



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



Your Navy Region Southeast Team has got you covered

July 6, 2022, 10:00 a.m. EST: Building Healthy Relationships

Facilitator: Ora Millard, FFSC JRB Ft Worth



July 11, 2022, 2:00 p.m. EST: Cultivating Resiliency

Facilitator: Jamie Brunson, FFSC JRB New Orleans

July 13, 2022, 10:00 a.m. EST: Anger Management

Facilitator: Ora Millard, FFSC JRB Ft Worth

July 13, 2022, 10:00 a.m. EST: 3-Hour Resume Writing & Cover Letters

Facilitator: Diane Brown, FFSC NSA Mid-South

July 14, 2022, 9:00 a.m. EST: 2-Hour Interviewing Skills

Facilitator: Diane Brown, FFSC NSA Mid-South

July 15, 2022, 12:00 noon EST: Planning for Your Retirement

Facilitator: Julie Shourds, FFSC NSA Mid-South

July 18, 2022, 2:00 p.m. EST: Diversity & Cultural Competency in the Workplace

Facilitator: Jamie Brunson, FFSC JRB New Orleans

July 19, 2022, 10:00 a.m. EST: Stress Management

Facilitator: Edie Limardo, FFSC NAS Mayport

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

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



The
Fleet & Family Support
Center



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July 20, 2022, 11:00 a.m. EST: Smooth Move

Facilitator: Deon Grissett, FFSC JRB New Orleans

July 21, 2022, 1:00 p.m. EST: What About the Kids?

Facilitator: Edie Limardo, FFSC NS Mayport

July 25, 2022, 2:00 p.m. EST: Skills & Strategies for Co-Parenting

Facilitator: Jamie Brunson, FFSC JRB New Orleans

July 27, 2022, 11:00 a.m. EST: Portable Careers

Facilitator: Jade Renee, FFSC JRB New Orleans

July 27, 2022, 11:00 a.m. EST: Sponsor Training

Facilitator: Deon Grissett, FFSC JRB New Orleans

July 28, 2022, 2:00 p.m. EST: Baby Boot Camp

Facilitator: Creola James, FFSC NCB Gulfport

July 28, 2022, 1:00 p.m. EST: Couples Communication

Facilitator: Edie Limardo, FFSC NS Mayport

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