



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



Your Navy Region Southeast Team has got you covered!

August 5, 2025, 10:00 a.m. EDT: Understanding Anger

Facilitator: Edie Limardo, FFSC NS Mayport

August 7, 2025, at 3:00 p.m. EDT: Smooth Move

Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans

August 8, 2025, 2:00 p.m. EDT: Baby Breaks the Bank

Facilitator: Michele Murphy, FFSC NAS JRB New Orleans

August 12, 2025, 11:00 a.m. EDT: Healthy Relationships

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

August 13, 2025, 3:00 p.m. EDT: First Impressions....Make Yours Count

Facilitator: Michele Murphy, FFSC NAS JRB New Orleans

August 13, 2025, 9:00 a.m. EDT: AI Resume Building- A Paradigm Shift

Facilitator: Tito Perez, FFSC NAS Corpus Christi

August 14, 2025, at 3:00 p.m. EDT: Sponsor Training

Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans



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

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





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August 15, 2025, 9:00 a.m. EDT: Leveraging AI for Your 2025 Job Search
Facilitator: Tito Perez, FFSC NAS Corpus Christi

August 19, 2025, 11:00 a.m. EDT: Leadership Development
Facilitator: La Tonya Radford, FFSC NAS JRB Ft Worth

August 19, 2025, 10:00 a.m. EDT: Stress Management
Facilitator: Edie Limardo, FFSC NS Mayport

August 21, 2025, 1:00 p.m. EDT: What About the Kids?
Facilitator: Edie Limardo, FFSC NS Mayport

August 22, 2025, 9:00 a.m. EDT: USAJobs 2025
Facilitator: Tito Perez, FFSC NAS Corpus Christi

August 27, 2025, 2:00 p.m. EDT: Conflict Management
Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth



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