

DECEMBER 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](http://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>.

**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!

Monday	Tuesday	Wednesday	Thursday	Friday
 	<b>1</b>  <b>9:00 AM EST</b> Job Search Strategies During Challenging Economic Times	<b>2</b>	<b>3</b>  <b>9:00 AM EST</b> Thrift Savings Plan (TSP) <b>10:00 AM EST</b> USAJOBS 2020 <b>11:00 AM EST</b> Repairing Your Credit After COVID-19	<b>4</b>  <b>9:00 AM EST</b> Building Healthy Relationships  <b>10:00 AM EST</b> Managing Your Student Loan Debt
	<b>8</b>  <b>4:00 AM EST</b> USA Jobs 101 <b>9:00 AM EST</b> Love Thinks <b>1:00 PM EST</b> Fundamentals of Resume Writing <b>2:00 PM EST</b> Preparing for a Virtual Job Fair	<b>9</b>  <b>12:00 PM EST</b> Reintegrating with Partners  <b>12:15 PM EST</b> Preparing for an Interview	<b>10</b>  <b>9:00 AM EST</b> Interview Techniques  <b>12:00 PM EST</b> Maintaining Relationships During Deployment	  
<b>14</b>  <b>10:00 AM EST</b> Stress Management	<b>15</b>  <b>11:00 AM EST</b> Smooth Move Workshop During COVID-19	<b>16</b>  <b>6:00 AM EST</b> Back to Basics Resume Writing  <b>12:00 PM EST</b> Workplace Professionalism and Dressing for Success	<b>17</b>  <b>3:00 PM EST</b> Bringing Baby Home  <b>3:00 PM EST</b> New Parent Support Program Virtual Holiday Celebration	
<b>21</b>	<b>22</b>  <b>12:00 PM EST</b> Virtual Interviewing Tips	<b>23</b>	<b>24</b>	<b>25</b>

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](https://youtu.be/e_BNpJgxWGU)

Pre-Deployment 4 of 5:

[https://youtu.be/H2L\\_OIe44CU](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](https://youtu.be/cCdAQ_8ZqJs)

Time Management 2 of 3:

[https://youtu.be/n-24\\_ll5lnM](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](https://youtu.be/17__N94KyFA)

Return to Children 2 of 4:

[https://youtu.be/FYSTE2U\\_6kk](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/oIV7811-DdA>

Return to Intimacy 4 of 4:

<https://youtu.be/zT7Ilr5ltl8>

## 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/ntjJehJHdLk>

## 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/3G5NjSkOg8>

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](https://youtu.be/17__N94KyFA)

Return to Children 2 of 4:

[https://youtu.be/FYSTE2U\\_6kk](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](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](https://youtu.be/lma26_eYSFM)

## Return to Intimacy: Deborah

Part 1:

<https://youtu.be/4Q3wlb73h1k>

Part 2:

<https://youtu.be/dkeYYNrzywK>

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/npyq8M\\_JTmA](https://youtu.be/npyq8M_JTmA)

3 of 4:

<https://youtu.be/gxhRXuLK01g>

4 of 4:

[https://youtu.be/fU\\_ELqQufyE](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](https://youtu.be/gL_bo9DA7gA)

4 of 5:

<https://youtu.be/UolqvTctBwA>

5 of 5:

[https://youtu.be/IshZ6b\\_OWGM](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](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](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>



