We are all more organized in different areas of our life, but luckily FFSC has Subject Matter Experts that can provide you more tips and tricks to help tackle the areas that need improving.

**How to register:**

*Step #1:* Create an Account — Visit [MyNavyFamily.com](https://MyNavyFamily.com) to establish a free account. We recommend establishing your account at least one day before the webinar. Be sure to enter your time zone!! For NMCI, use the full URL: [https://learning.zeiders.refineddata.com](https://learning.zeiders.refineddata.com).

*Step #2:* View the calendar — Once your account is confirmed, click “Live Webinar” at the top of the page to view the calendar and select a webinar.

*Step #3:* Receive a Reminder Email — You will receive an email and link for the webinar one week, one day, and one hour prior to the webinar!

Please feel free to message us at [learning@zeiders.com](mailto:learning@zeiders.com) if you have any questions. We look forward to seeing everyone there!

<table>
<thead>
<tr>
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<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td>Thrift Savings Plan (TSP)</td>
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<td>Building Healthy Relationships</td>
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<td>Repairing Your Credit After COVID-19</td>
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<td>Managing Your Student Loan Debt</td>
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<td>USA Jobs 101</td>
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<td>Stress Management</td>
<td>6:00 AM EST</td>
<td>Back to Basics Resume Writing</td>
<td>3:00 PM EST</td>
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<td>Smooth Move Workshop During COVID-19</td>
<td>12:00 PM EST</td>
<td>Bringing Baby Home</td>
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<td>12:00 PM EST</td>
<td>Workplace Professionalism and Dressing for Success</td>
<td>3:00 PM EST</td>
<td>New Parent Support Program Virtual Holiday Celebration</td>
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<td>12:00 PM EST</td>
<td>Virtual Interviewing Tips</td>
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Deployment, Life Skills, and I&R Videos

On demand pre-recorded classes, GMTs, and other tips and ideas to help Sailors and Families through the new normal.

LINKS AVAILABLE ON THE FOLLOWING PAGES

These on demand videos were created for use during the covid-19 pandemic. If you have any trouble accessing these links, please contact us directly.

Simply copy link and paste into your browser of choice.
INFORMATION & REFERRAL and RELOCATION

Welcome to San Diego
https://youtu.be/J5C7m-419-U

FFSC Overview for INDOC
https://youtu.be/vUlaQX9Pe68

DEPLOYMENT CLASSES

Pre-Deployment
Pre-Deployment 1 of 5:
https://youtu.be/oRYYz06HeeE
Pre-Deployment 2 of 5:
https://youtu.be/rEuZPFAaUxY
Pre-Deployment 3 of 5:
https://youtu.be/e_BNpJgxWGU
Pre-Deployment 4 of 5:
https://youtu.be/H2l_OIe44CU
Pre-Deployment 5 of 5:

Emotional Cycles of Deployment
Stage 1:
https://youtu.be/pyZVchlRaDk
Stage 2:
https://youtu.be/ldk31EQFEek
Stage 3:
https://youtu.be/ZGPjw3tLAh8
Stage 4:
https://youtu.be/Ic7eQpC-BFg
Stage 5:
https://youtu.be/Jq1jReQHI-E
Stage 6:
https://youtu.be/t3hv5viluag
Stage 7:
https://youtu.be/EvGqhmWV4oQ

LIFE SKILLS VIDEOS

STRESS RESILIENCE
Stress Resilience 1:
https://youtu.be/l153H4FCue0
Stress Resilience 2:
https://youtu.be/4wywOX2ZycQ
Stress Resilience 3:
https://youtu.be/kvsAzR9fxN0
TIME MANAGEMENT
Time Management 1 of 3: https://youtu.be/cCdAQ_8ZcJJs
Time Management 2 of 3: https://youtu.be/n-24_ll5lnM
Time Management 3 of 3: https://youtu.be/C-CnYvviQV4

SUICIDE PREVENTION
Suicide Prevention 1 of 4: https://youtu.be/ErZwQIx9VKU
Suicide Prevention 2 of 4: https://youtu.be/vAHh0SpfTqc
Suicide Prevention 3 of 4: https://youtu.be/i1MtZFSXwFs
Suicide Prevention 4 of 4: https://youtu.be/BXxj260d5bE

CAR BUYING
Car Buying 1 of 5: https://youtu.be/M7QAEzrgQ7A
Car Buying 2 of 5: https://youtu.be/asMuJH246SI
Car Buying 3 of 5: https://youtu.be/XgD5Omvldw0
Car Buying 4 of 5: https://youtu.be/kH2EVYoEgdC
Car Buying 5 of 5: https://youtu.be/6CbJQDEiCN8
Single Sailor
Single Sailor 1 of 4:
https://youtu.be/3G5NJskgOg8
Single Sailor 2 of 4:
https://youtu.be/n303efvnlF8
Single Sailor 3 of 4:
https://youtu.be/bKhSAqknJsE
Single Sailor 4 of 4:
https://youtu.be/pEloAmA9S-Q

Return to Children
Return to Children 1 of 4:
https://youtu.be/17__N94KyFA
Return to Children 2 of 4:
https://youtu.be/FYSTE2U6kk
Return to Children 3 of 4:
https://youtu.be/BxTqcDEeOZU
Return to Children 4 of 4:
https://youtu.be/1W5-5leZcbQ

Return to Intimacy
Return to Intimacy 1 of 4:
https://youtu.be/1n6wXoB5w5E
Return to Intimacy 2 of 4:
https://youtu.be/-COih6ec8eI

Consumer Awareness
Consumer Awareness 1 of 4:
https://youtu.be/GPkIu1fdQCM
Consumer Awareness 2 of 4:
https://youtu.be/pSvo-1POV1g
Consumer Awareness 3 of 4:
https://youtu.be/eyYdCCZ6EnY
Consumer Awareness 4 of 4:
https://youtu.be/ntiJchJHdI.k

Car Buying
Car Buying 1 of 5:
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https://youtu.be/asMuJH246SI
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Car Buying 4 of 5:
https://youtu.be/kH2EVY0Egdc
Car Buying 5 of 5:
https://youtu.be/6ChJQDEiCN8
Single Sailor

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https://youtu.be/3G5NJskgOg8
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Single Sailor 3 of 4:
https://youtu.be/bKhSAqknJsE
Single Sailor 4 of 4:
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Return to Children

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https://youtu.be/BxTqcDEeOZU
Return to Children 4 of 4:
https://youtu.be/1W5-5leZcbQ

Suicide Prevention: Deborah

Part 1:
https://youtu.be/OuqR7KWWO-k
Part 2:
Part 3:
https://youtu.be/Um_DuSqO-pE
Part 4:
https://youtu.be/sfVYDIINxs-A

Return to Children: Deborah

Part 1:
https://youtu.be/da1JEZJXELs
Part 2:
https://youtu.be/lma26_eYSFM

Return to Intimacy: Deborah

Part 1:
https://youtu.be/4Q3wlB73h1k
Part 2:
https://youtu.be/dkeYYNryywK
Part 3:
https://youtu.be/quWaizqmtl8
New Parent: Denise
Part 1 of 2:
https://youtu.be/vG0HkqK9LJM
Part 2 of 2:
https://youtu.be/Pf9fc5zDw5A

New Parent: Lauren
New Parent 1 of 4:
https://youtu.be/tv7kGZcUOLc
New Parent 2 of 4:
https://youtu.be/v2VHm1Xo8yU
New Parent 3 of 4:
https://youtu.be/2CkYE5NtGMA
New Parent 4 of 4:
https://youtu.be/cYZdisLgzg4

Reintegration for Family Members-
1 of 4:
https://youtu.be/eCyBHq-2ORg
2 of 4:
https://youtu.be/npyq8M_JTmA
3 of 4:
https://youtu.be/gxhRXuLK01g
4 of 4:
https://youtu.be/fU_ELqQufyE

Reintegration with Children
1 of 5:
https://youtu.be/h3B4KvD-JDw
2 of 5:
https://youtu.be/tlgjQVXoJkM
3 of 5:
https://youtu.be/gL_bo9DA7gA
4 of 5:
https://youtu.be/UokvTctBwA
5 of 5:
https://youtu.be/IshZ6b_OWGM

DEPLOYMENTCLASSES

Mid-Deployment Brief
Mid-Deployment 1 of 3:
https://youtu.be/SH9Br3oWimQ
Mid-Deployment 2 of 3:
https://youtu.be/JbGp6ZDA31o
Mid-Deployment 3 of 3:
https://youtu.be/jwPGmC1hgjE
LIFE SKILLS VIDEOS

Communication and conflict resolution
Communication and conflict: 1 of 4:
https://youtu.be/s1zi of V9NiA
Communication and conflict 2 of 4:
https://youtu.be/T_1Kh6jpbdS
Communication and conflict 3 of 4:
https://youtu.be/1q17xiJGWjk
Communication and conflict 4 of 4:
https://youtu.be/lPlVUezTkao

Team Building
Team Building 1 of 3:
https://youtu.be/ziGsIG2JGTI
Team Building 2 of 3:
https://youtu.be/plJGFOi5xHE

Domestic Violence Prevention
Domestic Violence Prevention 1 of 4:
https://youtu.be/rL3pe66OzwU
Domestic Violence Prevention 2 of 4:
https://youtu.be/Ve7_NEJ5CL8
Domestic Violence Prevention 3 of 4:
https://youtu.be/Uwsthv0apTk
Domestic Violence Prevention 4 of 4:
https://youtu.be/J2Sq6iyjRdA

Anger Management
Anger Management 1 of 2:
https://youtu.be/nX7brA5AoL4
Anger Management 2 of 2:
https://youtu.be/pqPdesW8Qpg

Building Self-esteem
Building Self-Esteem 1 of 3:
https://youtu.be/zQAhVfjDle4
Building Self-Esteem 2 of 3:
https://youtu.be/HixzAd-4EvU
Building Self-Esteem 3 of 3:
https://youtu.be/eg5KvxoVX4