



**NAVAL DISTRICT WASHINGTON FLEET, MILITARY AND FAMILY SUPPORT CENTERS ARE BRINGING THE CLASSROOM TO YOU! WEBINARS ARE OPEN TO ALL SERVICE MEMBERS, ACTIVE DUTY AND RETIREES THEIR FAMILIES AND CIV EMPLOYEES**

Greetings! Mark your calendars and JOIN US! All webinars run appx 1 hour unless otherwise indicated. We look forward to “seeing” you soon! Webinars are for widest dissemination.

**1/7/2021 @ 9:00-10:30am EST Regrets and Resolutions, New Year, New Life.** Showcases letting go of mistakes from the past while embracing the future.

**To Register Call: (301) 319-4087**

**1/7/2021 @ 11:00am EST – Linked IN: The Power of Networking** This webinar will prepare you for the world of virtual networking using one of the most powerful professional social networking sights available today. Join us to learn how to get the most out of your Linked In 2nd and 3rd degree connections. **LOG IN:** <https://connect.apan.org/nsawferp/>

**DIAL IN:(971) 224-6618 / 578897**

**1/7/2021 @2:00pm EST Suicide Prevention/ Stress Management Techniques** - This training includes the required suicide prevention learning objectives established by the Department of Defense Suicide Prevention Office such as suicide risk factors, warning signs and protective factors. At the end of the webinar practical mental health tips for coping the added stress during Covid-19 will be presented and discussed. **LOG IN:** <https://connect.apan.org/workandfamilylife/>

**1/12/2021 @2:00pm EST Suicide Prevention/ Stress Management Techniques** - This training includes the required suicide prevention learning objectives established by the Department of Defense Suicide Prevention Office such as suicide risk factors, warning signs and protective factors. At the end of the webinar practical mental health tips for coping the added stress during Covid-19 will be presented and discussed. **LOG IN:** <https://connect.apan.org/workandfamilylife/>

**1/13/2021 @ 0900-12:00pm EST Return and Reunion Brief** Designed to address typical issues of post-deployment such as finances, the emotional cycle of deployment, as well as reuniting and renewing relationships. Service members and their adult family members are welcome to attend.

**To Register Call: (301) 319-4087**

**1/13/2021 @ 2:00-3:30pm EST New Year, New You!** New Year, New Life. Showcases letting go of mistakes from the past while embracing the future. **To Register Call: (301) 319-4087**

**1/14/2021 @ 11:00am EST The Resume- Writing Accomplishments** A well-written accomplishment statement can set you apart from other candidates and give you the boost you need to be selected for an interview or get the job! Join us to learn valuable tips on how to write your accomplishment statement for your resume. **LOG IN:** <https://connect.apan.org/nsawferp/>

**DIAL IN:(971) 224-6618 / 578897**

**1/14/2021 @ 2:00pm Effective Parenting** – Join us as we cover parenting techniques to help you develop and maintain positive relationships with your children. Learn ways to positively redirect your children and teach them lasting lessons on appropriate behavior.

**TO REGISTER:** <https://learning.zeiders.refineddata.com/login/>

**1/15/2021 @ 10:00-12:00pm EST Job Search and Interview Skills** - Interviewing is a key step in getting a job; learn how to conduct yourself prepare, communicate, dress, and other valuable information.

**To Register Call: (301) 319-4087**

**1/15/2021 @ 2:00pm EST Thrift Savings Plan (TSP)** – The Thrift Savings Plan is a webinar designed to provide detailed information on the Thrift Savings Plan (TSP) and to help learners understand how TSP can contribute to financial security

**LOG IN:** <https://connect.apan.org.pax-pfm/>

**1/19/2021 @ 10:00am-12:00pm EST Resume Writing** - Improve the overall appearance and effectiveness of your resume! This class will give participants valuable feedback and strategies they can implement. **To Register Call: (301) 319-4087**

**1/19/2021 @ 2:00-4:00pm - Sponsorship Training for Active Duty** - Are you sponsoring a Perspective Gain (PG) at your command? Are you up to date on all the resources available? Join us for a webinar that helps you to become a great sponsor! To register e mail: [skye.pollard@navy.mil](mailto:skye.pollard@navy.mil)

**1/20/2021 @ 2:00pm EST Parenting after Divorce-** Research shows that it is not the divorce itself that is so damaging to children, rather, the on-going conflict and interruption in parenting is what creates distress for children. The ability of parents living apart to work together in a co-operative, business-like manner has a direct impact on how well and how quickly children adjust to their new circumstance and return to normal levels of functioning. This training is designed to help parents establish and maintain just such a co-parenting relationship. **LOG IN:** <https://connect.apan.org/workandfamilylife/>

**1/21/2021 @ 11:00-12:30pm EST Federal – Understanding the JOA** USA Jobs is hiring people to help fight the COVID 19 pandemic! Now is a great time to be hired by the federal government. In this Webinar, we will be discussing what the various terms of an announcement mean and why reading and understanding it is so fundamental in the application process.

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**1/21/2021 @ 2:00-4:00pm - Sponsorship Training for Active Duty** - Are you sponsoring a Perspective Gain (PG) at your command? Are you up to date on all the resources available? Join us for a webinar that helps you to become a great sponsor! To register e mail: [skye.pollard@navy.mil](mailto:skye.pollard@navy.mil)

**1/22/2021 @ 10:00am EST Positive Child Guidance** - Please join our FFSC Education Program Specialist to discuss successful techniques and learning tips for keeping the peace while redirecting your child's behavior. **TO REGISTER:** <https://learning.zeiders.refineddata.com/login/>

**1/22/2021 @ 2:00pm EST Professionalism and Dress for Success** – we will be discussing tips for successful interviewing as well as Dressing for Success and Professionalism in the workplace.

**TO REGISTER:** <https://learning.zeiders.refineddata.com/login/>

**1/27/2021 @ 9:00-10:30am EST Organizing Your Life** - Improve the overall appearance and effectiveness of your resume! This class will give participants valuable feedback and strategies they can implement. **To Register Call: (301) 319-4087**

**1/27/2021 @ 10:00am-12:00pm EST Practical Financial Planning** Come learn practical tips to get your financial house in order regarding cash flow, insurances, tax planning, investments, retirement and estate planning **To Register Call: (301) 319-4087**

**1/27/2021 @ 12:00pm EST Virtual Interview Skills** – Join us to discuss tips for a successful virtual interview. **TO REGISTER:** <https://learning.zeiders.refineddata.com/login/>

**1/27/2021 @ 2:00pm EST - Virtual Etiquette** - There are undeniable differences between face-to-face meetings and their audio/video equivalents. Learn how to make digital meetings run smoothly by knowing the rules of conference calls, virtual meetings, office group texts, and emails.

**To Register:** <https://connect.apan.org/workandfamilylife/>

Dial-In Commercial Number: 301-909-7356

Access Code: 62899244

**1/28/2021 @ 10:00am EST – CALLING ALL ACTIVE DUTY – SKILLBRIDGE WORKSHOP** – Join us to get an overview of the skillbridge program, answer questions and review the fundamentals of the official website. **Register:** <https://learning.zeiders.refineddata.com/login/>

**1/28/2021 @ 11:00am EST New! Meet the Employer-** Join us to ask our 2 guest employers questions about their organization, their hiring practices, and job opportunities that are available now! Do not miss this! **LOG IN:** <https://connect.apan.org/nsawferp/>  
**DIAL IN:(971) 224-6618 / 578897**

**1/28/2021 @2:00pm EST Presentation Strategies** Presentations were a big part of part of most jobs. Trainings, briefs, staff meeting updates, the list can on. Join us as provide presenter tools and confidence to be more effective when delivering presentations to any audience.  
**Register:** <https://learning.zeiders.refineddata.com/login/>

**1/29/2021 @ 2:00pm-3:30pm EST Home Buying –** Buying a house is the most significant purchase many people will ever make. This webinar is designed to increase the knowledge and comfort level of first-time home buyers and serve as a refresher for repeat home buyers.  
**LOG IN:** <https://connect.apan.org/pax-pfm/>

**FOR MORE WEBINAR INFORMATION, CONTACT YOUR LOCAL FAMILY SUPPORT CENTER OR VISIT:**  
<https://www.navyregionmwrndw.com/programs-services/fleet-family-support/>