



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



Your Navy Region Southeast Team has got you covered!

August 4, 2026, 10:00 a.m. EST: Understanding Anger
 Facilitator: Edie Limardo, FFSC NS Mayport

August 4, 2026, 11:00 a.m. EST: Conflict Management
 Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

August 5, 2026, 12:00 noon EST: Cultural Adaptation
 Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

August 6, 2026, 12:00 noon EST: Preparedness Starts with You: Emergency Preparedness
 Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans

August 11, 2026, 9:00 a.m. EST: Stronger Together During Deployment
 Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

August 12, 2026, 9:00 a.m. EST: Million Dollar Sailor Day 1
 Facilitator: Michele Murphy, AFC®, FFSC NAS JRB New Orleans

August 12, 2026, 10:00 a.m. EST: Pain Free Resume Writing
 Facilitator: Diane Brown, FFSC NSA Mid-South

August 12, 2026, 12:00 noon EST: The Big Three in the First Three Years
 Facilitator: Lisa Phillips, FFSC NAS JRB New Orleans

August 13, 2026, 9:00 a.m. EST: Million Dollar Sailor Day 2
 Facilitator: Michele Murphy, AFC®, FFSC NAS JRB New Orleans

August 14, 2026, 11:00 a.m. EST: Volunteer to Career
 Facilitator: Jeshanna Nelson, FFSC NAS JRB New Orleans

August 18, 2026, 10:00 a.m. EST: Stress Management
 Facilitator: Edie Limardo, FFSC NS Mayport

August 18, 2026, 2:00 p.m. EST: Transferable Skills: Your Key to Career Mobility
 Facilitator: Jeshanna Nelson, FFSC NAS JRB New Orleans

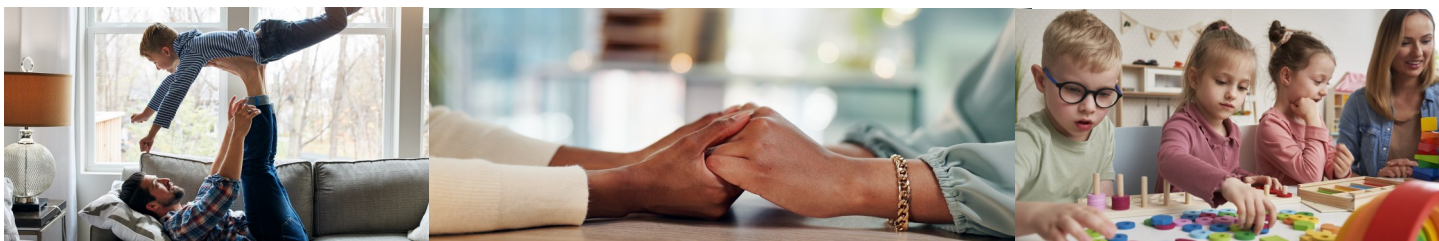


Space is limited. Register early on the FFSP LMS

Go to MyNavyFamily.com



The
 Fleet & Family Support
Center



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August 19, 2026, 10:00 a.m. EST: The ART of the Interview

Facilitator: Diane Brown, FFSC NSA Mid-South

August 19, 2026, 12:00 noon EST: Mission Start: Military Spouse Orientation 101

Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

August 20, 2026, 10:00 a.m. EST: Problematic Sexual Behavior in Youth & Children

Facilitator: Christina Comminey, FFSC NAS JRB New Orleans

August 20, 2026, 1:00 p.m. EST: What About the Kids?

Facilitator: Edie Limardo & Melissa Harper, FFSC NS Mayport

August 20, 2026, 2:00 p.m. EST: The Effects of Divorce on Children

Facilitator: Tracy Smith, FFSC NAS JRB Ft Worth

August 20, 2026, 2:00 p.m. CLIFF Notes to Speech & Language Impairments Under IDEA

Facilitators: Sonia McGonigle & Iana Benjamin, Navy Region Southeast

August 20, 2026, 3:00 p.m. EST: Plan, Prepare & Practice: Emergency Preparedness

Facilitator: Veronica Dillard, FFSC NAS JRB New Orleans

August 25, 2026, 12:00 noon EST: Moving with EFMP

Facilitator: La Tonya Radford, FFSC NAS JRB New Orleans

August 26, 2026, 12:00 noon EST: Effective Communication

Facilitator: Christina Comminey, FFSC NAS JRB New Orleans

August 26, 2026, 2:00 p.m. EST: Suicide Prevention

Facilitator: Edie Limardo, FFSC NS Mayport

August 27, 2026, 2:00 p.m. EST: VTAP: Managing Your Transition

Facilitator: Jeshanna Nelson, FFSC NAS JRB New Orleans



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