12, 2025, 10:00 a.m. EST: Pain Free! Resume Writing Simplified

Facilitator: Diane Brown, FFSC NSA Mid-South

March 13, 11:00 a.m. EST: LinkedIn & How to Make it Work for You

Facilitator: La Tonya Radford, FFSC JRB New Orleans

March 13, 2025, 1:00 p.m. EST: What About the Kids?

Facilitator: Edie Limardo, FFSC NS Mayport

March 13, 2025, 2:00 p.m. EST: Innovative Interviewing

Facilitator: Diane Brown, FFSC NSA Mid-South

March 13, 2025, 2:00 p.m. EST: Anger Management

Facilitator: Ora Millard, FFSC JRB Ft Worth

March 13, 2025 at 3:00 p.m. EST: Smooth Move: Unpacking the Secrets to a Stress-Free Move Facilitator: Veronica Dillard, FFSC JRB New Orleans



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

**MyNavyFamily.com or
Learning.Zeiders.Refineddata.com**





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March 14, 2025, 9:00 a.m. EST: USAJobs2025

Facilitator: Tito Perez, FFSC NAS Corpus Christi

March 19, 2025, 11:00 a.m. EST: Conflict Management

Facilitator: Tracy Smith, FFSC JRB Fort Worth

March 19, 2025, 1:00 p.m. EST: Personalized Pathway: Your Compass Through a Robust IEP

Facilitator: Sonia McGonigle, Navy Region Southeast

March 19, 2025, 2:00 p.m. EST: Intimate Partner Violence (IPV) Identification and Reporting

Facilitator: Edie Limardo, FFSC NS Mayport

March 21, 2025, 9:00 a.m. EST: Stoicism & Stress Management

Facilitator: Tito Perez, FFSC NAS Corpus Christi

March 24, 2025, 4:00 p.m. EST: Success Under Stress: Is Stress an Everyday Occurrence

Facilitator: Michele Murphy, FFSC JRB New Orleans

March 25, 2025, 11:00 a.m. EST: Conflict Management

Facilitator: Tracy Smith, FFSC JRB Fort Worth

March 27, 2025, 2:00 p.m. EST: Baby Breaks the Bank!

Facilitator: Michele Murphy, FFSC JRB New Orleans



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Center