

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



Your Navy Region Southeast Team has got you covered!

May 4, 2026, 11:00 a.m. EST: Stronger Together During Deployment

Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

May 5, 2026, 9:00 a.m. EST: AI Resume Building- A Paradigm Shift

Facilitator: Tito Perez, FFSC NAS Corpus Christi

May 5, 2026, 10:00 a.m. EST: Understanding Anger

Facilitator: Edie Limardo, FFSC NS Mayport

May 5, 2026, 11:00 a.m. EST: Communication Skills

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

May 5, 2026, 12:00 noon EST: Job Search Hacks

Facilitator: Jeshanna Nelson, FFSC NAS JRB New Orleans

May 5, 2026, 3:00 p.m. EST: Be Ready, Be Confident: Emergency Preparedness

Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans

May 8, 2026, 9:00 a.m. EST: Leveraging AI for Your 2026 Job Search

Facilitator: Tito Perez, FFSC NAS Corpus Christi

May 9, 2026, 10:00 a.m. EST: Anger Management

Facilitator: Christina Comminey, FFSC NAS JRB New Orleans

May 11, 2026, 12:00 noon EST: Mental Health Begins at Birth

Facilitator: Lisa Phillips, FFSC NAS JRB New Orleans

May 12, 2026, 12:00 noon EST: Moving with EFMP

Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

May 13, 2026, 9:00 a.m. EST: AI Prompt Engineering: From Idea to Output

Facilitator: Tito Perez, FFSC NAS Corpus Christi

May 13, 2026, 10:00 a.m. EST: Intimate Partner Violence: Identification & Reporting

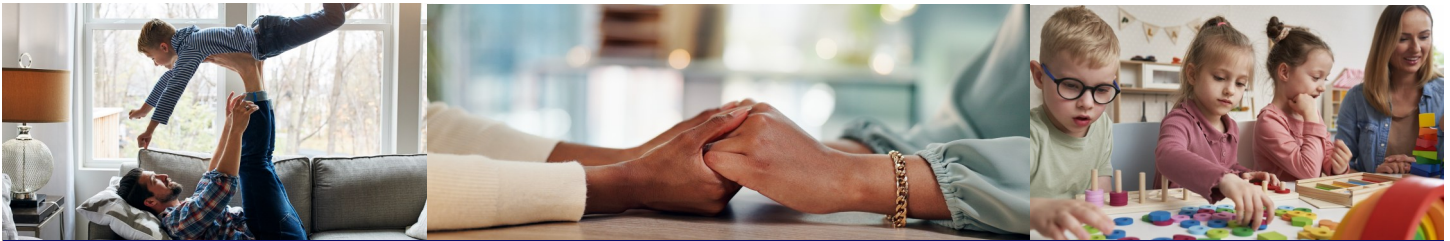
Facilitator: Christina Comminey, FFSC NAS JRB New Orleans



**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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May 13, 2026, 11:00 a.m. EST: Anger Management
Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

May 13, 2026, 3:00 p.m. EST: Pain Free Resume Writing
Facilitator: Diane Brown, FFSC NSA Mid-South

May 15, 2026, 9:00 a.m. EST: USAJobs 2026
Facilitator: Tito Perez, FFSC NAS Corpus Christi

May 19, 2026, 10:00 a.m. EST: Stress Management
Facilitator: Edie Limardo, FFSC NS Mayport

May 20, 2026, 12:00 noon EST: Mission Start: Military Spouse Orientation 101
Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

May 20, 2026, 2:00 p.m. EST: Healthy Relationships
Facilitator: Christina Comminey, FFSC NAS JRB New Orleans

May 20, 2026, 3:00 p.m. EST: The ART of the Interview
Facilitator: Diane Brown, FFSC NSA Mid-South

May 21, 2026, 11:00 a.m. EST: Stress Management
Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

May 21, 2026, 1:00 p.m. EST: FBA, BIP, MDR, etc.: Demystifying the Acronyms & Supports for Students with Behavioral Needs Facilitators: Sonia McGonigle & Iana Benjamin, Navy Region Southeast

May 21, 2026, 1:00 p.m. EST: What About the Kids?
Facilitator: Edie Limardo & Melissa Harper, FFSC NS Mayport

May 22, 2026, 9:00 a.m. EST: Stoicism Principles & Stress Management
Facilitator: Tito Perez, FFSC NAS Corpus Christi

May 26, 2026, 3:00 p.m. EST: Be Ready, Be Confident: Emergency Preparedness
Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans



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