



# Family CONNECTION

Your Link to the Navy Community since 2007

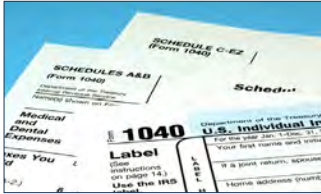
February 2025  
Volume 18 | Issue 2



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Questions?



## Key Steps for You to Prepare for This Tax Season

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## Teaching Teens to Safeguard from Toxic, Unhealthy Dating Relationships

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## Positive and Negative Stress – Learn the Differences, How to Handle Them

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## EFMP Support Helps Navy Family Member Pursue Passions, Create Lasting Memories

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## What’s Happening? Good News from Local Fleet and Family Support Centers

The Fleet and Family Support Center at Naval Submarine Base (SUBASE) Kings Bay, Georgia, spread some holiday cheer by participating in the Morale, Welfare...



## Wellness Watch: Build Community, Build Resilience

Building community is an essential part of managing stress. According to the National Institutes of Health, community is a protective factor that promotes connection, mental...



See the full list of webinars available on [www.MyNavyFamily.com](http://www.MyNavyFamily.com) this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition...

# KEY STEPS FOR YOU TO PREPARE FOR THIS TAX SEASON

Tax season is the perfect time to get prepared and make filing your 2024 federal tax returns as smooth as possible. With new digital tools and resources from the IRS, there are several steps you can take now to save time and avoid stress. Planning ahead not only reduces last-minute pressure but also increases the chance to identify valuable deductions and avoid mistakes that can cause delays.

## Organize Your Tax Documents Early

One of the best ways to ensure an accurate and timely return is to organize your tax records, including all necessary documents, such as W-2s, 1099s, and receipts for deductions or credits. Being prepared can help you identify potential deductions or credits and prevent errors that may delay your refund. Start by setting aside a dedicated folder or digital space where you can collect all tax-related materials throughout the year. This small habit can save a lot of time when tax season arrives.

## Leverage IRS Online Tools

Create or access your personal [IRS online account](#) to find all your tax-related information in one place. Through this account, you can:

- ① View your adjusted gross income and key details from previous tax returns.
- ① Request an Identity Protection Personal Identification Number (PIN) to secure your tax filing.
- ① View and manage payment plans, account balances, and transcripts.
- ① Access forms such as powers of attorney or tax information authorizations.

Setting up an account is quick and easy, taking 5 to 10 minutes. Once established, your online account becomes a secure hub to access information and resolve issues without waiting on hold or mailing in requests. In addition, the IRS offers a variety of other tools, such as refund trackers and calculators to estimate taxes owed or refunds expected, which can help you successfully prepare your filing.

## Protect Yourself from Tax Scams

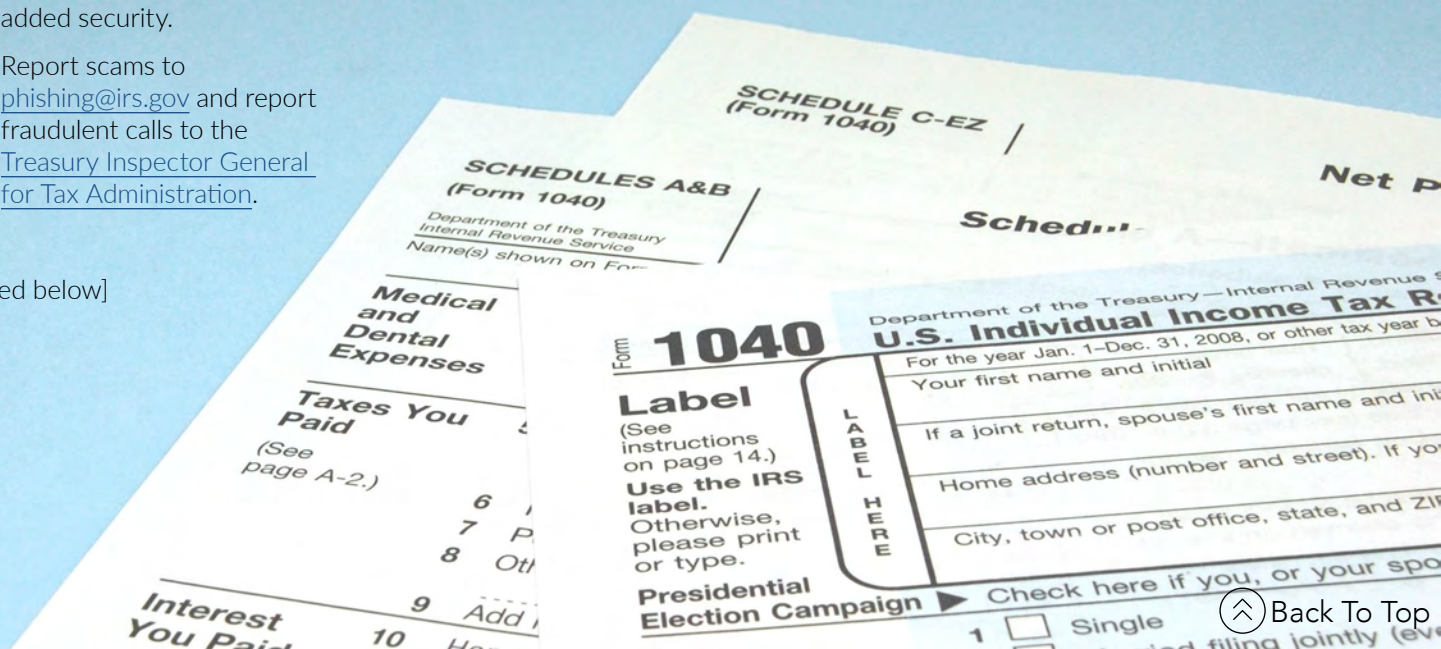
Unfortunately, tax season is a prime time for scammers, and military families are a leading target. Warning signs of a potential tax scam include:

- ① Receiving a tax transcript or Form W-2 from an unknown source.
- ① Unexpected emails or letters asking you to confirm or disable online accounts.
- ① Notifications of tax actions during years when you did not file a return.

To protect yourself:

- ① Verify your tax obligations directly on [IRS.gov](#) and avoid clicking on suspicious links in emails or texts.
- ① Enroll in the IRS Identity Protection PIN program for added security.
- ① Report scams to [phishing@irs.gov](mailto:phishing@irs.gov) and report fraudulent calls to the [Treasury Inspector General for Tax Administration](#).

[continued below]



Scammers are becoming increasingly sophisticated, so it is essential to remain vigilant. If something feels off or suspicious, take the time to confirm the validity of any communication. Remember, the IRS typically initiates contact by mail, not by email, text or phone. Use official channels to verify claims and never provide sensitive personal or financial information to unverified sources.

## Stay Informed and Use Trusted Resources

Visit [IRS.gov](https://www.irs.gov) for access to online tools, including refund tracking and answers to common tax questions. Additionally, if you need help, find support from military tax resources such as [MilTax](#) or the [IRS Volunteer Income Tax Assistance \(VITA\) program](#) for free tax preparation services. VITA programs are particularly helpful for service members and families with lower incomes, as they provide professional guidance and ensure your return complies with current regulations.

Stay informed about changes in tax laws that may affect your filing. For instance, new deductions or credits might apply to your situation, or you may need to update your withholding to reflect recent life changes like marriage, deployment or having a child. Being proactive about these updates can save you time and money.

## Make This Tax Season Stress-Free

By taking these steps, you can file with confidence, avoid scams and maximize your refund. Remember, preparation is key, so get started today and set yourself up for success this tax season! Taking time to plan and use available resources can transform tax season from a source of stress to an opportunity to improve your financial situation.

For more information, visit [IRS.gov](https://www.irs.gov) or contact the personal financial manager at your closest Fleet and Family Support Center for additional support. To find your Fleet and Family Support Center, visit the [FFSC Directory](#).

Join regional FFSC financial webinars online at [www.Mynavyfamily.com](https://www.Mynavyfamily.com)

February 6	1:00pm ET	Tax Preparation and Tax Planning Basics
February 7	1:00pm ET	Money, Money...You're Ruining My Honey
February 26	12:00pm ET	Tax Prep for Servicemembers
February 27	4:00pm ET	Take Charge: Conquering Debt One Step at a Time





★ HAPPY ★  
**PRESIDENT'S DAY**

**February 17, 2025**

## **FEBRUARY HOLIDAYS AND OBSERVANCES**

February 4 - USO Birthday

February 17 - President's Day

February 19 - Coast Guard Reserve Birthday

Black History Month

Teen Dating Violence Awareness Month



# POSITIVE & NEGATIVE STRESS - LEARN THE DIFFERENCES, HOW TO HANDLE THEM



The new year has just begun. Every year comes with positive and negative stressors, which can affect our physical and mental state. When we think of a stressor or the word stress, we associate it with negative emotions and situations. Stress is something every person experiences throughout life. Take a moment to reflect on last year and the type of stress you experienced. Chances are you will recall some positive and negative life stressors.

Now, take a moment and remember how you handled the stress.

When a person experiences negative stressors, it can trigger negative emotions such as anger. It is essential to be aware of how stress affects you. Whether positive or negative, stress will impact how you feel physically and emotionally. Anger is a natural emotion. How one expresses anger is crucial as it can negatively affect relationships, work and personal health. The start of a new year comes with opportunities for self-awareness and self-improvement with stress and anger management.

Some things are positive stressors. Positive stressors include starting a new job, moving to a new home, planning a vacation and starting a healthy lifestyle.

According to [Elizabeth Keohan](#), positive stress can evoke motivation, encouragement, and excitement. Negative stress can include losing a loved one, financial struggle, relocating away from your support network, work stress and relationship distress. [Negative stressors](#) have been known to increase the risk for anxiety, depression, digestive issues, muscle tension, heart disease, high blood pressure, sleep problems, and weight changes. Similarly, [anger](#) can cause medical issues such as rage, cardiovascular disease and hypertension.

If the stress and anger effects listed above resonate with you, it is essential to address them before it permanently effects your health or relationships.

The first step towards addressing stress and anger management is to build awareness. Our bodies often signal a physical reaction to stress or anger, such as shortening our breathing, temperature changes, increased heart rate or a bodily response. The more awareness and understanding you build will help you mitigate the negative impacts of stress and anger. Monitor your mental state throughout the day, such as when you are stressed and write down the cause, thoughts and mood. It is not always easy to catch the exact moment you feel stress or anger. Anger can sometimes feel like an erupting volcano that can feel challenging to control. The aftermath provides the opportunity to reflect on what led to the eruption and how it affected you and those around you. There are some preventative measures you can have in place to help you maintain control over stress and anger versus the stress and anger controlling you.

The first step to managing stress and anger is to develop healthy coping skills. Some healthy coping skills include mindfulness, counseling, sleep, diet, journaling and exercise. Coping skills are unique to each individual, similar to how we handle stress and anger. We are each unique and have different life experiences. It can feel daunting to start the journey to stress and anger management.

Fleet and Family Support Centers (FFSC) across the enterprise offer a variety of ways to help manage stress and anger. FFSC offers nonmedical counseling and classes such as [Mind Body Mental Fitness](#). Other resources include virtual clinical counseling, military treatment facilities and community resources such as the community services board. You do not have to figure out how to handle your stress alone. The available resources allow you to develop self-awareness and healthy coping skills and improve your feelings. Start this year by learning how to handle the positive and negative stressors without the adverse effects.



# EFMP SUPPORT HELPS NAVY FAMILY MEMBER PURSUE PASSIONS, CREATE LASTING MEMORIES

Ezra Mikaele “Ele” Bruning, an 18-year-old Navy family member, has been part of the Exceptional Family Member Program (EFMP) since he was 4 years old. Despite facing challenges from hydrocephalus and neurodevelopmental delays, Bruning’s positive attitude and zest for life shine brightly in everything he does.

Bruning’s mother, Jessica Siuila Manuleleua-Bruning, a Navy spouse, credits EFMP for playing a vital role in supporting their family over the years. “EFMP has been integral for us,” she said, reflecting on the program’s help navigating medical systems. “They have made events, activities and venues more affordable, and for a family like ours, that’s been such a blessing.”



**EFMP** Exceptional Family Member Program

Manuleleua-Bruning and her husband, Aviation Electrician’s Mate Petty Officer 2nd Class Erik Bruning, have six boys, with Ele being their third. The family, who homeschools their children, enjoys living in the Hampton Roads area, especially the local beaches and the strong Navy community support they receive. EFMP has provided many opportunities for the Brunings to attend special events. One very memorable experience was when the family attended the International Tattoo rehearsal, where Manuleleua-Bruning performed a Polynesian dance. She was thrilled that she could perform for her family and bring them all along at no cost. According to Manuleleua-Bruning, “Many of these experiences are costly, but EFMP makes them accessible, allowing our family to enjoy fun, fulfilling activities.”

Other favorites of Bruning’s include the Naval Air Station Oceana Air Show, where EFMP provided a private chalet for families with special needs during the practice show. As an avid runner, Ele participates in almost all the Navy Morale, Welfare and Recreation (MWR) run events. Out of all the memories to date, Bruning’s favorite memory was indoor skydiving at iFLY. “Flying in the air at iFLY was amazing,” he shared. “I loved it, and I want to go back!”

Recently, Bruning had to come to terms with the fact that his limited vision will prevent him from getting a driver’s license. Despite the challenges posed by his medical condition, he remains strong and focused. With the ongoing support of his family and EFMP, he continues his journey and looks forward to the future. The Bruning family is grateful for the support they have received from the Navy, EFMP and MWR.

Looking ahead, Bruning will continue to receive lifelong medical care even after his father’s retirement. Bruning thanks EFMP and iFLY for giving him the chance to experience the joy of flying, and he looks forward to more opportunities in the future.

For more information on EFMP, please visit the [Navy Region Mid-Atlantic EFMP website](#) and the [Family Readiness EFMP website](#).



## BUILD COMMUNITY, BUILD RESILIENCE

**B**uilding community is an essential part of managing stress. According to the National Institutes of Health, community is a protective factor that promotes connection, mental well-being and resilience. As a service member or military family member, a sense of belonging and mutual support helps Sailors and their families handle the challenges and stressors of military life.

Community serves as a buffer against stress. Social support provides emotional support and helps individuals feel less isolated or alone. Being part of a community also allows individuals to share their experiences with others in the community, normalizing stressors. Peer and community support enables individuals to learn from one another's experiences and share resources to help overcome life's challenges.

Community support can be particularly helpful during the deployment cycle. It is easier to go through deployment with the support of those who are sharing the experience. Peer camaraderie and mentorship help individuals succeed in demanding, often intense, situations at sea and at home.

To build your community:

- Join your command's Family Readiness Group.
- Visit local and base libraries to find events in your community.
- Look for shared experiences such as hobby groups, exercise classes or book clubs on- and off-base.
- Take a class through the local community college, community center or at local businesses.
- Volunteer with local organizations or projects and share your skills with people in the community.
- Go to community events such as markets, fairs, concerts and art shows.
- Look at the offerings of your installation [Fleet and Family Support Center](#).

Sharing experiences and challenges with a trusted group encourages meaningful relationships that can support you through challenging times, improve your mood and boost self-esteem. Build a community and strengthen resilience through mutual care, empathy and collaboration.





# NAVAL SERVICES FAMILYLINE



[nsfamilyline.org](https://nsfamilyline.org)

Register for events.  
Download resources.  
Join our volunteers.

## WE'RE HERE FOR YOU

WHEREVER YOU ARE ON YOUR NAVY JOURNEY



**NEW  
TO NAVY LIFE**



**CONTINUING  
TO SERVE**



**CAREER  
TRANSITIONS**



**COMMAND  
LEADERSHIP**

## Our Programs

### COMPASS

This team mentoring course helps spouses understand and meet the challenges of the Navy lifestyle. It is offered online and at homeports throughout the globe.

### CORE

These engaging sessions encourage you to love where you live, connect with your community, and make the most of career transitions.

### COMMAND SPOUSE LEADERSHIP

FamilyLine mentors are presenters at the Naval Spouse Leadership Course and provide ongoing support for spouses of command leaders.

### OUR NAVY LIFE PODCAST

Join us as we discuss ways to navigate this Navy life together and define what it means to be a modern Navy family. Find us on your favorite podcast app.

### GUIDELINE PUBLICATIONS

Magazines that present advice, practical tips, and vetted resources to guide you at key points in your sailor's Navy career.

### ANCHORS AWEIGH

A virtual guide to the basics of Navy life, available through the My Navy Family app or our website



# TEACHING TEENS TO SAFEGUARD FROM TOXIC, UNHEALTHY DATING RELATIONSHIPS



February is Teen Dating Violence Prevention and Awareness Month. It is an important time to make sure our youth have the information to safeguard themselves from toxic or unhealthy dating relationships. The statistics from the National Domestic Violence Center tell us that dating abuse affects about 1.5 million teens annually. One in 3 adolescents in the United States are victims of physical, emotional or sexual abuse from a dating partner. And only 33% of teens in a violent relationship ever tell anyone about the abuse.

Warning signs of dating abuse include:

- ⚠ Manipulative and intimidating behavior.
- ⚠ Attempting to exert power or control.
- ⚠ Checking a partner's social media frequently.
- ⚠ Isolating a partner.
- ⚠ Showing extreme jealousy.
- ⚠ Insulting and putting down partner.
- ⚠ Having angry outbursts and mood swings.
- ⚠ Using any form of physical abuse.
- ⚠ Pressuring partner to have sex.

love is respect is here to listen  
without judgment to start  
addressing what's going on in  
your relationship.

Text: "LOVEIS" TO 22522  
Call: 1-866-331-9474  
Chat: loveisrespect.org

love is respect advocates are here 24/7, 365 days a year.

love is respect

Critical elements in healthy dating relationships include showing respect, setting healthy boundaries, and having open communication. Respect includes valuing the other as an individual and honoring their feelings, thoughts and needs. It means freedom for each person in the relationship to feel free to be themselves and not feel burdened to change to please their partner. Open communication includes listening and accepting each other without judgment or coercion. Setting and honoring personal boundaries is one of the most definable characteristics of a healthy relationship. Each person in the relationship has the free will and right to set boundaries that they feel comfortable with.

As parents or trusted adults, we must encourage young people to seek healthy relationships and prevent dating abuse. Having nonjudgmental conversations fosters confidence to reach out and ask for help. Dating is often a new and confusing territory for adolescents, and it can be very stressful.

Remind adolescents they are not alone, and there are resources to help them navigate healthy dating relationships. Highlight safety planning and conversations on how to stay safe as well as use of social media. There are valuable resources ready to help parents and teens on this issue. If something does not feel right, reach out to advocates who can help because everyone deserves a healthy relationship.

LovelsRespect.org is a website established by the [National Domestic Violence Hotline](#) which offers valuable teen dating and healthy relationship information. Teens can seek help 24/7 by texting LOVEIS to 22522, chatting at [LovelsRespect.org](#), or calling 1-866-331-9474.

For more information on Teen Dating Violence Prevention and Awareness Month, visit [www.LovelsRespect.org](#), [www.youth.gov](#) or find a counselor on your installation through the [FFSC Directory](#).

Join regional FFSC webinars to learn about healthy relationships at [www.MyNavyFamily.com](#)

February 24 2:00pm ET Building Bridges – Nurturing Healthy Relationships

February 27 2:00pm ET Couples Communications




# USDA NOW ACCEPTING APPLICATIONS FOR THE 1890 NATIONAL SCHOLARS PROGRAM

The U.S. Department of Agriculture (USDA) is accepting applications for the USDA 1890 National Scholars Program, which aims to encourage students at 1890 land-grant universities to pursue career paths in food, agriculture, natural resource sciences or related academic disciplines. The application deadline is March 1, 2025.

Young people around the country are invited to complete and [submit their applications online](#) through an e-application. Administered through USDA's Office of Partnerships and Public Engagement (OPPE), the USDA 1890 National Scholars Program is available to eligible high school seniors entering their freshman year of college as well as rising college sophomores and juniors.

"The USDA 1890 National Scholars Program enhances career opportunities for students at 1890 land-grant universities," said USDA Office of Partnerships and Public Engagement Director Lisa Ramirez. "The program has also been an effective tool to help USDA recruit and retain highly qualified students into careers in food, agricultural science, natural resources and related fields."



The USDA 1890 National Scholars Program is a partnership between USDA and the 19 land-grant universities that were established in the Morrill Land Grant Act of 1890. USDA partners with these 1890 universities to provide scholarship recipients with full tuition, fees, books and room and board. Scholarship recipients attend one of the 1890 land-grant universities and pursue degrees in agriculture, food, natural resource sciences or related academic disciplines. The scholarship also provides work experience at USDA through summer internships. Scholars accepted into the program are eligible for noncompetitive conversion to a permanent appointment with USDA upon successful completion of their degree requirements and program requirements by the end of the agreement period. The program awarded 94 scholarships in the 2024 cohort of 1890 Scholars.

Learn more and apply online at [USDA 1890 National Scholars Program](#).

For more information, contact [partnerships@usda.gov](mailto:partnerships@usda.gov).

**Happy 250th Birthday, U.S. Navy!**



## **Honoring 250 Years of Naval Heritage**

*Are you ready to celebrate the Navy's 250th Anniversary October 2025? How can your organization participate in commemorating a quarter century of Naval excellence?*

Join us for a CNIC sponsored webinar that assists Ombudsmen and Family Readiness Groups (FRGs) to celebrate 250 years of a Navy achievements and strengthen the sense of community in your command. The webinar will provide outreach tips, celebration ideas and provide you with lots of resources including social media downloads, newsletter templates and more.

### **Webinar Times**

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Feb 10 at 6 pm EST

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Feb 11 at 1 pm and 10 pm EST

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Feb 12 at 6 am EST



# GOOD NEWS!



## WHAT'S HAPPENING? GOOD NEWS FROM LOCAL FLEET AND FAMILY SUPPORT

### Kings Bay FFSC Takes First Place in Tree Fest

The Fleet and Family Support Center at Naval Submarine Base (SUBASE) Kings Bay, Georgia, spread some holiday cheer by participating in the Morale, Welfare, and Recreation Kringle at the Children's Activity Building "Festival of Trees" and took first place. The theme for this year's tree was "Merry Christmas from Our Family to Yours" and crafted with handmade command logo ornaments in honor of all the commands located on SUBASE Kings Bay.



### Marines, Sailors & FFSC Delivered Cookies

Along with the Marine Security Force Battalion, Sabrina Brown from the Kings Bay, Georgia Fleet and Family Support Center delivered holiday cookies to the installation's barracks for service members who were not able to go home.

For more information about events at your installation, visit your local [Fleet and Family Support Center](#) today.

# SPECIAL THANKS TO THIS MONTH'S CONTRIBUTORS:

- Fran Jackson, MBA, AFC, CNIC Fleet and Family Support Program
- Naomi Wilkins, CNIC Fleet and Family Readiness
- Kerry Sise, LMHC, Naval Air Station Pensacola FFSC
- Anali Aguilar, Naval Submarine Base Kings Bay FFSC
- Tim McGough, CNIC Fleet and Family Support Program



	Date	Eastern	Pacific	ITALY	BAHRAIN	Date	JAPAN	GUAM
<b>DEPLOYMENT SUPPORT</b>								
Deployment Sleep Strategies	<b>3 Feb</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>3 Feb</b>	11:00 PM	12:00 AM
	<b>7 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>8 Feb</b>	8:00 AM	9:00 AM
	<b>14 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>15 Feb</b>	8:00 AM	9:00 AM
	<b>21 Feb</b>	3:00 AM	12:00 AM	9:00 AM	11:00 AM	<b>21 Feb</b>	5:00 PM	6:00 PM
Equipping Your Kids During Deployment	<b>6 Feb</b>	3:00 AM	12:00 AM	9:00 AM	11:00 AM	<b>6 Feb</b>	5:00 PM	6:00 PM
	<b>12 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>13 Feb</b>	2:00 AM	3:00 AM
	<b>26 Feb</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>27 Feb</b>	11:00 AM	12:00 PM
	<b>20 Feb</b>	3:00 AM	12:00 AM	9:00 AM	11:00 AM	<b>20 Feb</b>	5:00 PM	6:00 PM
Ready, Set, Deploy: Pre-Deployment Planning	<b>7 Feb</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>7 Feb</b>	11:00 PM	12:00 AM
	<b>13 Feb</b>	3:00 AM	12:00 AM	9:00 AM	11:00 AM	<b>13 Feb</b>	5:00 PM	6:00 PM
	<b>20 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>21 Feb</b>	2:00 AM	3:00 AM
	<b>27 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>28 Feb</b>	2:00 AM	3:00 AM
	<b>28 Feb</b>	3:00 AM	12:00 AM	9:00 AM	11:00 AM	<b>28 Feb</b>	5:00 PM	6:00 PM
Single Sailor Deployment Tools	<b>4 Feb</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>4 Feb</b>	11:00 PM	12:00 AM
	<b>10 Feb</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>10 Feb</b>	11:00 PM	12:00 AM
	<b>18 Feb</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>18 Feb</b>	11:00 PM	12:00 AM
	<b>24 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>25 Feb</b>	8:00 AM	9:00 AM
The Service Member's Guide to Family Care Plans	<b>5 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>6 Feb</b>	2:00 AM	3:00 AM
	<b>11 Feb</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>12 Feb</b>	11:00 AM	12:00 PM
	<b>19 Feb</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>20 Feb</b>	11:00 AM	12:00 PM
	<b>25 Feb</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>25 Feb</b>	11:00 PM	12:00 AM
<b>EMPLOYMENT</b>								
Acing the Interview!	<b>19 Feb</b>	11:00 AM	8:00 AM	5:00 PM	7:00 PM	<b>20 Feb</b>	1:00 AM	2:00 AM
Becoming Federal Resume Savvy	<b>3 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>4 Feb</b>	2:00 AM	3:00 AM
	<b>11 Feb</b>	11:00 AM	8:00 AM	5:00 PM	7:00 PM	<b>12 Feb</b>	1:00 AM	2:00 AM
	<b>19 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>20 Feb</b>	8:00 AM	9:00 AM
	<b>26 Feb</b>	3:00 AM	12:00 AM	9:00 AM	11:00 AM	<b>26 Feb</b>	5:00 PM	6:00 PM
Innovative Interviewing	<b>18 Feb</b>	10:00 AM	7:00 AM	4:00 PM	6:00 PM	<b>19 Feb</b>	12:00 AM	1:00 AM
Job Search Hacks	<b>4 Feb</b>	3:00 AM	12:00 AM	9:00 AM	11:00 AM	<b>4 Feb</b>	5:00 PM	6:00 PM
	<b>12 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>13 Feb</b>	8:00 AM	9:00 AM
	<b>20 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>21 Feb</b>	8:00 AM	9:00 AM
	<b>21 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>22 Feb</b>	2:00 AM	3:00 AM
	<b>27 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>28 Feb</b>	8:00 AM	9:00 AM
Mastering the Modern Resume	<b>5 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>6 Feb</b>	8:00 AM	9:00 AM
	<b>13 Feb</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>13 Feb</b>	11:00 PM	12:00 AM
	<b>21 Feb</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>21 Feb</b>	11:00 PM	12:00 AM
	<b>28 Feb</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>28 Feb</b>	11:00 PM	12:00 AM
Mastering Virtual Interviews	<b>6 Feb</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>6 Feb</b>	11:00 PM	12:00 AM
	<b>13 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>14 Feb</b>	8:00 AM	9:00 AM
	<b>24 Feb</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>25 Feb</b>	11:00 AM	12:00 PM
PAIN FREE!... Resume Writing Simplified	<b>11 Feb</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>12 Feb</b>	5:00 AM	6:00 AM



	Date	Eastern	Pacific	ITALY	BAHRAIN	Date	JAPAN	GUAM
Remote Ready: Your Roadmap to a Virtual Career!	<b>7 Feb</b>	3:00 PM	12:00 PM	9:00 PM	11:00 PM	<b>8 Feb</b>	5:00 AM	6:00 AM
	<b>13 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>14 Feb</b>	2:00 AM	3:00 AM
	<b>14 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>15 Feb</b>	8:00 AM	9:00 AM
	<b>25 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>26 Feb</b>	2:00 AM	3:00 AM
Understanding USAJOBS	<b>10 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>11 Feb</b>	2:00 AM	3:00 AM
	<b>18 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>19 Feb</b>	2:00 AM	3:00 AM
	<b>25 Feb</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>26 Feb</b>	11:00 AM	12:00 PM
<b>EXCEPTIONAL FAMILY MEMBER (EFMP)</b>								
A Smooth Transition: Supporting Exceptional Family Members	<b>12 Feb</b>	11:00 AM	8:00 AM	5:00 PM	7:00 PM	<b>13 Feb</b>	1:00 AM	2:00 AM
Getting Underway on Your Special Education Journey	<b>19 Feb</b>	11:00 AM	8:00 AM	5:00 PM	7:00 PM	<b>20 Feb</b>	1:00 AM	2:00 AM
<b>FAMILY EMERGENCY PREPARATION AND RESPONSE</b>								
Resolve to Be Ready: Evacuation Planning	<b>6 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>7 Feb</b>	2:00 AM	3:00 AM
	<b>12 Feb</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>13 Feb</b>	11:00 AM	12:00 PM
	<b>19 Feb</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>19 Feb</b>	11:00 PM	12:00 AM
	<b>25 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>26 Feb</b>	8:00 AM	9:00 AM
<b>MENTAL WELL-BEING</b>								
Pets are Family Too: Linking Animal Abuse and Domestic Abuse	<b>27 Feb</b>	1:00 PM	10:00 AM	7:00 PM	9:00 PM	<b>28 Feb</b>	3:00 AM	4:00 AM
<b>NAVY LIFE</b>								
Honoring 250 Years of Naval Heritage	<b>10 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>11 Feb</b>	8:00 AM	9:00 AM
	<b>11 Feb</b>	1:00 PM	10:00 AM	7:00 PM	9:00 PM	<b>12 Feb</b>	3:00 AM	4:00 AM
	<b>12 Feb</b>	6:00 AM	3:00 AM	12:00 PM	2:00 PM	<b>12 Feb</b>	8:00 PM	9:00 PM
<b>PERSONAL FINANCIAL MANAGEMENT</b>								
Booties & Budgets: Welcoming Your First Child and Baby-proofing Your Finances	<b>7 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>8 Feb</b>	2:00 AM	3:00 AM
Command Your Credit	<b>11 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>12 Feb</b>	8:00 AM	9:00 AM
	<b>19 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>20 Feb</b>	8:00 AM	9:00 AM
FAFSA and Beyond! Financial Planning and Saving for College	<b>27 Feb</b>	1:00 PM	10:00 AM	7:00 PM	9:00 PM	<b>28 Feb</b>	3:00 AM	4:00 AM
Financial Readiness Before Deployment: Securing Your Future	<b>6 Feb</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>7 Feb</b>	11:00 AM	12:00 PM
Making the Most of your Overseas Pay	<b>10 Feb</b>	3:00 AM	12:00 AM	9:00 AM	11:00 AM	<b>10 Feb</b>	5:00 PM	6:00 PM
	<b>26 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>27 Feb</b>	2:00 AM	3:00 AM
Making your Money work for you	<b>11 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>12 Feb</b>	2:00 AM	3:00 AM
	<b>11 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>12 Feb</b>	2:00 AM	3:00 AM
	<b>25 Feb</b>	3:00 AM	12:00 AM	9:00 AM	11:00 AM	<b>25 Feb</b>	5:00 PM	6:00 PM
Military Retirement Planning: Know the Facts	<b>12 Feb</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>12 Feb</b>	11:00 PM	12:00 AM
	<b>21 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>22 Feb</b>	8:00 AM	9:00 AM
Military Retirement... Is It Enough?	<b>20 Feb</b>	1:00 PM	10:00 AM	7:00 PM	9:00 PM	<b>21 Feb</b>	3:00 AM	4:00 AM
Money, Money...You're Ruining My Honey	<b>7 Feb</b>	1:00 PM	10:00 AM	7:00 PM	9:00 PM	<b>8 Feb</b>	3:00 AM	4:00 AM
Planning your Financial Future	<b>13 Feb</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>14 Feb</b>	11:00 AM	12:00 PM
	<b>20 Feb</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>20 Feb</b>	11:00 PM	12:00 AM
Quarterly CFS Forum	<b>25 Feb</b>	10:00 AM	7:00 AM	4:00 PM	6:00 PM	<b>26 Feb</b>	12:00 AM	1:00 AM
Servicemembers Civil Relief Act Q&A	<b>5 Feb</b>	3:00 AM	12:00 AM	9:00 AM	11:00 AM	<b>5 Feb</b>	5:00 PM	6:00 PM
Stretching Budgets and Maximizing Nutrition	<b>4 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>5 Feb</b>	8:00 AM	9:00 AM
Tax Prep for Servicemembers	<b>26 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>27 Feb</b>	2:00 AM	3:00 AM

	Date	Eastern	Pacific	ITALY	BAHRAIN	Date	JAPAN	GUAM
Tax Preparation and Tax Planning Basics	<b>6 Feb</b>	1:00 PM	10:00 AM	7:00 PM	9:00 PM	<b>7 Feb</b>	3:00 AM	4:00 AM
TSP Essentials for Navy Life: Grow Your Savings, Secure Your Future	<b>14 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>15 Feb</b>	2:00 AM	3:00 AM
	<b>18 Feb</b>	3:00 AM	12:00 AM	9:00 AM	11:00 AM	<b>18 Feb</b>	5:00 PM	6:00 PM
<b>PARENTING</b>								
How to Protect the next Generation in the Digital Age	<b>21 Feb</b>	2:30 PM	11:30 AM	8:30 PM	10:30 PM	<b>22 Feb</b>	4:30 AM	5:30 AM
Parenting to Prevent PSB: Preteens (SHAPE Module 4)	<b>5 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>6 Feb</b>	2:00 AM	3:00 AM
Parenting to Prevent PSB: Teens (SHAPE Module 5)	<b>12 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>13 Feb</b>	2:00 AM	3:00 AM
Self-Care: Parent Edition	<b>25 Feb</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>26 Feb</b>	4:00 AM	5:00 AM
Spotting the Signs of Youth Suicide	<b>4 Feb</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>4 Feb</b>	11:00 PM	12:00 AM
	<b>10 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>11 Feb</b>	8:00 AM	9:00 AM
	<b>13 Feb</b>	1:00 AM	10:00 PM	7:00 AM	9:00 AM	<b>13 Feb</b>	3:00 PM	4:00 PM
	<b>27 Feb</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>28 Feb</b>	11:00 AM	12:00 PM
Tear Free Dinner	<b>11 Feb</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>12 Feb</b>	4:00 AM	5:00 AM
What About the Kids?	<b>20 Feb</b>	1:00 PM	10:00 AM	7:00 PM	9:00 PM	<b>21 Feb</b>	3:00 AM	4:00 AM
<b>PERSONAL GROWTH</b>								
Anger Management	<b>19 Feb</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>20 Feb</b>	4:00 AM	5:00 AM
Building Bridges-Nurturing Healthy Relationships	<b>24 Feb</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>25 Feb</b>	4:00 AM	5:00 AM
Communicate with Confidence: Conveying Your Message Effectively!	<b>24 Feb</b>	10:00 AM	7:00 AM	4:00 PM	6:00 PM	<b>25 Feb</b>	12:00 AM	1:00 AM
Conflict Management	<b>5 Feb</b>	11:00 AM	8:00 AM	5:00 PM	7:00 PM	<b>6 Feb</b>	1:00 AM	2:00 AM
	<b>12 Feb</b>	11:00 AM	8:00 AM	5:00 PM	7:00 PM	<b>13 Feb</b>	1:00 AM	2:00 AM
Couples Communications	<b>27 Feb</b>	2:00 PM	11:00 AM	8:00 PM	10:00 PM	<b>28 Feb</b>	4:00 AM	5:00 AM
Finding the Good in Conflict	<b>5 Feb</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>6 Feb</b>	11:00 AM	12:00 PM
	<b>11 Feb</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>11 Feb</b>	11:00 PM	12:00 AM
	<b>18 Feb</b>	6:00 PM	3:00 PM	12:00 AM	2:00 AM	<b>19 Feb</b>	8:00 AM	9:00 AM
	<b>24 Feb</b>	3:00 AM	12:00 AM	9:00 AM	11:00 AM	<b>24 Feb</b>	5:00 PM	6:00 PM
Motivating By Appreciation	<b>10 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>11 Feb</b>	2:00 AM	3:00 AM
Organize Your Life	<b>21 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>22 Feb</b>	2:00 AM	3:00 AM
Understanding Anger	<b>4 Feb</b>	10:00 AM	7:00 AM	4:00 PM	6:00 PM	<b>5 Feb</b>	12:00 AM	1:00 AM
<b>RELOCATION</b>								
Calming Culture Shock	<b>4 Feb</b>	12:00 PM	9:00 AM	6:00 PM	8:00 PM	<b>5 Feb</b>	2:00 AM	3:00 AM
	<b>14 Feb</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>14 Feb</b>	11:00 PM	12:00 AM
	<b>24 Feb</b>	9:00 AM	6:00 AM	3:00 PM	5:00 PM	<b>24 Feb</b>	11:00 PM	12:00 AM
PCS and your Pocketbook	<b>3 Feb</b>	3:00 AM	12:00 AM	9:00 AM	11:00 AM	<b>3 Feb</b>	5:00 PM	6:00 PM
Planning the Perfect PCS	<b>3 Feb</b>	9:00 PM	6:00 PM	3:00 AM	5:00 AM	<b>4 Feb</b>	11:00 AM	12:00 PM
	<b>12 Feb</b>	3:00 AM	12:00 AM	9:00 AM	11:00 AM	<b>12 Feb</b>	5:00 PM	6:00 PM
	<b>12 Feb</b>	3:00 AM	12:00 AM	9:00 AM	11:00 AM	<b>12 Feb</b>	5:00 PM	6:00 PM
	<b>21 Feb</b>	5:00 PM	2:00 PM	11:00 PM	1:00 AM	<b>22 Feb</b>	7:00 AM	8:00 AM

**Step 1:**  
Make a free account at MyNavyFamily.com or use the QR code to the right. Follow the on-screen instructions to create a new account. Be sure to enter your time zone.



**Step 2:**  
Select the category on the home page, then select your webinar.

**Step 3:**  
Confirm the start time and click "Enroll Me."

In addition, the FFSC LMS has comprehensive resources for Navy spouses and family members such as New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.



	Date	Eastern	Pacific	ITALY BAHRAIN	Date	JAPAN	GUAM
The PCS Process	<b>10 Feb</b>	9:00 PM	6:00 PM	3:00 AM 5:00 AM	<b>11 Feb</b>	11:00 AM	12:00 PM
	<b>19 Feb</b>	12:00 PM	9:00 AM	6:00 PM 8:00 PM	<b>20 Feb</b>	2:00 AM	3:00 AM
	<b>28 Feb</b>	6:00 PM	3:00 PM	12:00 AM 2:00 AM	<b>1 Mar</b>	8:00 AM	9:00 AM
Smooth Move	<b>18 Feb</b>	1:00 PM	10:00 AM	7:00 PM 9:00 PM	<b>19 Feb</b>	3:00 AM	4:00 AM
Stepping up Support: Sponsorship Training	<b>6 Feb</b>	6:00 PM	3:00 PM	12:00 AM 2:00 AM	<b>7 Feb</b>	8:00 AM	9:00 AM
	<b>18 Feb</b>	9:00 PM	6:00 PM	3:00 AM 5:00 AM	<b>19 Feb</b>	11:00 AM	12:00 PM
<b>RESILIENCE</b>							
Bounce Back Better	<b>3 Feb</b>	6:00 PM	3:00 PM	12:00 AM 2:00 AM	<b>4 Feb</b>	8:00 AM	9:00 AM
	<b>7 Feb</b>	3:00 AM	12:00 AM	9:00 AM 11:00 AM	<b>7 Feb</b>	5:00 PM	6:00 PM
	<b>20 Feb</b>	9:00 PM	6:00 PM	3:00 AM 5:00 AM	<b>21 Feb</b>	11:00 AM	12:00 PM
	<b>26 Feb</b>	9:00 AM	6:00 AM	3:00 PM 5:00 PM	<b>26 Feb</b>	11:00 PM	12:00 AM
<b>Mind Body Mental Fitness (MBMF)</b>							
Module 1: Stress Resilience	<b>4 Feb</b>	3:00 PM	12:00 PM	9:00 PM 11:00 PM	<b>5 Feb</b>	5:00 AM	6:00 AM
Module 2: Mindfulness and Meditation	<b>11 Feb</b>	3:00 PM	12:00 PM	9:00 PM 11:00 PM	<b>12 Feb</b>	5:00 AM	6:00 AM
Module 3: Living Core Values	<b>18 Feb</b>	3:00 PM	12:00 PM	9:00 PM 11:00 PM	<b>19 Feb</b>	5:00 AM	6:00 AM
Module 4: Flexibility	<b>25 Feb</b>	3:00 PM	12:00 PM	9:00 PM 11:00 PM	<b>26 Feb</b>	5:00 AM	6:00 AM
Module 5: Problem Solving	<b>4 Feb</b>	1:00 PM	10:00 AM	7:00 PM 9:00 PM	<b>5 Feb</b>	3:00 AM	4:00 AM
Module 6: Connections	<b>11 Feb</b>	1:00 PM	10:00 AM	7:00 PM 9:00 PM	<b>12 Feb</b>	3:00 AM	4:00 AM
Stress Management	<b>18 Feb</b>	10:00 AM	7:00 AM	4:00 PM 6:00 PM	<b>19 Feb</b>	12:00 AM	1:00 AM
	<b>13 Feb</b>	2:00 PM	11:00 AM	8:00 PM 10:00 PM	<b>14 Feb</b>	4:00 AM	5:00 AM
<b>NAVY CAREER AND TRANSITION</b>							
Virtual SkillBridge Summit	<b>4 Feb</b>	9:00 AM	6:00 AM	3:00 PM 5:00 PM	<b>4 Feb</b>	11:00 PM	12:00 AM

**VIRTUAL  
WORK and  
FAMILY LIFE  
PROGRAM**

Book a Free 1:1  
Consultation with a  
team member today