

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



Your Navy Region Southeast Team has got you covered!

February 3, 2026, 12:00 noon EST: Mission Start: Military Spouse Orientation 101

Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

February 4, 2026, 9:00 a.m. EST: AI Resume Building- A Paradigm Shift

Facilitator: Tito Perez, FFSC NAS Corpus Christi

February 4, 2026, 12:00 noon EST: Stronger Together During Deployment Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

February 6, 2026, 9:00 a.m. EST: Leveraging AI for Your 2026 Job Search

Facilitator: Tito Perez, FFSC NAS Corpus Christi

February 10, 2026, 10:00 a.m. EST: Understanding Anger

Facilitator: Edie Limardo, FFSC NS Mayport

February 10, 2026, 10:00 a.m. EST: Healthy Relationships

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

February 11, 2026, 10:00 a.m. EST: Couples Communication: Conflict Resolution

Facilitator: Edie Limardo, FFSC NS Mayport

February 11, 2026, 10:00 a.m. EST: Quarterly CFS Forum

Facilitator: Grace Aldana & Kay Wade, FFSC NAS Jacksonville

February 11, 2026, 11:00 a.m. EST: AI Prompt Engineering: From Idea to Output

Facilitator: Tito Perez, FFSC NAS Corpus Christi

February 11, 2026, 12:00 noon EST: Positive Parenting

Facilitator: Lisa Phillips, FFSC NAS JRB New Orleans

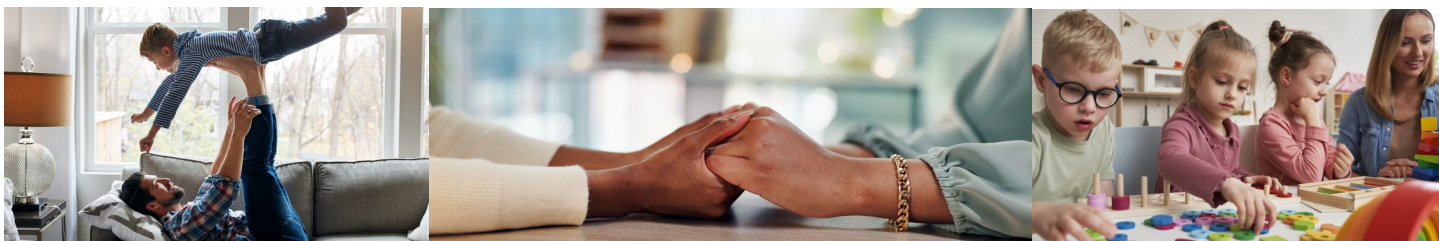


Space is limited. Register early on the CNIC Learning Management System (LMS):

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The
 Fleet & Family Support
Center



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February 12, 2026, 11:00 a.m. EST: Out in with Old, In with the New Continent- Moving Overseas
 Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans

February 13, 2026, 9:00 a.m. EST: USAJobs 2026
 Facilitator: Tito Perez, FFSC NAS Corpus Christi

February 18, 2026, 11:00 a.m. EST: The ART of the Interview
 Facilitator: Diane Brown, FFSC NSA Mid-South

February 19, 2026, 1:00 p.m. EST: What About the Kids?
 Facilitator: Edie Limardo & Melissa Harper, FFSC NS Mayport

February 19, 2026, 1:00 p.m. EST: Getting a Jumpstart to Early Learning
 Facilitators: Sonia McGonigle & Iana Benjamin, Navy Region Southeast

February 20, 2026, 9:00 a.m. EST: Stoicism Principles & Stress Management
 Facilitator: Tito Perez, FFSC NAS Corpus Christi

February 20, 2026, 3:00 p.m. EST: Baby Breaks the Bank
 Facilitator: Michele Murphy, AFC®, FFSC NAS JRB New Orleans

February 24, 2026, 10:00 a.m. EST: Stress Management
 Facilitator: Edie Limardo, FFSC NS Mayport

February 24, 2026, 11:00 a.m. EST: Pain Free Resume Writing
 Facilitator: Diane Brown, FFSC NSA Mid-South

February 26, 2026, 10:00 a.m. EST: Personal Communication
 Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth



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