



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



**Your Navy Region Southeast Team has got you covered!**

**April 1, 2026, 9:00 a.m. EST: AI Resume Building- A Paradigm Shift**  
Facilitator: Tito Perez, FFSC NAS Corpus Christi

**April 3, 2026, 9:00 a.m. EST: Leveraging AI for Your 2026 Job Search**  
Facilitator: Tito Perez, FFSC NAS Corpus Christi

**April 7, 2026, 10:00 a.m. EST: Understanding Anger**  
Facilitator: Edie Limardo, FFSC NS Mayport

**April 8, 2026, 9:00 a.m. EST: AI Prompt Engineering: From Idea to Output**  
Facilitator: Tito Perez, FFSC NAS Corpus Christi

**April 10, 2026, 9:00 a.m. EST: USAJobs 2026**  
Facilitator: Tito Perez, FFSC NAS Corpus Christi

**April 14, 2026, 12:00 noon EST: Terrific Toddlers**  
Facilitator: Lisa Phillips, FFSC NAS JRB New Orleans

**April 14, 2026, 1:00 p.m. EST: Pain Free Resume Writing**  
Facilitator: Diane Brown, FFSC NSA Mid-South

**April 16, 2026, 1:00 p.m. EST: What About the Kids?**  
Facilitator: Edie Limardo & Melissa Harper, FFSC NS Mayport

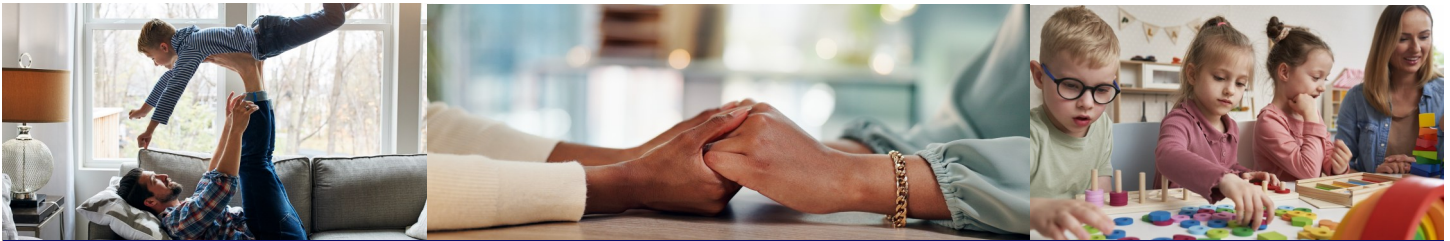
**April 17, 2026, 9:00 a.m. EST: Stoicism Principles & Stress Management**  
Facilitator: Tito Perez, FFSC NAS Corpus Christi



**Space is limited. Register early on the CNIC  
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MyNavyFamily.com or  
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**The**  
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## **Your Navy Region Southeast Team has got you covered!**

**April 20, 2026, 1:00 p.m. EST: 504 BLUF: The Bottom Line Up Front about 504 Plans**  
Facilitators: Sonia McGonigle & Iana Benjamin, Navy Region Southeast

**April 21, 2026, 10:00 a.m. EST: Stress Management**  
Facilitator: Edie Limardo, FFSC NS Mayport

**April 21, 2026, 1:00 p.m. EST: The ART of the Interview**  
Facilitator: Diane Brown, FFSC NSA Mid-South

**April 22, 2026, 12:00 noon EST: Launch Your Life: Family Employment Edition**  
Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

**April 27, 2026, 10:00 a.m. EST: Money, Money You're Ruining My Honey!**  
Facilitator: Michele Murphy, AFC®, FFSC NAS JRB New Orleans

**April 30, 2026, 3:00 p.m. EST: The Smooth Move Advantage**  
Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans



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