

OCTOBER 2020

YOUR *Virtual* FFSC WEBINAR SCHEDULE



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://learning.zeiders.refineddata.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>.

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 if you have any questions. We look forward to seeing everyone there!

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 1:00 PM EST Spouse Employment and Education Info Session	6 9:00 AM EST Saving and Investing 5:00 PM EST Moving Out	7 10:00 AM EST IA Financial Preparedness Building Healthy Relationships	8 9:00 AM EST Job Search Strategies 10:00 AM EST Healthy and Unhealthy Relationships	9
12	13	14	15	16
	12:00 PM EST Interview Skills	9:00 AM EST Federal Employment 12:00 PM EST How to Survive the Holidays 1:00 PM EST The Value of a Mentor Parenting Tips	1:00 PM EST Fundamentals of Resume Writing What About the Kids 4:00 PM EST LinkedIn Bringing Baby Home	9:00 AM EST Personal Communications
	20	21	22	23
	9:00 AM EST Spouse Newcomers Orientation 11:00 AM EST Smooth Move During COVID19 12:00 PM EST Social Media Presence 4:00 PM EST Being the Best You - Part 1	10:00 AM EST Stalking 2:00 PM EST Saving Money 5:00 PM EST How to Complete a Household Goods Move Application	9:00 AM EST Let's Coupon!	
	27	28	29	30
	4:00 PM EST Being the Best You - Part 2	4:00 PM EST General Homecoming Brief	1:00 PM EST Financial Readiness in the Military 5:00 PM EST Navy Retirement ... Is it Enough?	

Fleet and Family Support Center
San Diego

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:

<https://youtu.be/fEaor7pVydW>

Emotional Cycles of Deployment

Stage 1:

<https://youtu.be/pyZVchlRaDk>

Stage 2:

<https://youtu.be/ldk31EQFEck>

Stage 3:

<https://youtu.be/ZGPjw3tLAh8>

Stage 4:

<https://youtu.be/Ic7eQpC-BFg>

Stage 5:

<https://youtu.be/Jq1jReQHl-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_8ZqJs

Time Management 2 of 3:

https://youtu.be/n-24_ll5lnM

Time Management 3 of 3:

<https://youtu.be/C-CnYyviQV4>

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>

DEPLOYMENT – RETURN & REUNION VIDEOS

Consumer Awareness

Consumer Awareness 1 of 4:

<https://youtu.be/GPkIu1fdQCM>

Consumer Awareness 2 of 4:

<https://youtu.be/pSvo-IPOV1g>

Consumer Awareness 3 of 4:

<https://youtu.be/eyYdCCZ6EnY>

Consumer Awareness 4 of 4:

<https://youtu.be/ntiJehJHdLk>

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/n303cfvnlF8>

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/FYSTE2U_6kk

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>

Return to Intimacy 3 of 4:

<https://youtu.be/oIV78l1-DdA>

Return to Intimacy 4 of 4:

<https://youtu.be/zT7Ilr5ltl8>

Consumer Awareness

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<https://youtu.be/GPkIu1fdQCM>

Consumer Awareness 2 of 4:

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<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

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Single Sailor 3 of 4:

<https://youtu.be/bKhSAqknJsE>

Single Sailor 4 of 4:

<https://youtu.be/pEloAmA9S-Q>

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Return to Children 2 of 4:

https://youtu.be/FYSTE2U_6kk

Return to Children 3 of 4:

<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:

<https://youtu.be/elriBU-ZvbE>

Part 3:

https://youtu.be/Um_DuSqO-pE

Part 4:

<https://youtu.be/sfVYDINxs-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/dkeYYNrzywkw>

Part 3:

<https://youtu.be/quWaiqmtlj8>



New Parent: Denise

Part 1 of 2:

<https://youtu.be/vG0HkqK9LJM>

Part 2 of 2:

<https://youtu.be/Pf9fe5zDw5A>

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/cYZdisLgzh4>

DEPLOYMENT CLASSES

Mid-Deployment Brief

Mid-Deployment 1 of 3:

<https://youtu.be/SH9Bt3oWimQ>

Mid-Deployment 2 of 3:

<https://youtu.be/JbGp6ZDA31o>

Mid-Deployment 3 of 3:

<https://youtu.be/jwPGmC1hgjE>

Reintegration for Family Members-

1 of 4:

<https://youtu.be/eCyBHq-2ORg>

2 of 4:

https://youtu.be/npqyq8M_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/tIgjqVXoJkM>

3 of 5:

https://youtu.be/gL_bo9DA7gA

4 of 5:

<https://youtu.be/UolqvTctBwA>

5 of 5:

https://youtu.be/IshZ6b_OWGM



LIFE SKILLS VIDEOS

Communication and conflict resolution

Communication and conflict: 1 of 4:

<https://youtu.be/sIzi of V9NiA>

Communication and conflict 2 of 4:

https://youtu.be/T_lKh6jpbds

Communication and conflict 3 of 4:

<https://youtu.be/Iq17xiJGWjk>

Communication and conflict 4 of 4:

<https://youtu.be/IPIVUezTkao>

Team Building

Team Building 1 of 3:

<https://youtu.be/ziGsIG2JGTI>

Team Building 2 of 3:

<https://youtu.be/plJGFOi5xHE>

Building Self-esteem

Building Self-Esteem 1 of 3:

<https://youtu.be/zQAhVfjDlc4>

Building Self-Esteem 2 of 3:

<https://youtu.be/HixzAd-4EvU>

Building Self-Esteem 3 of 3:

<https://youtu.be/eg5KvxoVX4>

Team Building 3 of 3:

<https://youtu.be/33tj6FKXHKU>

Domestic Violence Prevention

Domestic Violence Prevention 1 of 4:

<https://youtu.be/rL3pc66OzwU>

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>

