



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



Your Navy Region Southeast Team has got you covered!

January 8, 2025, 11:00 a.m. EST: Conflict Management
Facilitator: Tracy Smith, FFSC JRB Fort Worth

January 14, 2025, 10:00 a.m. EST: Leading the Way: Empowering Newcomers
Facilitator: Veronica Dillard, FFSC JRB New Orleans

January 14, 2025, 10:00 a.m. EST: Understanding Anger
Facilitator: Edie Limardo, FFSC NS Mayport

January 15, 2025, 10:00 a.m. EST: Innovative Interviewing
Facilitator: Diane Brown, FFSC NSA Mid-South

January 15, 2025, 2:00 p.m. EST: Stress Management
Facilitator: Ora Millard, FFSC JRB Ft Worth

January 16, 2025, 10:00 a.m. EST: Resume Writing & Cover Letters Simplified
Facilitator: Diane Brown, FFSC NSA Mid-South

January 16, 2025, 1:00 p.m. EST: Discovering the Building Blocks of Fostering Healthy Relationships
Facilitator: Michele Murphy, FFSC JRB New Orleans

January 16, 2025, 2:00 p.m. EST: Anger Management
Facilitator: Ora Millard, FFSC JRB Ft Worth



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



The
Fleet & Family Support
Center



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January 22, 2025, 11:00 a.m. EST: Conflict Management
Facilitator: Tracy Smith, FFSC JRB Fort Worth

January 24, 2025, 1:00 p.m. EST: Let's Get Financially Fit
Facilitator: Michele Murphy, FFSC JRB New Orleans

January 27, 2025, 3:00 p.m. EST: First Impressions Matter: Make Yours Count
Facilitator: Michele Murphy, FFSC JRB New Orleans

January 28, 2025, 10:00 a.m. EST: Stress Management
Facilitator: Edie Limardo, FFSC NS Mayport



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