



## 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):  
[MyNavyFamily.com](http://MyNavyFamily.com) or  
[Learning.Zeidlers.Refineddata.com](http://Learning.Zeidlers.Refineddata.com)





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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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