



Family CONNECTION

Your Link to the Navy Community since 2007

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October 2025
Volume 18 | Issue 10



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Questions?



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Your Virtual FFSC Webinars

See the full list of webinars available on www.MyNavyFamily.com this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition...

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.

Happy 250th Birthday to the United States Navy

In the early days of the American Revolution, it was understood that a Navy was needed to defend the safety, security and interests of the citizens.

An October 13, 1775 resolution of the Continental Congress established what is now the United States Navy with “a swift sailing vessel, to carry 10 carriage guns, and a proportionable number of swivels, with 80 men, be fitted, with all possible despatch, for a cruise of three months ...” After the Revolutionary War, the U.S. Constitution empowered the new Congress “to provide and maintain a Navy.” Acting on this authority, Congress established the Department of the Navy on April 30, 1798.

In 1972, Chief of Naval Operations Admiral Elmo R. Zumwalt authorized official recognition of October 13 as the birthday of the U.S. Navy. Since then, each CNO has encouraged a Navy-wide celebration of this occasion “to enhance a greater appreciation of our Navy heritage, and to provide a positive influence toward pride and professionalism in the naval service.”

Since the early days of the American Revolution, our Navy has supported America’s mission and continuously defended its principles. Through conflicts close to home throughout the War of 1812 or far away during the war on terror, the protection of ideas came with the high cost of lives. With continuous innovation, the Navy propelled forward and expanded its operational capabilities — from colonial sailing ships like USS Constitution to technologically advanced aircraft carriers and submarines. Duty to the nation that was once limited has grown to include everyone in all aspects of service.

For more information on the history of and to celebrate the 250th Birthday of the United States Navy, visit [the commemorations toolkit for Navy and Nations 250](#) and [Navy.mil](#).

Note: excerpts of this were taken from [history.navy.mil](#) & [navy.mil](#).



Help celebrate our Navy's 250th Birthday!

Get Involved.

- ★ Volunteer and participate
- ★ Attend events nationwide

Learn more about the Navy

- ★ Visit a Navy Museum
- ★ Learn about Navy history

Show your Navy pride!

- ★ Wear your Navy gear
- ★ Decorate your home

Post on
social media

#AmericasNavy250



Navy and Nation 250 Events Schedule

October 2025

★	Oct. 2 - District of Columbia - Navy 250th Birthday Proclamation Signing and Celebration
★	Oct. 3 - District of Columbia - Naval Intelligence Salutes 250
★	Oct. 4 - Arlington, Va. - National Capital Region Navy Birthday Ball
★	Oct. 4-5 - Salinas, Calif. - Blue Angels: California International Airshow
★	Oct. 5 - District of Columbia - DAR Constitution Hall, Navy Birthday Concert
★	Oct. 5-6 - Atlanta, Ga. - Candler Park Fall Festival
★	Oct. 5-13 - San Francisco, Calif. - San Francisco Fleet Week
★	Oct. 7-10 - Newport, R.I. - 26th International Sea Power Symposium
	Oct. 9 - Sigonella, Sicily - Navy Ball Sigonella
★	Oct. 9 - Philadelphia, Pa.; Camden, N.J.; and Gloucester, N.J.- Arrival of the Navy Ships
	Oct. 9 - Philadelphia, Pa.; Camden, N.J.; and Gloucester, N.J.- Blessing of the Fleet
★	Oct. 9-16 - Philadelphia, Pa. - Navy & Marine Corps 250th Flagship Weeklong Celebration
★	Oct. 10 - Fort Worth, Texas - 250th Anniversary Navy Ball at Stockyards
	Oct. 10 - Chester, Pa. - Army/Navy Cup XIV at Subaru Park
★	Oct. 10-11 - Kansas City, Mo. - Navy & Marine Corps 250 Years of Service, Celebration at Union Station
★	Oct. 10-15 - Philadelphia, Pa.; Camden, N.J.; and Gloucester, N.J. General Public Visiting of Navy Ships
★	Oct. 10-12 - San Francisco, Calif. - Blue Angels: San Francisco Air Show
	Oct. 11 - Philadelphia, Pa. - Navy and Marine Corps 2.50 Mile Run
	Oct. 11 - Philadelphia, Pa. - Navy and Marine Corps Static Displays
★	Oct. 11 - Philadelphia, Pa. - Navy-Temple Football Game at Lincoln Financial Field
	Oct. 11 - Tumon, Guam - Guam Navy Ball at Dusit Thani Guam Resort
	Oct. 11 - San Diego, Calif. - 250th Navy Birthday Ball, Southwest Region
	Oct. 11 - Honolulu, Hawaii - Commander, Navy Region Hawaii Navy Ball
★	Oct. 12-15 - Philadelphia, Pa. - Navy and Marine Corps Static Displays

★	Oct. 12 - Saratoga Springs, N.Y. - Saratoga Springs Navy 250th
★	Oct. 12 - Philadelphia, Pa. - All Veterans Reunion
★	Oct. 12 - Philadelphia, Pa. - St. Mary's Mass and Commodore Barry Wreath Laying
★	Oct. 12 - Philadelphia, Pa. - Victory at Sea Concert
★	Oct. 12 - Philadelphia, Pa. - Firework Show
★	Oct. 13-15 - Philadelphia, Pa. - U.S. Marine Corps Band and Silent Drill Platoon Performances
	Oct. 13 - Chicago, Ill - Columbus Day Parade
	Oct. 13 - Philadelphia, Pa. - Navy Birthday Parade
	Oct. 13 - Philadelphia, Pa. - Closing Ceremony
★	Oct. 13 - Philadelphia, Pa. - Thanksgiving & Remembrance Ceremony at Historic Christ Church
	Oct. 13 - Philadelphia, Pa. - Homecoming 250 Navy Marines Parade
	Oct. 13 - Naples, Italy - Navy & Nation 250th Birthday Celebration Onboard USS Mount Whitney
	Oct. 14 - Philadelphia, Pa. - Navy Birthday Ceremony at Independence Hall
★	Oct. 14 - Philadelphia, Pa. - Blue Angels Flyover
	Oct. 14 - Viera, Fla. - Navy 250th Anniversary Dinner Celebration
★	Oct. 15-19 - Tallahassee, Fla. - Masterclass at Florida State University
★	Oct. 15 - Philadelphia, Pa. - U.S. Marine Corps Band and Silent Drill Platoon Performances
★	Oct. 15 - Philadelphia, Pa. - Closing Ceremony
★	Oct. 16-19 - Clearwater, Fla. - Clearwater Jazz Festival
★	Oct. 16 - Norfolk, Va. – Operation MWR Convert, Jelly Roll and Gwen Stefani
	Oct. 16 - Philadelphia, Pa. - U.S. Navy Ships Depart
★	Oct. 17 - Baltimore, Md. - Maryland Music Educators Association Conference
	Oct. 17 - Manama, Bahrain - Navy Ball Bahrain

(continued below)

Navy and Nation 250 Events Schedule

October 2025



Oct. 18 - Jacksonville, Fla. - Operation MWR Concert, Jelly Roll and Shaboozey



Oct. 18 - Tampa, Fla. - Tampa Bay's 250th Navy Birthday Ball



Oct. 18 - Naples, Italy - Naples Navy Ball



Oct. 18 - Sioux Falls, S.D. - Navy Ball Sioux Falls



Oct. 18-19 - Rome, Ga. - Blue Angels: Wings Over North Georgia



Oct. 25 - Nov. 1 - Eugene, Ore. - Eugene Navy Week



Oct. 30 - Nov. 9 - San Diego, Calif. - San Diego Fleet Week

OCTOBER HOLIDAYS AND OBSERVANCES

- October 1 – CNIC Anniversary
- October 5-11 – Fire Prevention Awareness Week
- October 13 – Columbus Day
- October 13 – U.S. Navy Birthday
- Sudden Infant Death Syndrome Awareness
- Domestic Violence Prevention
- National Cyber Security Awareness



October 13
U.S. Navy Birthday

Don't Get Burned - October is Fire Safety Month



This October, take the heat out of fire risk by joining Navy Housing and the National Fire Protection Association to raise awareness about fire prevention. Fires are fast, dangerous and often preventable. Protect yourself and your loved ones with these simple steps:

Check it!

Your first line of defense is a working smoke alarm. Install them on every level of your home and change batteries twice a year. Never remove or disable smoke alarms.

Watch it!

Stay alert around heat sources. Do not leave stoves, space heaters and candles unattended, and turn them off when not in use. Keep flammable items and tools like matches and lighters out of reach of children.

Plan it!

Create and practice a fire escape plan with your family. Identify two exits from every room and practice moving through your home in the dark, simulating low visibility due to heavy smoke. Show children how to respect fire and remind them that fire is not a toy.

Fires are preventable. Preparation is powerful. Be fire smart from the start. For more information, visit [NFPA](https://www.nfpa.org).

Learn more about Navy Housing or contact your local Navy Housing Service Center by visiting [the Navy Housing website](https://www.navyhousing.org).



October is Dental Hygiene Month

October is the perfect time to focus on your oral health! Small, daily habits can lead to big health benefits. Good oral care not only helps prevent cavities and gum disease, but it also supports your overall wellness, boosts your confidence, and can even help detect early signs of other health conditions, such as diabetes.

If you have dental insurance, now is the time to make the most of it! Regular dental visits are often fully or partially covered, including cleanings, exams and preventive care. Taking advantage of these benefits is one of the best things you can do for your health and your family's health, too.

Here are some simple but powerful oral hygiene tips from dental hygienists:

- 🦷 Brush your teeth at least twice a day.
- 🦷 Floss daily.
- 🦷 Brush your tongue.
- 🦷 Use an antibacterial mouthwash regularly.
- 🦷 Visit your dentist for routine checkups.
- 🦷 Avoid smoking and other tobacco products.



Access to dental care is a key part of lifelong health. Fortunately, everyone reading this has access to dental insurance, so use it! Booking regular checkups and staying on top of preventive care can help avoid more serious and costly problems later on.

This Dental Hygiene Month, commit to routines that keep your smile bright and your body healthy. A healthy mouth is an important part of a happy life and taking full advantage of your dental benefits is a great way to start.



October is Domestic Violence Awareness Month: Recognize the Signs, Seek Support

In October, the color purple can be seen in and around Navy communities throughout the fleet, highlighting Domestic Violence Awareness Month (DVAM).

[The National Domestic Violence Hotline](#) reports an average of 24 people per minute are victims of rape, physical violence or stalking by an intimate partner in the United States; more than 12 million women and men over the course of a single year. Commanders and every member of the Navy community share responsibility to recognize, report and respond to domestic abuse with urgency and compassion, ensuring that every concern is brought to the Family Advocacy Program (FAP) for support and intervention. FAP primarily focuses on prevention and intervention. The program addresses victims' safety and support, and alleged abuser treatment. FAP provides education and training to increase resilience and strengthen relationship-building skills. This ultimately helps create a safe environment at home, allowing Sailors to focus on their mission. Commanders play a vital role in ensuring that all Navy families, including those living off-base or far from installations, are informed and have direct access to the domestic abuse support services offered through the Fleet and Family Support Center's (FFSC) FAP. Awareness and outreach are essential, particularly for individuals who may not be aware of these resources.

Recognizing Warning Signs

Abuse doesn't always begin with physical harm—often there are subtle warning signs. Ask yourself:

Does your partner pressure you to agree with them, isolate you from friends, or pressure you into sex or drinking?

Do they struggle with compromise, act entitled, or react poorly when you say “no”?

Do they compare you to others, criticize you, or leave you feeling like you're “walking on eggshells”?

These may be early signs of controlling or harmful behaviors. If they sound familiar, it may be time to talk with a counselor, attend a communication or healthy relationship class, or reach out for confidential support.

Campaigns to Encourage Action

This year's awareness campaigns highlight both sides of prevention:

“[What's Inside Matters](#)” encourages victims of abuse—or those noticing harmful behaviors in their relationship—to seek help.

“[Pause](#)” encourages those who recognize harmful behaviors in themselves to stop and get support before the behavior escalates.

Commanders are encouraged to use the 2025 Domestic Abuse Awareness Month campaigns. ([What's Inside Matters](#) – [Pause](#))

Support is Available

FAP provides education, counseling, and resources to strengthen relationships and promote resilience, helping Sailors and families thrive. Awareness and outreach are especially crucial for families who may not be aware of these resources.

If you or someone you know is experiencing domestic abuse, contact [your local FFSC](#) and ask to speak with [the CNIC Family Advocacy Program](#). To connect with a counselor, register for classes or webinars at [MyNavyFamily.com](#). For after-hours support, use the [Military OneSource Domestic Abuse Victim Advocate Locator](#) to find the right number for your installation.

Domestic violence is preventable, and help is available. The time to act is now.



You are not alone.

The National Domestic Violence Hotline is here for you 24/7/365.

- Call: 1.800.799.SAFE (7233)
- Text: "START" to 88788
- Chat: [thehotline.org](#)

Financial Abuse: The Hidden Side of Domestic Violence

October is Domestic Violence Awareness Month, a time to raise awareness and strengthen support for Sailors and families. While domestic violence is often thought of as physical or emotional abuse, there is another side that is just as damaging but often overlooked: financial abuse.

What is financial abuse?

Financial abuse happens when one partner controls the other's ability to acquire, use or maintain money and resources. It is one of the most common forms of domestic violence, yet many do not recognize it. Examples include restricting access to money or financial documents, running up debt in a partner's name, interfering with employment, sabotaging career opportunities, or withholding money for basic needs.

Why it matters?

Financial abuse can leave lasting scars. Survivors often report staying with an abuser longer because of financial dependence, and many face damaged credit, lost income and limited access to resources. These financial barriers do not just affect immediate safety; they also impact long-term security, encompassing housing, healthcare and career opportunities.

How the Navy supports Sailors and their families?

The Family Advocacy Program (FAP) plays a key role in prevention, early identification, and victim support across the Department of Defense. FAP provides trauma-informed services, safety planning and connections to resources for those impacted by domestic abuse. Working alongside FAP, personal financial managers (PFMs) can help Sailors and families think through financial readiness goals, strengthen financial stability and explore safe options for moving forward. Both programs are located within the installation Fleet and Family Support Centers (FFSC), which serve as the first stop for confidential support, education, and resources to help service members and their families stay safe, stable, and financially secure.

When someone is experiencing abuse, it can feel overwhelming to know where to turn. FAP is a safe place to start. By reaching out to FAP first, victims can learn what reporting options may be available and what those choices mean for their situation. Some options may allow access to services and support without starting a formal investigation, while others involve a broader response. Talking with a FAP counselor helps ensure victims understand the process and can make informed decisions about the support that feels right for them.

Recognizing the signs

Financial abuse is not always obvious. Warning signs may include a partner preventing their spouse from accessing money, limiting what they can spend, interfering with their ability to work or opening accounts in their name without consent. A Fleet and Family Support Center's PFM can talk through a client's financial concerns, offer options they may not have considered, and connect them with FAP for additional support.

For more information on PFM, contact your installation's [Fleet and Family Support Center](#).





EFMP is Back to School with You & Your Family

Summer routines of sleeping late, lounging around and soaking up the sun on the beach have become fading memories. The bell has rung, and school is back in session.

Back-to-school anxiety in children is a common reaction as they are exposed to changes such as new environments, new teachers, friends and schoolwork expectations. If you notice your child's anxiety is persistent, including excessive clinginess, tantrums, social withdrawal, stomachaches or generally just not adjusting, consult their pediatrician as there could be an underlying condition and potential eligibility for enrollment in the Exceptional Family Member Program (EFMP).

Parents can visit the [Substance Abuse and Mental Health Services Administration webpage](#) for additional resources regarding back to school and topics related to mental health, social media and online safety.

Also, [Military OneSource](#) has vast resources for parents, including tips, articles, fact sheets and videos related to back-to-school and encouraging children's success.

The EFMP is available to support parents who are enrolled in the program as well as parents who believe their children or spouse qualify and need to enroll.

Support provided by the EFMP includes assigned case liaisons, reviews of students' individualized educational plans, regular and recurring contact, information and referral, relocation assistance, and, if eligible, families can gain access to the Navy's Respite Care Program or even priority housing.

For more information on the EFMP, visit [Fleet and Family Support Program - EFMP](#), or visit [your local FFSC](#) and ask to speak to an EFMP case liaison.











Supporting Sexual Assault Survivors

When someone we care about experiences sexual assault, it can be incredibly difficult to know what to say or how to help. You may feel a wide range of emotions — fear, anger, sadness, anxiety or disbelief. These reactions are natural, and your support can make a real difference in your loved one's healing process.

One of the most powerful things you can do is believe them. How a survivor is received by those they trust plays a crucial role in their recovery. By offering a safe, compassionate space, you help restore their sense of control and dignity.

Here are some ways you can support them:

-  **Be supportive.** Ask how you can help. Let them take the lead and respect their decisions.
-  **Be patient.** Healing takes time. Let them move at their own pace, without pressure.
-  **Encourage medical care.** Talk with them about getting checked for possible injuries, sexually transmitted infections (STIs) or pregnancy concerns.
-  **Help ensure their safety.** Gently ask if they feel safe at home. Offer to stay with them or help find a secure place if needed.
-  **Promote healthy coping.** Encourage self-care activities like meditation, deep breathing or gentle movement like yoga or a walk.
-  **Connect them with support.** Help them reach out to professional resources like a sexual assault response coordinator or a sexual assault prevention and response victim advocate.

It is OK if you do not have all the answers. Just being present, listening without judgment and offering steady support can mean more than you know.

The DoD Safe Helpline can connect you to your local Sexual Assault Prevention and Response Program and provides live, individualized support. Services are available to the DoD community 24/7 by telephone at 1-877-995-5247, through text at 55-247 or international text at 001-202-470-5546, or online at the [DoD Safe Helpline](#).

GOOD NEWS!



Building Stronger Support: SAPR Advocates Gather for Specialized Training at CNIC

Members of the Sexual Assault Response Workforce (SARW) from across the Navy community recently gathered at Commander, Navy Installations Command (CNIC) headquarters in Washington, D.C., for an important training event. The Encounter Skills Train-the-Trainer Course helps advocates develop skills in trauma-informed care, case management, victim support, and communication, ensuring they are prepared to provide compassionate, consistent, and effective services to those in need. Looking ahead, this training is expected to become a DoD-wide requirement for certification by 2027, setting a new standard for advocates everywhere. By preparing early, CNIC's SARW team is helping lead the way in ensuring survivors receive the best possible support when they need it most.



Kings Bay MWR Hosts EFMP Golf Clinic

The Fleet and Family Support Center at Naval Submarine Base Kings Bay, Georgia., recently partnered up with Trident Lakes Golf Program to host an Exceptional Family Member Program golf clinic. Held on August 16 at the course driving range, the session was led by resident golf professional Kevin Doetch. Families enjoyed a relaxed, supportive introduction to golf, learning basic skills while spending quality time outdoors. The event offered a fun and inclusive way for families to connect and try something new together.

Special Thanks to this Month's Contributors:

- Anali Aguilar, FFSC Naval Submarine Base Kings Bay
- Antonella DeLuca, CNIC Navy Housing Program
- Molly Ryan, LCSW, CNIC Fleet and Family Support Program
- Melissa Goodman, LCSW, CNIC Fleet and Family Support Program
- Fran Jackson, MBA, AFC, CNIC Fleet and Family Support Program
- Sarah McCallister, LMSW, CNIC Fleet and Family Support Program
- Marisa Keeler, AFC, GCDF, CNIC Fleet and Family Support Program
- Tim McGough, CNIC Fleet and Family Support Program





VTAP

Virtual Transition Assistance Program

OCT-DEC 2025

The Transition Assistance Program

- Designed to provide success in transitioning from military to civilian life.
- Meets career Readiness Standards (CRS) with resources, tools, services and skill-building.
- Live facilitator components from the Fleet and Family Support Center, Department of Labor and the Small Business Administration.

Certificate of Completion

- Must be logged into the live classroom under your own LMS account.
- Single-session training: Attendance required for the full length of the session.
- Multiple-session training: Attendance required for all components to fulfill Career Readiness Standards.

Transitioning Spouses

- Spouses are welcome to attend VTAP training.
- The self-paced [Navy Spouses in Transition](#) is available 24/7 to prepare spouses for uncertainties such as a possible move, financial adjustment and job searching. The training can be found in the Navy Career and Transition section of the home page of [MyNavyFamily.com](#).

To Register for these or any other Virtual FFSC webinars:

Log In Instructions

1. Make a free account at [MyNavyFamily.com](#).
2. Click “Live Webinars” at the top of the page to view the full list of offerings.
3. Click the title of a session to view the information and description.
4. Click “register now” to register for the course.

Classes fill quickly. Register early!



Title	Date	EASTERN	PACIFIC
Pre-Separation Counseling 2 Hours	7 Oct	8:00 AM	5:00 AM
	21 Oct	11:00 AM	8:00 AM
	3 Nov	7:00 AM	4:00 AM
	18 Nov	9:00 AM	6:00 AM
	1 Dec	2:00 PM	11:00 AM
	9 Dec	8:00 AM	5:00 AM
	16 Dec	11:00 AM	8:00 AM
Military Occupational Codes Crosswalk (MOC Crosswalk) 1.5 Hours	7 Oct	11:30 AM	8:30 AM
	21 Oct	2:30 PM	11:30 AM
	3 Nov	10:30 AM	7:30 AM
	18 Nov	12:30 PM	9:30 AM
	1 Dec	5:30 PM	2:30 PM
	9 Dec	11:30 AM	8:30 AM
	16 Dec	2:30 PM	11:30 AM
Managing Your Transition (MY Transition) 1 Hour	7 Oct	10:15 AM	7:15 AM
	21 Oct	1:15 PM	10:15 AM
	3 Nov	9:15 AM	6:15 AM
	18 Nov	11:15 AM	8:15 AM
	1 Dec	4:15 PM	1:15 PM
	9 Dec	10:15 AM	7:15 AM
	16 Dec	1:15 PM	10:15 AM
Financial Planning for Transition 3.5 Hours	7 Oct	1:15 PM	10:15 AM
	21 Oct	4:15 PM	1:15 PM
	3 Nov	12:15 PM	9:15 AM
	18 Nov	2:15 PM	11:15 AM
	1 Dec	7:15 PM	4:15 PM
	9 Dec	1:15 PM	10:15 AM
	16 Dec	4:15 PM	1:15 PM
DOL Employment Fundamentals for Career Transition 8 Hours	1 Oct	6:00 PM	3:00 PM
	8 Oct	8:00 AM	5:00 AM
	22 Oct	11:00 AM	8:00 AM
	5 Nov	7:00 AM	4:00 AM
	19 Nov	9:00 AM	6:00 AM
	3 Dec	2:00 PM	11:00 AM
	10 Dec	8:00 AM	5:00 AM
	17 Dec	11:00 AM	8:00 AM
DOL Employment Track Part 1 8 Hours	9 Oct	8:00 AM	5:00 AM
DOL Employment Track Part 2 8 Hours	10 Oct	8:00 AM	5:00 AM
Managing Your Education Day 1 6 Hours	20 Nov	9:00 AM	6:00 AM
Managing Your Education Day 2 6 Hours	21 Nov	9:00 AM	6:00 AM
SBA Entrepreneurship Track Day 1 4 Hours	11 Dec	11:00 AM	8:00 AM
SBA Entrepreneurship Track Day 2 4 Hours	12 Dec	11:00 AM	8:00 AM

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	10/1/25	9:00 AM EDT	6:00 AM PDT
Leveraging AI For Your 2025 Job Search	10/3/25	9:00 AM EDT	6:00 AM PDT
LinkedIn and How to Make it Work for You!	10/7/25	11:00 AM EDT	8:00 AM PDT
Power Up Your Resume for Remote Jobs	10/8/25	1:00 PM EDT	10:00 AM PDT
USAJOBS 2025	10/10/25	9:00 AM EDT	6:00 AM PDT
Stoicism Principles and Stress Management	10/17/25	9:00 AM EDT	6:00 AM PDT

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

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

FAMILY EMERGENCY PREPAREDNESS AND RESPONSE

Get Organized for Emergencies	10/16/25	5:00 PM EDT	2:00 PM PDT
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NAVY LIFE

New Spouse Orientation	10/21/25	12:00 PM EDT	9:00 AM PDT
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PARENTING

Tear Free Dinner	10/1/25	12:00 PM EDT	9:00 AM PDT
Self-Care: Parent Edition	10/7/25	2:00 PM EDT	11:00 AM PDT
Terrific Toddlers	10/7/25	12:00 PM EDT	9:00 AM PDT
What About the Kids	10/16/25	1:00 PM EDT	10:00 AM PDT
Parenting and Sexual Development (SHAPE Module 1)	10/28/25	7:00 PM EDT	4:00 PM PDT
Exploring Through the Senses	10/31/25	12:00 PM EDT	9:00 AM PDT

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

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

MENTAL WELL-BEING

Strength Through Struggle: A Case Study on Resilience and Recovery from Domestic Violence	10/7/25	12:00 PM EDT	9:00 AM PDT
Intimate Partner Violence: Identification and Reporting	10/8/25	11:00 AM EDT	8:00 AM EDT
Problematic Sexual Behavior in Children and Youth (PSB-CY)	10/9/25	1:00 PM EDT	10:00 AM PDT
Achieving Financial Empowerment while Experiencing Intimate Partner Violence	10/20/25	9:00 AM EDT	6:00 AM PDT
Staying Safe: Vigilance and Awareness in Preventing Stalking in Intimate Partner Relationships	10/29/25	2:00 PM EDT	11:00 AM PDT



DEPLOYMENT SUPPORT



Reach out and Touch: How to Stay Connected with Your Kids on Deployment	10/1/25	4:00 PM EDT	1:00 PM PDT
IA Deployment 101	10/15/25	2:00 PM EDT	11:00 AM PDT

Looking for Deployment topics? Click Deployment for the following training topics.

- Deployment Sleep Strategies
- Equipping Your Kids During Deployment
- Ready, Set Deploy: Pre-Deployment Planning
- Single Sailor Deployment Tools and more



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."

The FFSC LMS also has comprehensive resources like New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.

PERSONAL GROWTH



5 Love Languages 101	10/2/25	5:00 PM EDT	2:00 PM PDT
Understanding Anger	10/7/25	10:00 AM EDT	7:00 AM PDT
Stress Management	10/14/25	10:00 AM EDT	7:00 AM PDT
	10/28/25	12:00 PM EDT	9:00 AM PDT
Organize Your Life	10/14/25	1:00 PM EDT	10:00 AM PDT
Communication Skills	10/15/25	11:00 AM EDT	8:00 AM PDT
Effects of Divorce on Children	10/21/25	2:00 PM EDT	11:00 AM PDT
Motivating by Appreciation	10/21/25	2:00 PM EDT	11:00 AM PDT
Conflict Management	10/21/25	11:00 AM EDT	8:00 AM PDT

PERSONAL FINANCIAL MANAGEMENT

Home Selling	10/14/25	1:00 PM EDT	10:00 AM PDT
Why Insurance Matters and More: Do You Have the Right Coverage?	10/21/25	5:00 PM EDT	2:00 PM PDT
Military Marriage 101: Building Stronger Bonds & Financial Security	10/22/25	1:00 PM EDT	10:00 AM PDT
Joy & Peace through the Holidays	10/27/25	11:00 AM EDT	8:00 AM PDT
The Good Life: Saving & Investing for Your Future Self	10/30/25	1:00 PM EDT	10:00 AM PDT

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 October for your convenience!	Final Move	10/7/25	1:00 PM EDT	10:00 AM PDT
	Sponsor Training	10/29/25	2:00 PM EDT	11:00 AM PDT

EXCEPTIONAL FAMILY MEMBER (EFMP)

	Permanent Change of Station from Special Education into Adulthood; The Transition Process	10/16/25	1:00 PM EDT	10:00 AM PDT
	Navigating Employment: A Resource Guide for Exceptional Family Members	10/17/25	12:00 PM EDT	9:00 AM PDT

RESILIENCE

Mind Body Mental Fitness (MBMF)

Module 4: Flexibility	10/7/25	1:00 PM EDT	10:00 AM PDT
Module 5: Problem Solving	10/14/25	1:00 PM EDT	10:00 AM PDT
Module 6: Connection	10/21/25	1:00 PM EDT	10:00 AM PDT
Module 1: Stress Resilience	10/28/25	1:00 PM EDT	10:00 AM PDT

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.

