



# Family CONNECTION

Your Link to the Navy Community since 2007

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Questions?



## Financial Literacy, Shape Your Financial Future

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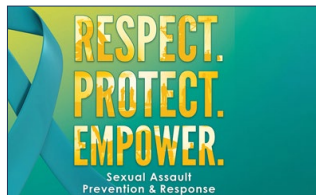
## Healing Through Humor: Navy FFR Partners with "1 Degree of Separation" Comedy Troupe to Tackle Mental Health Stigma

The Commander, Navy Installations Command (CNIC) Fleet and Family...



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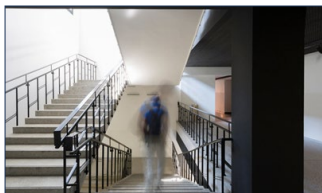
## Celebrating the Military Child with Valuable Life Skills

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## What's Happening?

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## Your Virtual FFSC Webinars

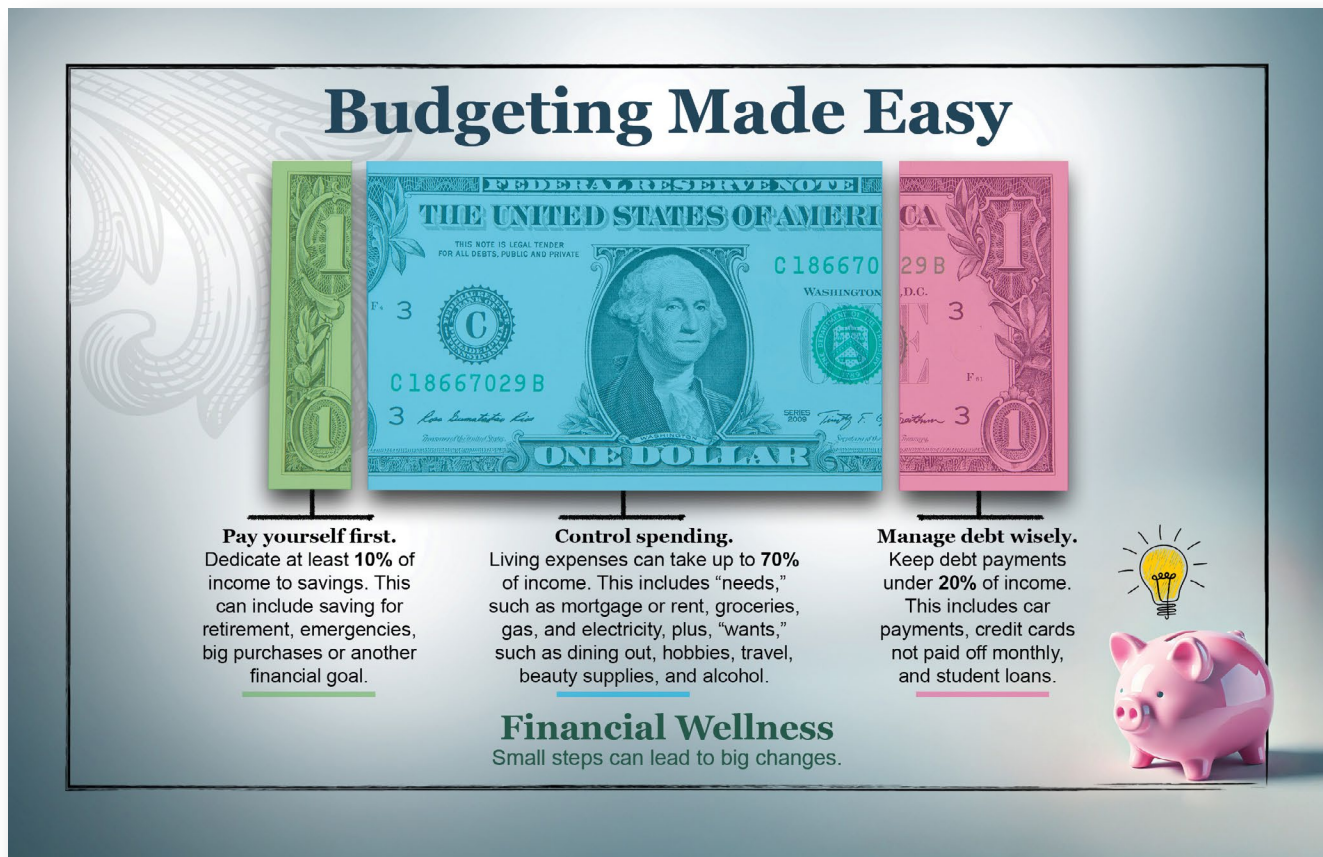
See the full list of webinars available on [www.MyNavyFamily.com](http://www.MyNavyFamily.com) this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition...

# Financial Literacy, Shape Your Financial Future

Financial literacy is not just about understanding numbers. It is about making informed decisions that shape your financial future and empower your life. When you are managing frequent relocations, handling the complexities of deployment or preparing for life after the Navy, having a firm grasp on your finances directly enhances your everyday well-being and your readiness for the challenges ahead. Understanding your money is essential for caring for yourself and your loved ones.

## Core Financial Literacy Principles for Sailors

When it comes to building a strong financial foundation, having clear, actionable principles can make all the difference. There are several core financial literacy principles every Sailor should embrace. From accounting for every dollar and creating a rock-solid budget to building an emergency fund, managing debt and setting up a robust investment and retirement plan, these steps are not just theory — they are practical tools to secure your financial future and keep you mission-ready.



1. **Have a plan for every dollar.** A well-crafted budget is the compass that guides your financial journey. Track every dollar – from base pay and allowances to special pays – and plan ahead for periodic expenses. Budgeting is not about deprivation, it is about control and accountability. Whether it is preparing for a permanent change of station or managing deployment-related expenses, a well-crafted budget keeps you on track.

"Chart a course for your money" isn't just a catchy phrase, it is the difference between living paycheck-to-paycheck or having a plan for your future.

2. **Save and build an emergency fund.** No one likes surprises, especially not on the financial front. Start building an emergency fund with a goal of covering three to six months' worth of bare-bones living expenses. Even small, consistent contributions can add up over time, reducing the need to use a high-interest credit card when unexpected costs arise.

When the unexpected happens, for example, a car breakdown or a sudden trip home, your emergency fund is your lifeline.

[continued below]

**3. Stay afloat with a debt management plan.** Debt can easily spiral out of control if you are not careful. Use credit cards responsibly by paying off balances in full every month, avoid predatory loans and consider debt consolidation or refinancing options to simplify your repayment process. Remember, every dollar of debt today means less money for your future.

If debt is weighing you down, consider reaching out to a personal financial manager (PFM). PFMs offer free financial counseling at your nearest Fleet and Family Support Center (FFSC) or online.

**4. Secure your future with an investment plan and retirement plan.** Start early and let compound interest work its magic. For Sailors, the Thrift Savings Plan (TSP) is the cornerstone of retirement planning. Under the Blended Retirement System, the Navy contributes 1% of your salary to your TSP and matches your contributions up to 4% of your pay. That is essentially free money. Whether through the TSP, a Roth IRA or another investment vehicle, remember to pay yourself first.

Financial literacy is the backbone of your financial future. It empowers you to make informed decisions that directly affect your quality of life and readiness for any challenge. By embracing sound money management practices like detailed budgeting, proactive saving, responsible debt management and strategic investing, you are not just managing money, you are building a resilient foundation for you and your family. Let this guide remind you that financial literacy is not just about numbers, it is about taking control of your destiny and ensuring a secure, prosperous future long after your service ends.

For individual financial counseling, visit the [FFSC Directory](#) to find your installation's PFM or schedule an appointment with the [Virtual Work and Family Life Program](#).

# Supporting Military Children

April presents the opportunity to reflect on the unique challenges military children face and the urgent need to support positive parenting and create an environment where all children can thrive.

Military families face challenges that can deeply affect their children's well-being, including frequent relocations, long deployments and the stress of a parent's military service. Military children are adaptable, frequently changing schools, making new friends and managing feelings of uncertainty when a parent is away.

This month, recognize and support the resilience of military children. Build robust community systems that foster relationships and offer support for military families. Military parents, in particular, benefit from resources that help them balance the demands of their service with the needs of their children. Acknowledging and addressing the emotional and psychological effects of military life can ensure that military children feel heard, valued and supported.

Schools, childcare centers, community organizations and local governments can play pivotal roles in providing resources and services that encourage interaction, support and connection. For example, schools can offer counseling services, mentorship programs and specialized support for children from military families who may struggle with the transitions that come with relocating. Additionally, military bases provide various resources, including family counseling, school liaisons, recreational activities and social services to help families thrive in difficult times.

For more information about available parenting resources, visit the [FFSC Directory](#) to find your closest installation FFSC.

## The Dandelion and the Military Child

There is an old Swedish metaphor that talks about "amaskrosbarn," a dandelion child. The dandelion is naturally resilient, flexible and adaptable. Dandelions will thrive just about anywhere that there is water and sun.

Military children are resilient with the love and support of their parents and the important adults in their lives.



# Celebrating the Military Child with Valuable Life Skills

Creating a sense of belonging for military children at home is essential, helping them feel valued, supported and included despite the challenges of a constantly changing environment. Here are some fun activities to do with your children this month.

## Cooking

Cooking with kids can be quite the experience. Choose a recipe that does not require precise cuts or measurements, expect to take things slow, and definitely expect a mess; just remember it is all part of the fun.

Not sure what to make? Here are two fun and customizable four-serving recipes that should cost \$30 or less at your local commissary:

 [Stovetop Pizza](#)

 [Black Bean Tostadas](#)

Those and other kid-friendly recipes can be found at [cookingwithkids.org](http://cookingwithkids.org).

## Exercising

Families who play together stay together. From more dynamic games and movements, like playing tag, obstacle courses or riding bikes, to calmer activities, like going for a walk, doing yoga or meditating, there are many ways to unwind and promote healthier habits.

Read Asphalt Green's article, [Animal Exercises to Boost Kids' Fitness Indoors](#), and bunny hop, bear crawl and inchworm your way through a workout.

Cool down with some fun [partner yoga poses](#) courtesy of the University of Arkansas.

## Emotional Regulation

Get your kids more comfortable with communicating emotions through a crossword puzzle or word scramble. We cannot help feeling strong emotions, but we can help how we process and regulate them.

The earlier we begin, the easier it is. To get you started, visit [FreePrintableBehaviorCharts.com](http://FreePrintableBehaviorCharts.com) to find crosswords and other word puzzles about feelings. Ask your kids for examples of when they felt each emotion in the puzzles, why they felt that way, and what they did in response to those feelings.

## Coloring

Studies have shown coloring can relieve stress by calming the brain and relaxing the body which, in turn, can improve sleep and fatigue, lower heart rate and respiration and reduce feelings of depression and anxiety. Plus, it's fun! [MondayMandala.com](http://MondayMandala.com) has a variety of printable coloring pages available to download.

For more information you can contact your installation's Fleet and Family Support Center using the [FFSC Directory](#).

## Links:

[CookingWithKids.org](http://CookingWithKids.org)

[Animal exercises](#)

[Partner yoga poses](#)

[Feeling word puzzles](#)

[Coloring pages](#)





# Protecting our Children: Prevention Starts with Awareness

Military children often feel a heightened sense of vulnerability, which can contribute to mental health struggles, loneliness and emotional distress and, in some cases, neglect or abuse. Download a flyer from [Military OneSource](#) to learn [5 Ways to Prevent Child Abuse](#).

Visit Military OneSource's [Military Parent Resource Center](#) for information about positive parenting techniques which are at the heart of child abuse prevention awareness. Effective parenting strategies include encouraging open communication, fostering emotional resilience and helping children understand and cope with their feelings. Children thrive when they have consistent, nurturing relationships with caregivers who are tuned into their emotional and developmental needs. This is particularly important for military families, who face additional stressors and challenges.

Prevention and awareness of child abuse is a call to action, urging society to create a safe, supportive and caring environment for all children. It is crucial that efforts to prevent neglect and abuse support military families and promote positive parenting throughout the year. Together, we can create communities where children thrive, no matter their circumstances.

For more information about child abuse prevention and awareness, visit the [FFSC Directory](#) to contact your local installation's [Family Advocacy Program](#) or visit [Military OneSource](#).



The Department of Defense and the Family Advocacy Program (FAP) is committed to keeping military children safe through the prevention of abuse and neglect and by highlighting the power of a safe, caring adult in the life of every child.

The military lifestyle intensifies the typical day-to-day stressors of raising children. Moving frequently, changing schools, making new friends, deployments and long separations from one or both parents are all common experiences for military children.

To reduce stress, find ways to have fun, connect with your child and practice self-care to keep your family strong and healthy. Some say it takes a village to raise children. You can provide support to other military families by encouraging them to practice self-care and pointing them to sources of support when they are overwhelmed.

Every caring adult in our community plays an important role supporting resilience in military families and children, especially for those who experience trauma, abuse or neglect.

The FAP has information and resources to help support military families. Learn more by visiting the [FAP website](#).



# Celebrating our Volunteers: A Heartfelt Thank You

The Fleet and Family Support Program (FFSP) is fortunate to have an incredible group of volunteers who give their time, energy and passion to support the FFSP mission. Each year, these volunteers make a profound impact in the lives of those we serve, and we are so grateful for their dedication.

Whether helping at events, offering professional expertise or simply lending a hand when needed, these volunteers show up time and time again, making our work possible. Their contributions are invaluable, and it is impossible to overstate just how much they mean to us and to the community we serve.

The volunteers' collective efforts create a ripple effect. Through their work, they help us achieve our goals and inspire others to get involved. The strength of our volunteer base is built on the idea that small acts of kindness and generosity can lead to big changes.

We encourage everyone to take a moment this month to reflect on the incredible work FFSP volunteers do. Whether sharing a kind word, volunteering your own time or simply donating to support our programs, there are many ways to show appreciation for the volunteers who make all this possible.

On behalf of the entire FFSP team, we extend our heartfelt thanks to each and every volunteer. You make a world of difference, and we are deeply grateful for your continued support.

Interested in Volunteering? If you have not had the chance to volunteer with us yet, now is the perfect time! To learn more about upcoming volunteer opportunities and how you can get involved, visit your local [Fleet and Family Support Center](#).

WE ♥ VOLUNTEERS!





# *Help celebrate our* **Navy's 250<sup>th</sup> Birthday!**

## **Get Involved.**

- ★ Volunteer and participate
- ★ Attend events nationwide

## **Learn more about the Navy**

- ★ Visit a Navy Museum
- ★ Learn about Navy history

## **Show your Navy pride!**

- ★ Wear your Navy gear
- ★ Decorate your home

*Share your  
celebration  
pictures on  
social media*

**#AmericasNavy250**

**CNIC**

★ FLEET ★ FIGHTER ★ FAMILY



# Healing Through Humor: Navy FFR Partners with "1 Degree of Separation" Comedy Troupe to Tackle Mental Health Stigma

The Commander, Navy Installations Command (CNIC) Fleet and Family Readiness (FFR) programs are excited to announce the deployment of the "1 Degree of Separation" comedy tour. Through comedy, the tour looks to end the stigma of depression and share stories of hope, happiness and triumph. This pilot initiative will showcase the comedy troupe's live performances throughout the Navy and virtually between February and July 2025. The series is open to active-duty and reserve Sailors, their families and Department of Defense (DoD) civilians.



"This initiative defines the Fleet and Family Readiness mission at its core," said Leslie Gould, Navy Fleet and Family Readiness director. "We are fostering self-reliance and resilience while building connections through fun and recreation."

"1 Degree of Separation" uses humor to address difficult topics such as depression, suicide and suicide prevention. During each performance, the comedians openly share their personal experiences with mental illness, aiming to break the cycle of shame and to create a safe space for audiences to reflect, connect and heal.

"We're offering more than just laughs," said Gould. "We're providing a platform for healing and meaningful conversations that support the readiness and strength of our Navy."

The central message of the show is that depression is only one degree of separation away: if you are not struggling with it, someone you know is. The

tour sparks important conversations, promoting an environment where challenges can be openly discussed and better understood. Outreach and resources are also provided by the local Fleet and Family Support Center (FFSC) with each performance.

"We are excited about the positive impact that the '1 Degree of Separation' comedy tour will have on our Navy," said Shauna Turner, Fleet and Family Support Program director. "Laughter can release the pain and stress that, for some service members, can lead to difficult times. This collaboration builds on our community's mental and emotional strength and resiliency, giving them a place to relax and laugh while working to eliminate the stigma surrounding mental illness."

Lisa Sexauer, Morale, Welfare and Recreation (MWR) director, added, "MWR is proud to support efforts such as this, offering our service members and their families opportunities for connection and healing, while having a little of fun at the same time. This comedy series isn't just for entertainment – it plays a vital role in supporting overall well-being within the Navy."

Since its formation, the "1 Degree of Separation" troupe has performed more than 80 suicide prevention shows for varied audiences, including first responders, medical professionals, college campuses and other service branches. Now, they bring their message of hope and mental health awareness to provide a safe space for healing to the Navy community. This series is also part of the Navy's 250th Anniversary celebration, showcasing the Navy's global impact through outreach, multinational exercises and community engagement.

Visit the [Navy MWR website](#) for more information on the series and upcoming events.



1 Degree of Separation is a comedy show and suicide prevention effort aimed at ending the stigma of mental illness through discussion, laughter and straight talk.



**Join us for laughter with a message of healing.**  
**All shows are free.**

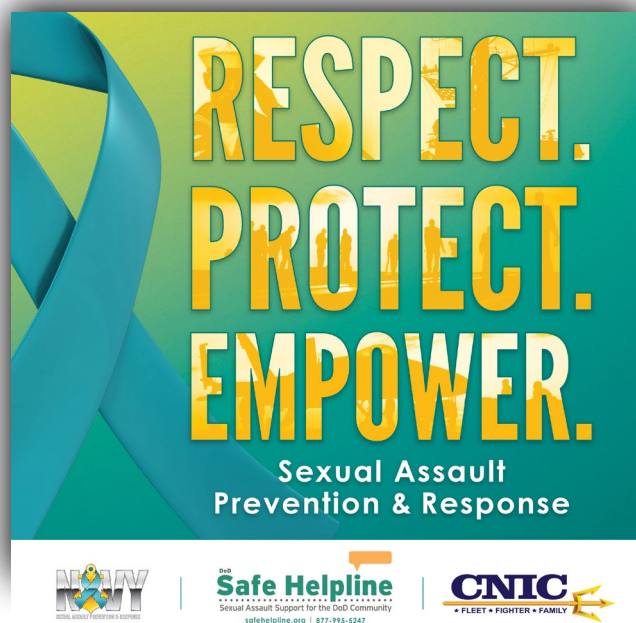
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# The SAPR Program is Dedicated to Protecting the Navy's Warfighters and Maintaining Mission Readiness

The Sexual Assault Prevention and Response (SAPR) Program provides confidential, comprehensive support to survivors of sexual assault. SAPR services are available 24/7 to ensure that all personnel, including active-duty, reservist and National Guard service members, dependents over the age of 18 and DoD civilians have access to the care they need. SAPR services are designed to be survivor-centered, ensuring that individuals receive compassionate and professional support at every stage of their recovery.

Survivors can reach out to a sexual assault response coordinator (SARC) or a SAPR victim advocate (VA) for immediate crisis intervention, guidance on reporting options and referrals to additional care. Advocates are also available to accompany survivors to legal, medical and other appointments, as requested by the survivor. Options for care include medical treatment, forensic examinations, counseling and legal assistance through the Victims' Legal Counsel (VLC).

You can find your local SARC and SAPR VA through your installation [Fleet and Family Support Center](#). Commands also have collateral duty victim advocates available across the enterprise. You can find your local SAPR contacts as well as 24/7 assistance for a sexual assault incident through the [DoD Safe Helpline online](#) by calling 877-995-5247.



# Honoring our Gold Star Spouses this April

April 5, 2025, is recognized as Gold Star Spouse Day, a day to honor the spouses of those who died while serving on active duty. Since 2010, Congress has annually acknowledged this day as "Gold Star Wives' Day," paying tribute to the sacrifices of individuals affiliated with Gold Star Wives of America, a nonprofit organization founded in 1945 by women whose husbands died in service to our country.

As the military has evolved, so has the role and demographic of the military spouse, leading to a more inclusive resolution that now recognizes April 5, as Gold Star Spouses' Day.

The tradition of the gold star recognition dates back to 1918, when families would display a gold star over the blue service star in their window to signify the death of a loved one serving in the U.S. military overseas. In 1947, Congress approved the design, production, and distribution of the official Gold Star Lapel Button, symbolizing service members who died in combat. In 1973, the Lapel Button for Next of Kin of Deceased Personnel was introduced, honoring active-duty service members who died in noncombat operations.

The survivor support community has embraced April 5 as the date to recognize the sacrifices made by all gold star spouses and express gratitude for their unwavering commitment. The Navy Gold Star Program remains dedicated to providing support and fostering connections among gold star families, ensuring they stay connected to their Navy family for as long as they wish.

In commemoration of Gold Star Spouses' Day, let us honor the families of the fallen, recognizing that no one has given more for our nation. If you encounter someone wearing a Gold Star Lapel Button or the Lapel Button for Next of Kin of Deceased Personnel, understand that these symbols represent the families of our fallen heroes. If you meet or know a gold star spouse, please take a moment to acknowledge their spouse's sacrifice and express gratitude for their continued service.

To learn more about how the Navy Gold Star Program is honoring gold star spouses in your area, we encourage you to connect with your local coordinator. For more information visit the [Navy Gold Star Program website](https://www.navygoldstar.com).



## Gold Star Spouses Day

**April 5, 2025 • Remember the Love. Honor the Sacrifice.**



# GOOD NEWS!

## What's Happening? Good News from Local Fleet and Family Support Centers

### NAS Pensacola Hosts OASD-HA, DoD SAPRO, DHA

Naval Air Station (NAS) Pensacola hosted a team of representatives from Office of the Assistant Secretary of Defense for Health Affairs (OASD(HA)), DOD Sexual Assault Prevention and Response Office (SAPRO), and Defense Health Agency (DHA) on February 24-26. This distinguished team conducted listening sessions as part of the Independent Review Commission on Sexual Assault in the Military, specifically focusing on identifying barriers and facilitators to behavioral healthcare for service members who have experienced sexual trauma.

In seven sessions over two days, involving more than 50 participants, the team gathered valuable insights from key stakeholders, shedding light on both the challenges and successes that NAS Pensacola service members face when seeking behavioral healthcare following sexual trauma. The findings highlighted a significantly impacted workforce and challenges related to the availability of mental health care due to a high demand for care stemming from the nature of the demands for the installation's high population of students in general. NAS Pensacola plays a critical role, supporting 60% of the fleet force generation, and is dedicated to ensuring service members receive timely, appropriate care.

NAS Pensacola, along with Navy installations nationwide, will begin April with proclamation signings reaffirming the commitment to upholding core values and standing against sexual assault. These efforts emphasize the Navy's dedication to supporting survivors throughout their recovery journey.



[continued below]

## High School Student at CFA Yokosuka Wins TDVA Poetry Slam

In February, the Fleet & Family Support Center at Commander, Fleet Activities Yokosuka, Japan, hosted a Youth Poetry Slam to highlight teen dating violence awareness. Emily Sandoval from Yokosuka's Kinnick High School won with the following entry. Congratulations Emily!



### The Echoes of a House That Held Its Breath By Emily Sandoval

You know that feeling,  
when you've almost walked out the door  
bags packed, heart racing  
but they say, "I'll never do it again."  
And you stay.  
Because maybe this time,  
maybe this time, it's different.

At first, love was gentle,  
like the hush of a quiet morning,  
like fingertips tracing warmth of my skin,  
like words that felt too good to be anything but true.  
How could I leave when you told me nobody else would ever  
love me like you do?  
And I wanted to believe them.

But over time,  
the storm began to roll in.  
At first, it was a faint rumble,  
a slight change in the air,  
but soon it grew louder  
their voice, the crashing thunder,  
each word a gust that whipped  
through my chest,  
and I stayed silent,  
too afraid to disturb it.

I walked on eggshells,  
trying to make everything perfect.  
The door hinges whispered a soft, steady creak,  
the pictures on the wall aligned themselves  
just right,  
as if begging for their approval.  
The house itself held its breath,  
its walls pulling in tighter,  
molding itself into a space  
where nothing could disturb the calm,  
a calm that wasn't real.

They promised,  
"I'll never do it again,"  
but then they did.  
And it wasn't just the words  
that broke me; it was the silence,  
the quiet that I wore like a second skin,  
to avoid disturbing the storm.

The clock ticked slower,  
as if even time itself feared  
the sound of their voice.  
I stayed quiet,  
molding myself into the walls,  
hoping they would swallow me whole  
before I could feel their rage.  
How could I leave?  
Each time, they looked at me like they meant it  
their voice soft, their touch warm,  
and for a brief moment, I thought maybe this time  
it would be different.

I held on to the belief that love was a promise,  
that it could heal, that it could change them.  
And so, I stayed,  
even when the storm was always just beneath the surface,  
because love, in that moment, felt like hope.

The storm raged,  
its winds now howling,  
turning my mind inside out.  
The windows rattled,  
the floorboards screamed beneath my feet,  
but I stayed still,  
too afraid to move.

Love isn't meant to leave you tangled in a web of uncertainty,  
where every thought is a knot and every whisper a test of  
your worth.  
Real love gently unties those knots,  
reminding you that you are whole even when you feel lost.  
And if the maze of doubt grows too overwhelming,  
remember there are quiet, anonymous spaces online  
places to seek guidance without having to bare your soul to  
everyone.

The storm may have passed,  
but the damage is done.  
The echoes of their promises  
still ring in my ears,  
louder than the silence I left behind.

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For more information about events sponsored by your installation's FFSC, visit [FFSC Directory](#).

# Special Thanks to this Month's Contributors:

- Marisa Keeler, CNIC Fleet and Family Support Program
- Amy L. Fustino, MSS, MLSP, CNIC Fleet and Family Support Program
- Michaela McKenna, CA, NAS Pensacola Fleet and Family Support Center
- Pam Delaney, CNIC Fleet and Family Support Program
- Fran Jackson, MBA, AFC, CNIC Fleet and Family Support Program
- Soo Takiguchi, CFAY Fleet and Family Support Center
- Megan Trexler, CNIC Morale, Welfare and Recreation
- Emily Sandoval, Poet, Kinnick High School



# YOUR *Virtual* FFSC WEBINAR SCHEDULE

Visit [MyNavyFamily.com](https://MyNavyFamily.com) to see times converted to your time zone. Click on the topic areas for more webinars in every time zone.

## EMPLOYMENT

AI Resume Building - A Paradigm Shift	4/4/2025	9:00 AM EDT	6:00 AM PDT
First Impressions Matter, Make Yours Count: Civilian Resume Writing	4/28/2025	1:00 PM EDT	10:00 AM PDT
Navigating LinkedIn	4/2/2025	1:00 PM EDT	10:00 AM PDT
PAIN FREE!...Resume Writing Simplified	4/17/2025	3:00 PM EDT	12:00 PM PDT
USAJOBS 2025	4/11/2025	9:00 AM EDT	6:00 AM PDT
Virtual FFSC Spring Job Fair 2025	4/2/2025	11:00 AM EDT	8:00 AM PDT

**Want more? Click on Employment for dates and times for:**

- Becoming Federal Resume Savvy
- Job Search Hacks
- Mastering the Modern Resume
- Mastering Virtual Interviews
- Remote Ready: A Spouse's Roadmap to a Virtual Career!
- Understanding USAJobs

## EXCEPTIONAL FAMILY MEMBER (EFMP)



Getting a Jumpstart into Early Learning	4/17/2025	1:00 PM EDT	10:00 AM PDT
You Got an IEP, Now What? Navigating the Maze of Special Education!	4/2/2025	3:00 PM EDT	12:00 PM PDT

## FAMILY EMERGENCY PREPARATION AND RESPONSE

Weather the Storm: Emergency Preparedness for Families	4/10/2025	3:00 PM EDT	12:00 PM PDT
Resolve to Be Ready: Evacuation Planning	4/7/24	6:00 PM EDT	3:00 PM PDT
	4/14/25	7:00 PM EDT	4:00 PM PDT
	4/21/25	2:00 PM EDT	11:00 AM PDT



## MENTAL WELL-BEING



Child Abuse and Neglect: Identification and Reporting	4/2/2025	3:00 PM EDT	12:00 PM PDT
Healing Through Parenting	4/21/2025	1:00 PM EDT	10:00 AM PDT
Intimate Partner Violence: Identification and Reporting	4/9/25	11:00 AM EDT	8:00 AM PDT
Preventing Harm, Protecting Children	4/8/2025	1:30 PM EDT	10:30 AM PDT

## PARENTING

Self-Care: Parent Edition	4/7/2025	12:00 PM EDT	9:00 AM PDT
Strategies for Co-Parenting: Putting the Child(ren) First	4/14/2025	12:00 PM EDT	9:00 AM PDT
What About the Kids?	4/17/2025	1:00 PM EDT	10:00 AM PDT

Join us for these webinars offered several times throughout April:

- Helping Kids Thrive Through Change
- Spotting the Signs of Youth Suicide

## DEPLOYMENT SUPPORT

Looking for Deployment topics? Click Deployment for the following training topics.

- Deployment Sleep Strategies
- Equipping Your Kids During Deployment
- Ready, Set, Deploy: Pre-Deployment Planning
- Single Sailor Deployment Tools
- The Service Member's Guide to Family Care Plans



**1** Go to [MyNavyFamily.com](https://MyNavyFamily.com) to log in or create a free account.

**2** Select the category on the home page, then select your webinar.

**3** Confirm the start time and click "Enroll Me."

The FFSC LMS also has comprehensive resources like New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.

## PERSONAL GROWTH



Anger Management	4/23/2025	2:00 PM EDT	11:00 AM PDT
Finding the Good in Conflict	4/3/25	6:00 AM EDT	3:00 AM PDT
	4/10/25	11:00 AM EDT	8:00 AM PDT
	4/17/15	2:00 AM EDT	11:00 PM PDT
Motivating By Appreciation	4/8/2025	2:00 PM EDT	11:00 AM PDT
Organize Your Life	4/15/2025	12:00 PM EDT	9:00 AM PDT
Understanding Anger	4/8/2025	10:00 AM EDT	7:00 AM PDT

## PERSONAL FINANCIAL MANAGEMENT

Car Buying 101	4/7/2025	12:00 PM EDT	9:00 AM PDT
CFS CEU: Spring into Savings	4/22/2025	12:00 PM EDT	9:00 AM PDT
Deployed Dough: Mastering your Finances at Sea	4/9/2025	1:00 PM EDT	10:00 AM PDT
Home Selling	4/8/2025	1:00 PM EDT	10:00 AM PDT
Let's Get Financially Fit!	4/10/2025	11:00 AM EDT	8:00 AM PDT
Now I'm the Landlord...	4/10/2025	1:00 PM EDT	10:00 AM PDT
Tackling TSP: Your Playbook for Retirement Success	4/30/2025	1:00 PM EDT	10:00 AM PDT
Touchpoint Talk: Continuation Pay	4/4/2025	11:30 AM EDT	8:30 AM PDT
Touchpoint Talk: Continuation Pay	4/18/2025	11:30 AM EDT	8:30 AM PDT



Click Personal Financial Management for webinars on:

- Booties & Budgets: Welcoming Your First Child and Baby-Proofing Your Finances
- Command Your Credit
- Emergency Financial Preparedness
- Financial Readiness Before Deployment: Securing Your Future
- Making the Most of your Overseas Pay
- Making your Money work for you
- Military Retirement Planning
- PCS and your Pocketbook
- Planning your Financial Future
- Servicemembers Civil Relief Act Q&A
- Stretching Budgets and Maximizing Nutrition
- TSP Essentials for Navy Life: Grow Your Savings, Secure Your Future

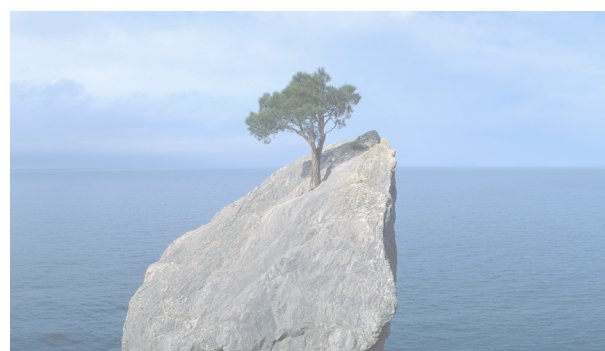
## RELOCATION

Click the Relocation category for Calming Cultural Shock, Planning the Perfect PCS, Stepping up Support: Sponsorship Training, and The PCS Process — all offered several times throughout April for your convenience!

## RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 1: Stress Resilience	4/1/2025	8:00 AM EDT	5:00 AM PDT
Module 2: Mindfulness and Meditation	4/8/2025	8:00 AM EDT	5:00 AM PDT
Module 3: Living Core Values	4/1/2025	3:00 PM EDT	12:00 PM PDT
	4/15/2025	8:00 AM EDT	5:00 AM PDT
Module 4: Flexibility	4/8/2025	3:00 PM EDT	12:00 PM PDT
	4/22/2025	8:00 AM EDT	5:00 AM PDT
Module 5: Problem Solving	4/15/2025	3:00 PM EDT	12:00 PM PDT
	4/29/2025	8:00 AM EDT	5:00 AM PDT
Module 6: Connections	4/22/2025	3:00 PM EDT	12:00 PM PDT
Stoicism and Stress Management	4/18/2025	9:00 AM EDT	6:00 AM PDT
Stress Management	4/15/2025	10:00 AM EDT	7:00 AM PDT
	4/24/2025	2:00 PM EDT	11:00 AM PDT



Want to learn more about resilience? Join us for Bounce Back Better on April 1st, 3rd, 8th, or 10th. See the LMS for times in your time zone.

### Navigate Your Career Transition with Confidence!

The Career Transition Series is here to support you every step of the way through career changes, organizational shifts, or retirement. Whether you're looking to enhance your financial preparedness, boost employment readiness, plan your next career move, or build mental health resilience—this series has got you covered! Expert Webinars, Employer Panels, Spring Job Fair, Downloadable Materials, and More!

**Dates: April 1-3, 7-8, 2025**

### VIRTUAL WORK and FAMILY LIFE PROGRAM

Book a Free 1:1 Consultation with a team member today