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Your
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Your Virtual FFSC Webinars

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Family Connection is a publication of the Fleet and Family Support Program. The Navy's Fleet and Family Support Program promotes the self-reliance and resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle. The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

Celebrating Memorable Holidays: Five Creative Ways to Enjoy the Season Without Breaking the Bank



The holiday season has arrived, and many families are experiencing financial uncertainty due to various circumstances. It is easy to feel stressed about how to celebrate. Holidays do not have to be about extravagant gifts or lavish meals. The heart of the season is about spending quality time with the people you care about and creating meaningful memories. Here are five creative ways you can enjoy the holidays with heart — without breaking the bank.

1. Give the gift of time: Self-made personalized gift certificates for all ages. When budgets are tight, the best gift you can offer is often your time. Consider creating personalized gift certificates as a thoughtful, budget-friendly alternative to store-bought gifts.

For adults, consider offering services such as babysitting, dog walking, or a home-cooked meal. These are gifts that show you care and can be incredibly useful without costing money.

For kids, create a “stay-up-later” pass, allowing them to stay up an extra hour past their usual bedtime. You could also customize passes for fun activities like “movie night with extra popcorn” or “pick a new game day” from your local discount retail store.

These self-made, personalized gift certificates let you create lasting memories and meaningful moments without spending a dime.

2. Host a holiday-themed potluck. Food costs are higher than ever, but that does not mean you cannot enjoy a festive meal with family and friends. Why not host a holiday-themed potluck? This way, no one person must bear the cost of cooking an entire meal for a large group of guests.

Invite everyone to bring their favorite dish and use the time together to chat, share recipes, and discuss how each dish is prepared. It is not just about the food, it is about coming together and learning from each other. Plus, you might discover some new recipes that become family traditions for years to come.

3. Use your gifts to give a gift. Think about the talents and hobbies you already have and consider how you can share them as gifts. Sometimes, the best gifts come from the heart and from what you are good at. Here are a few ideas:



If you are an artist, paint a unique piece for someone.



If you enjoy fishing, give a day trip or an afternoon outing with a friend or relative who does not know how to fish. If you love baking, share your homemade baked goods as a thoughtful gift.

If you spend time planting, growing, and harvesting food, create a gift basket with homemade treats like pickled vegetables and preserved fruits. Using your gifts to give a gift is about sharing your unique talents. It is about using what you love to do to create something personal and memorable. These are not just presents; they are expressions of who you are. By sharing them, you create lasting memories, making the gift truly special and meaningful. Gifts that come from the heart, based on your skills and interests, are thoughtful and help create moments, memories and experiences that will be cherished for years to come.

4. Challenge your family to a scavenger hunt. If your family insists on doing a gift exchange, why not make it fun and affordable? Turn it into a scavenger hunt! Set a price limit for everyone, say \$10.00 or \$20.00, to make sure the gifts are thoughtful but not too expensive.

Challenge each person to find the best gift they can within the budget. It is a creative game, and you will be surprised at how many thoughtful gifts you can find when you are on a budget. You can call it the “Scavenger Hunt Gift Challenge” and enjoy the process together while staying within your financial limits.

5. Focus on the kids. If you want to simplify things and make the gift exchange more affordable, consider focusing on the kids in your family. Set an age limit, like “school age and under,” and price point and skip the gifts for the adults. This keeps the exchange focused on the younger generation and reduces the financial strain for everyone.

[continued below]

Instead of buying expensive toys, try experience-based or hobby-related gifts that encourage learning and creativity or bundle books with a related gift. Some examples include:



Robotics fan: Pair robotics engineering books with a robotics kit or related tool.



Video gamer: Pair a book about gaming with a related gift such as a charging station, inexpensive gaming accessory like a keychain or game-themed socks.



Aspiring chef: Pair a cookbook with kid-friendly cooking tools like a spatula or whisk.

These thoughtful, enriching gifts are affordable and provide lasting value.

The holidays are about connection; not how much you spend. By thinking creatively and focusing on what matters most, you can still make the season special, no matter the size of your budget. Whether it is through sharing your time or hobbies, or creating meaningful memories, you will find that the best parts of the holidays are always the ones that money cannot buy.

If you are interested in receiving personal financial counseling, reach out to your personal financial manager (PFM) at your [local Fleet and Family Support Center \(FFSC\)](#). You can also [schedule a 60-minute virtual consultation](#) or scan the QR code to get started.



Navy and Nation 250 Events Schedule

December 2025

- ★ **Dec. 4** - District of Columbia - National Christmas Tree Lighting
- ★ **Dec. 6** - Port Orange, Florida - Christmas in the Park
- ★ **Dec. 7** - District of Columbia - Christmas in the Park Wind Ensemble Performance
- ★ **Dec. 10** - Virginia Beach, Va. - Virginia Beach Holiday Concert
- ★ **Dec. 11** - Annapolis, Md. - Holiday By the Bay Concert
- ★ **Dec. 12** - Amelia Island, Fla. - Dickens on Center Public Performance

- ★ **Dec. 13** - Baltimore, Md. - Army-Navy Game 2025
- ★ **Dec. 13** - Yokosuka, Japan - Seventh Fleet Band Holiday Concert
- ★ **Dec. 16** - Everett, Wash. - Holiday Concert - City of Everett
- ★ **Dec. 20** - District of Columbia - Navy Band Holiday Concert #2
- ★ **Dec. 21** - District of Columbia - Navy Band Holiday Concert #3
- ★ **Dec. 27** - Jacksonville, Fla. - Gator Bowl - Pregame and Anthem Performance



Help celebrate our
Navy's 250th
Birthday!

DECEMBER HOLIDAYS AND OBSERVANCES

- Dec. 7 - Pearl Harbor Remembrance Day
- Dec. 13 - U.S. National Guard birthday
- Dec. 25 - Jan 2 - Chanukah
- Dec. 25 - Christmas Day
- Dec. 26 - Jan. 1 - Kwanzaa



December 7
Pearl Harbor
Remembrance Day

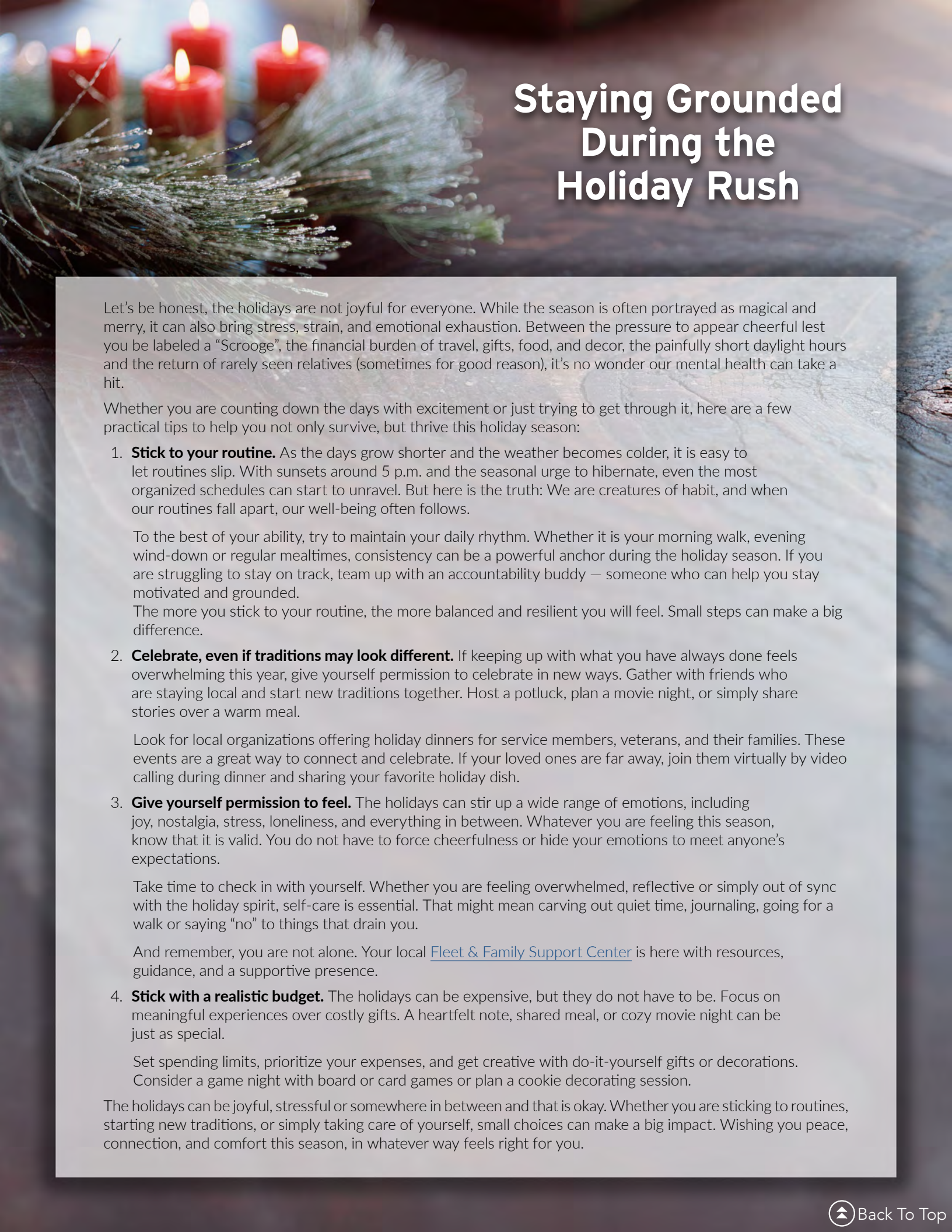
CNIC Fleet & Family Readiness Meet with New Ombudsman-At-Large

On November 10, Commander, Navy Installations Command's Fleet and Family Readiness staff hosted a meet and greet with the Chief of Naval Operations' (CNO) two newly appointed Ombudsmen-at-Large, Mrs. Donna Caudle and Mrs. Angela Perryman.

Mrs. Caudle and Perryman are spouses of both the CNO, and the Master Chief Petty Officer of the Navy. They've been actively engaged in addressing the needs of Navy families. Their leadership and advocacy ensure that Sailors and their loved ones receive the support they need. Through close collaboration with stakeholders, they are working to strengthen programs and services that advance quality of life programs across the fleet.

Photo left to right: Maryann Coutino, Child & Youth Program, director; Mrs. Angela Perryman, Mrs. Donna Caudle; Leslie Gould, Fleet and Family Readiness, director; Jenna Link, Casualty Support Programs, director; Karisa Myers, Sexual Assault Prevention & Response, director; Kathy Vi, Social Science Program, analyst; Jon Skelton, Housing Operations & Policy, branch manager; and Greg Young, Joint Services Operations & Partnerships, program manager.





Staying Grounded During the Holiday Rush

Let's be honest, the holidays are not joyful for everyone. While the season is often portrayed as magical and merry, it can also bring stress, strain, and emotional exhaustion. Between the pressure to appear cheerful lest you be labeled a "Scrooge", the financial burden of travel, gifts, food, and decor, the painfully short daylight hours and the return of rarely seen relatives (sometimes for good reason), it's no wonder our mental health can take a hit.

Whether you are counting down the days with excitement or just trying to get through it, here are a few practical tips to help you not only survive, but thrive this holiday season:

1. **Stick to your routine.** As the days grow shorter and the weather becomes colder, it is easy to let routines slip. With sunsets around 5 p.m. and the seasonal urge to hibernate, even the most organized schedules can start to unravel. But here is the truth: We are creatures of habit, and when our routines fall apart, our well-being often follows.

To the best of your ability, try to maintain your daily rhythm. Whether it is your morning walk, evening wind-down or regular mealtimes, consistency can be a powerful anchor during the holiday season. If you are struggling to stay on track, team up with an accountability buddy — someone who can help you stay motivated and grounded.

The more you stick to your routine, the more balanced and resilient you will feel. Small steps can make a big difference.

2. **Celebrate, even if traditions may look different.** If keeping up with what you have always done feels overwhelming this year, give yourself permission to celebrate in new ways. Gather with friends who are staying local and start new traditions together. Host a potluck, plan a movie night, or simply share stories over a warm meal.

Look for local organizations offering holiday dinners for service members, veterans, and their families. These events are a great way to connect and celebrate. If your loved ones are far away, join them virtually by video calling during dinner and sharing your favorite holiday dish.

3. **Give yourself permission to feel.** The holidays can stir up a wide range of emotions, including joy, nostalgia, stress, loneliness, and everything in between. Whatever you are feeling this season, know that it is valid. You do not have to force cheerfulness or hide your emotions to meet anyone's expectations.

Take time to check in with yourself. Whether you are feeling overwhelmed, reflective or simply out of sync with the holiday spirit, self-care is essential. That might mean carving out quiet time, journaling, going for a walk or saying "no" to things that drain you.

And remember, you are not alone. Your local [Fleet & Family Support Center](#) is here with resources, guidance, and a supportive presence.

4. **Stick with a realistic budget.** The holidays can be expensive, but they do not have to be. Focus on meaningful experiences over costly gifts. A heartfelt note, shared meal, or cozy movie night can be just as special.

Set spending limits, prioritize your expenses, and get creative with do-it-yourself gifts or decorations. Consider a game night with board or card games or plan a cookie decorating session.

The holidays can be joyful, stressful or somewhere in between and that is okay. Whether you are sticking to routines, starting new traditions, or simply taking care of yourself, small choices can make a big impact. Wishing you peace, connection, and comfort this season, in whatever way feels right for you.

Resilience in Action: Supporting Military Families Every Step of the Way

Military life is rich with purpose and full of transitions. Multiple moves, long deployments, new schools and evolving routines can stretch even the healthiest families. Resilience is what helps families bend without breaking. It is the learned ability to adapt, recover and keep moving forward together. The good news: family resilience can be built.

Below are practical ways that Navy families can strengthen connection, confidence, and well-being.

- **Knowledge reduces stress.** When parents understand child development and typical milestones, they set more realistic expectations and respond with patience instead of panic. Learn how stress shows up at different ages and practice healthy ways to manage it by modeling the skills you want children to copy.
- **Strong families make time for each other, especially when schedules are tight.** Connection does not require elaborate plans; it is built in everyday moments, such as lingering over dinner, taking a walk, playing a quick game, watching a show together, or simply listening without multitasking. Affection, laughter, and noticing what is going well are powerful protectors against stress.
- **Connection between couples matters.** When parents nurture their partnership through regular check-ins, shared activities, and open communication children feel safer and are better able to regulate their own emotions.
- **Encourage children and teens to connect beyond the home as well.** Youth and teen programs on base and in the community offer constructive outlets, with mentors and peers who understand military life. These networks expand a child's circle of support during moves, separations, and other stressors.
- **A hopeful outlook is not wishful thinking; it is a strategy.** Families that see change as a puzzle to solve tend to feel more in control and less overwhelmed. Practice reframing challenges ("What opportunity is hidden here?"), celebrate small wins, and keep routines where you can. Preparation also builds confidence. Use deployment and moving checklists, update family care plans, and discuss expectations before big transitions. When parents demonstrate calm and flexibility, children learn that they can do hard things, too.

In addition, a wide range of resources are available to strengthen and support Navy families, helping them build resilience, stay connected, and thrive through the unique challenges of military life.

- [Fleet and Family Support Centers \(FFSCs\)](#) offer a wide range of resources to support military family resilience. These include the New Parent Support Program, nonmedical clinical counseling, transition assistance, life skill classes, the Family Advocacy Program and much more. Contact your local FFSC to learn about the available programs and resources.
- [Virtual Clinical Counseling \(VCC\)](#) helps maintain the morale, emotional wellness, and welfare of Sailors and Navy families through short-term non-medical counseling services. To schedule an appointment for video conferencing from the privacy of your home, call 1-855-205-6749.
- [Military OneSource](#) offers around the clock information and referrals, confidential nonmedical counseling, communication and relationship skill-building, and specialty consultations, including building healthy relationships. For more information, call 1-800-342-9647.
- [Sesame Street for Military Families](#) is an app that has developmentally appropriate tools to help young children understand moves, deployments, and big feelings.

- [Recommended wellness apps and digital tools](#) from Military OneSource offer mobile resources, based on evidence that help form positive habits linked to better sleep, mood and stress management.

Resilience grows in ordinary moments. When families learn together, prioritize connection, adopt a can-do mindset, and reach for the resources built for them, they create a buffer against the inevitable stresses of military life. Positive habits do not erase difficulty; they transform challenges into momentum. Strong families strengthen Sailors, and strong Sailors strengthen the fleet.



Wellness Watch

Staying Hydrated Between the Cocoa and the Cider

The holiday season brings cozy sweaters, festive lights, and plenty of mugs filled with hot cocoa, mulled cider, and coffee refills. While these comforting drinks warm us up and lift our spirits, they can also quietly dehydrate us, especially when paired with busy schedules, holiday travel, and indoor heating.

Hydration matters year-round. Even mild dehydration can cause fatigue, headaches and trouble concentrating, all things that can make the season feel more stressful than joyful. Make it a goal to sip water consistently throughout the day, not just when you feel thirsty. Aim for a glass of water with each meal and another between holiday beverages.

Try adding hydrating choices like sparkling water with a splash of cranberry juice, herbal teas, or water-rich foods such as citrus, cucumber and soups. When enjoying festive drinks, alternate with a glass of water; your body and your skin will thank you!

And do not forget good hydration supports balanced nutrition, too. When you are hydrated, your digestion, metabolism, and energy levels all function more smoothly, helping you make mindful food choices and enjoy your celebrations with more balance and less burnout.

This holiday season, enjoy every sip, just make sure a few of them are water.



SAPR Accessibility Fully Operational During the Holidays

The Sexual Assault Prevention and Response (SAPR) program remains committed to protecting the Navy's warfighters and maintaining mission readiness. SAPR services remain fully operational throughout the holidays.

SAPR offers confidential, comprehensive support to survivors of sexual assault. Services are available 24/7 to active duty, reservists, National Guard members, DoD civilians, and adult dependents over the age of 18. SAPR services are designed to be survivor-centered, ensuring that individuals receive compassionate and professional support at every stage of their recovery.

The Safe Helpline is the DoD's sole hotline for members of the military community affected by sexual assault. The Safe Helpline is a completely anonymous, confidential, 24/7, specialized service, providing help and information anytime, anywhere. A Safe Helpline user can access one-on-one support, peer-to-peer support, information, resources and self-care exercises to aid in their recovery.

If you would like to connect one-on-one, you can contact a Safe Helpline staff member 24/7 for anonymous, confidential support by calling 877-995-5247, online at safehelpline.org, or through the [Safe Helpline App](#).

To find support in your local area, you can search for local responders via the [Responders Near Me database](#).





New Year, New Balance: Simple Ways to Manage Stress

From minor challenges to major crises, stress is a natural part of everyday life. However, when stress becomes overwhelming or chronic, it can take a serious toll on your well-being. That is why it is essential to have effective strategies for managing it. The goal is to foster a balanced life, one that includes time for work, relationships, relaxation and fun, along with the resilience to handle pressure and face challenges head-on.

Here are some simple and healthy ways to manage stress:

-  **Make regular exercise a priority.** Physical activity helps regulate the nervous system and boosts blood circulation, which aids in flushing out stress hormones. Try adding a 20-minute walk to your daily routine.
-  **Eat nutrient-rich meals.** A well-nourished body is better equipped to cope with stress. Start your day with a wholesome breakfast, include more organic fruits and vegetables in your diet, and stay hydrated by drinking plenty of water.
-  **Build a support system.** Talking with others can trigger the release of hormones that reduce stress. Reach out to family, friends, or members of your community. You can also contact your local [Fleet and Family Support Center](#) (FFSC) or call 1-855-205-6749 to schedule a nonmedical counseling appointment.
-  **Engage in enjoyable hobbies.** Participating in activities that bring you joy can significantly lower stress levels. Research shows it can reduce stress by nearly half and even lower your heart rate.
-  **Establish a sleep routine.** Wind down by turning off electronics earlier, dimming the lights, and allowing yourself time to relax before bed. Quality sleep is one of the most powerful tools for stress reduction.

As you step into the new year, consider exploring the array of webinars available at [MyNavyFamily.com](#) that focus on stress management and other life skill topics. These resources are designed to equip you with practical tools and insights to navigate life's challenges with confidence. The good news is that stress does not have to control your life; it is often manageable. With patience, consistency, and the right strategies, you can take charge of your well-being and build a healthier, more balanced future.

GOOD NEWS!



FFSC Teams Support Hurricane Response at Naval Station Guantanamo Bay, NAS Pensacola

When Hurricane Melissa strengthened into one of the most powerful storms of the 2025 season, Navy installations across the region once again demonstrated their unwavering commitment to the safety, resilience, and well-being of the military community. Through coordinated action and compassionate support, Fleet and Family Support Center (FFSC) teams at both Naval Station Guantanamo Bay (NSGB), Cuba and Naval Air Station (NAS) Pensacola, Fla., played essential roles in the evacuation, sheltering and recovery operations that kept Sailors, families, and civilian personnel safe.

Proactive Evacuation, Support at NSGB

In early October, as Hurricane Melissa approached, NSGB took swift, proactive measures to protect its community. More than 800 nonessential personnel, including family members, civilian employees, contractors, and pets were relocated to NAS Pensacola under the Navy's precautionary evacuation order.



Throughout the evacuation process, the NSGB FFSC provided critical support for a community of more than 3,400 individuals spanning the Navy, Marine Corps, Army, Air Force, Coast Guard, and foreign nationals stationed on the installation. FFSC staff ensured all evacuees were properly checked in and accounted for, maintaining situational awareness during a rapidly evolving event.

FFSC personnel were on-site across three designated hurricane shelters, where they worked alongside shelter wardens to distribute essential supplies such as Meals, Ready-to-Eat, blankets, and bottled water. They also offered comfort measures and stress-relieving activities for families navigating the uncertainty of displacement. Their presence ensured safety, stability and reassurance during a challenging time for the community.



[continued below]

NAS Pensacola Extends a Safe Haven for Navy Families

As NSGB personnel arrived at NAS Pensacola, they mobilized quickly and efficiently to provide temporary refuge. More than 864 evacuees were housed at the Navy Lodge and Navy Inn through a coordinated effort that included the American Red Cross, USO Northwest Florida and volunteers across the installation.



"The safety and well-being of our Navy family is always a primary concern," said Capt. Chandra "Mamasan" Newman, NAS Pensacola commanding officer. "The Sailors and civilian employees here are dedicated and adaptable, making sure they accomplish our Navy mission, and right now, that means taking care of our Navy family from Guantanamo Bay."

NAS Pensacola's FFSC rapidly stood up an Emergency Family Assistance Center to provide counseling, information, and essential family support resources. Simultaneously, logistics, dining and lodging teams worked around the clock to welcome families, ensuring needs were met from the moment they arrived.



The operation also accounted for more than 350 pets transported with families. A temporary kennel and quarantine area were established on base, while the USO organized a donation drive at American Legion Post #240 to collect pet food and supplies, exemplifying the Pensacola community's deep spirit of care and service.

Community Recovery & Ongoing Readiness

Following the storm, FFSC team members at NSGB continued to support recovery efforts, joining more than 500 service members in the large-scale "All Beaches Clean-Up Day." Volunteers cleared thousands of pounds of debris from the installation's 10 beaches, restoring safe access for families returning home and helping the community begin its recovery.

This marks the second time NAS Pensacola has served as a safe haven for NSGB personnel, the first occurring in 2016 during Hurricane Matthew. Once again, the installation demonstrated its hallmark readiness and compassion under pressure.

"Our team is proud to be part of an operation contributing to the safety and well-being of our service members' families," shared Capt. Chandra Newman. "This mission showcases the best of what our Navy family can do when we come together."



United in Strength, Ready for What's Next

From the shelters of Guantanamo Bay to the lodging halls of Pensacola, FFSC teams and community volunteers embodied the Navy's commitment to taking care of its own. Their teamwork, resilience and unwavering support ensured that families were safe, supported and connected, before, during and after the storm.

Hurricane Melissa tested the region, but the response proved that when challenges arise, the Navy community stands strong together.

San Diego's FFSC 'Surviving the Holidays' Series Keeps TPU Sailors Mission-ready

At Transient Personnel Unit San Diego, Calif., the Integrated Prevention coordinator partnered with the Personal Financial Management team to host a three-day "Surviving the Holidays" series in October. Each session combined financial planning with practical resource navigation. San Diego Military Outreach Mission briefed attendees on its holiday toy distribution and registered eligible Sailors on the spot. Participants also learned about Support the Enlisted Project food distributions, Homefront America's Toy Store program, Armed Services YMCA holiday events and Operation Ride Home. A total of 61 Sailors attended the series, which proactively addressed holiday-related stress, financial strain and emotional challenges, ultimately strengthening individual resilience and readiness during a high-pressure season.

[continued below]

Ventura County 'Paint It Purple' Builds Prevention Culture Among Single Sailors



In recognition of October's Domestic Violence Awareness Month, the Family Advocacy Program (FAP) at Naval Base Ventura County partnered with Morale, Welfare and Recreation to host a "Paint & Chill: Paint It Purple" night, specifically for Liberty Single Sailors. The event welcomed 18 attendees and provided a relaxed, stigma-free space to discuss healthy relationships, bystander intervention skills and how to access confidential support. Throughout the month, FAP also featured a rotunda display titled "Fear Belongs in Haunted Houses, Not in the Home," which helped clarify program roles and normalize help-seeking behaviors. Together, these efforts met Sailors where they are, on liberty and in high-traffic areas, transforming awareness into meaningful prevention.

Coronado FFSC Revives In-person Job Fair Access Near Base Housing

In October, the Fleet and Family Support Center (FFSC) at Naval Base Coronado, Calif., hosted San Diego's first in-person FFSC job fair since 2019 at Murphy Canyon Chapel, strategically located off-base within a large military housing community. Five Work and Family Life (WFL) consultants, two Integrated Prevention coordinators, and a WFL supervisor partnered with 35 employers to support more than 100 job seekers, including transitioning service members and military spouses. The off-base venue enabled participation from traveling employers and improved family access during school hours. Positive feedback from vendors and attendees included requests for future events. Staff from Naval Bases San Diego and Point Loma also attended, improving employer access and reducing barriers for families, directly improving employment readiness.

Special Thanks to this Month's Contributors:

- Navy Region Southwest Fleet and Family Support Program
- Brandy Littler, LCSW, CNIC Fleet and Family Support Program
- Fran Jackson, MBA, AFC, CNIC Fleet and Family Support Program
- Kathy Vi, LCSW, CNIC Fleet and Family Support Program
- Kristin Kammermeier, CNIC Fleet and Family Support Program
- Marisa Keeler, AFC, GCDF, CNIC Fleet and Family Support Program
- Paul Stewart, Naval Station Guantanamo Bay, Fleet and Family Support Program
- Tim McGough, CNIC Fleet and Family Support Program



YOUR *Virtual* FFSC WEBINAR SCHEDULE

We have webinars scheduled to suit time zones around the world!

Visit MyNavyFamily.com, select a topic, and view available sessions with times automatically converted to your local time.

EMPLOYMENT

AI Resume Building - A Paradigm Shift	12/3/25	9:00 AM EST	6:00 AM PST
Leveraging AI For Your 2025 Job Search	12/5/25	9:00 AM EST	6:00 AM PST
Power Up Your Resume for Remote Jobs	12/10/25	1:00 PM EST	10:00 AM PST
Acing the Interview!	12/10/25	1:00 PM EST	10:00 AM PST
USAJobs 2025	12/12/25	9:00 AM EST	6:00 AM PST

Want more? Click on Employment for dates and times for:

- Becoming Federal Resume Savvy
- Job Search Hacks
- Mastering the Modern Resume
- Mastering Virtual Interviews

NAVY LIFE

New Spouse Orientation	12/2/25	1:00 PM EST	10:00 AM PST
	12/16/25	12:00 PM EST	9:00 AM PST

Click Navy Life for webinars like:

- Navy Family Connection
- Family Operations Security made Easy and more

PARENTING

Tear Free Dinner	12/3/25	12:00 PM EST	9:00 AM PST
Parenting to Prevent PSB: Teens (SHAPE Module 5)	12/3/25	7:00 PM EST	4:00 PM PST
What About the Kids?	12/11/25	1:00 PM EST	10:00 AM PST
Exploring Through the Senses	12/12/25	12:00 PM EST	9:00 AM PST
Self-Care: Parent Edition	12/16/25	2:00 PM EST	11:00 AM PST

Join us for these webinars offered several times throughout the month:

- Helping Kids Thrive Through Change
- Spotting the Signs of Youth Suicide

EXCEPTIONAL FAMILY MEMBER PROGRAM

Permanent Change of Station from Special Education into Adulthood; The Transition Process	12/3/25	1:00 PM EST	10:00 AM PST
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EMERGENCY PREPAREDNESS

Preparedness: Your Piece of Mind	12/5/25	3:00 PM EST	12:00 PM PST
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MENTAL WELL-BEING

Understanding Anger	12/2/25	10:00 AM EST	7:00 AM PST
Stress Management	12/2/25	11:00 AM EST	8:00 AM PST
	12/9/25	10:00 AM EST	7:00 AM PST
Staying Safe: Vigilance and Awareness in Preventing Stalking in Intimate Partner Relationships	12/4/25	11:00 AM EST	8:00 AM PST
Achieving Financial Empowerment while Experiencing Intimate Partner Violence	12/9/25	2:00 PM EST	11:00 AM PST

PERSONAL GROWTH

5 Love Languages 101	12/9/25	1:30 PM EST	10:30 AM PST
Conflict Management	12/11/25	11:00 AM EST	8:00 AM PST



- 1 Go to MyNavyFamily.com to log in or create a free account.
- 2 Select the category on the home page, then select your webinar.
- 3 Confirm the start time and click "Enroll Me."

PERSONAL FINANCIAL MANAGEMENT

Now I'm the Landlord	12/4/25	1:00 PM EST	10:00 AM PST
Let's Get Financially Fit!	12/15/25	5:00 PM EST	2:00 PM PST
Military Marriage 101: Building Stronger Bonds & Financial Security	12/17/25	1:00 PM EST	10:00 AM PST
The Fundamentals of Saving and Investing	12/18/25	11:00 AM EST	8:00 AM PST
How to Survive the Holidays Financially	12/18/25	1:00 PM EST	10:00 AM PST

Click Personal Financial Management for webinars on:

- Booties & Budgets: Welcoming Your First Child and Baby-Proofing Your Finances
- Command Your Credit
- Emergency Financial Preparedness
- Financial Readiness Before Deployment: Securing Your Future
- Making the Most of your Overseas Pay
- Making your Money work for you
- Military Retirement Planning
- PCS and your Pocketbook
- Planning your Financial Future
- Servicemembers Civil Relief Act Q&A
- Stretching Budgets and Maximizing Nutrition and more!



RELOCATION

Click the Relocation category for Calming Cultural Shock, Planning the Perfect PCS, Stepping up Support: Sponsorship Training, and The PCS Process — all offered several times throughout December for your convenience!

Beyond the Move: Understanding Relocation's Impact on Your EFM	12/1/25	12:00 PM EST	9:00 AM PST
Unlock New Opportunities: Learn Cultural Adaptation	12/8/25	12:00 PM EST	9:00 AM PST
Smooth Move	12/16/25	12:00 PM EST	9:00 AM PST

RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 5: Problem Solving	12/2/25	1:00 PM EST	10:00 AM PST
Module 6: Connection	12/9/25	1:00 PM EST	10:00 AM PST
Holiday Blues	12/18/25	5:00 PM EST	2:00 PM PST
Stoicism Principles and Stress Management	12/19/25	9:00 AM EST	6:00 AM PST

Want to learn more about resilience? Join us for Bounce Back Better, Mission Ready, Mentally Strong or Run for Resilience. See the LMS for times in your time zone.

