



The Fleet and Military family support staff have been working hard to continue to deliver information and services during this unprecedented time.

Webinars are for widest dissemination. All webinars are open to service members, retirees, their families, and civ. employees

April 21-0900 EDT- How to Manage Anxiety and Stress

Smarten your approach to dealing with Anxiety can meaningfully reduce your overall sense of helplessness. Learn techniques to calm and manage your anxiety and stress at this time.

To register <https://www.navymwrwashington.com/registration-form>

You can join the classroom directly:

<http://ffr-learn.adobeconnect.com/nsawfleetandfamilyvirtualtrainings/>

April 21 0900 EDT – Resume Basics for the Private Sector: This webinar will provide information to help you create your own Private Sector Resume. The class will cover what you must include in your resume, the best format to use, how to convey your experience and more.

JOIN US: <https://connect.apan.org/jbabferp/>

Dial-in: (978) 990-5061, code: 1575335#

April 21 10:00am EDT TSP Loans & In-Service Withdrawals: 1000-1100

This webinar provides an overview of the TSP loan in-service programs.

Run by James Walsh, TSP Training & Liaison Specialist.

Link to log in: <https://connect.apan.org/jbabpfm/>

April 21 2:00pm EDT - Linked In: Getting Started

If you have never had a LinkedIn account, it can be a little overwhelming. Knowing what to include and what not to include in your social media profile. In this webinar, we will go over the main sections of Linked In and discuss proven methods of how to best market yourself on LinkedIn.

JOIN US: <https://connect.apan.org/nsawferp>

Conf Line: (480) 660-5338

Participant Code: 615154

April 22 10:00am EDT Long Term Care - What Does it Mean?

Are you familiar with what your long term care options are? Do you know what that \$0.50 a month from your LES is going towards? Join us to learn more and have your questions answered.

JOIN US: <https://connect.apan.org/jbabpfm/>

April 23-0900am EDT-- Suicide Prevention

The training's goal is to reduce suicides by developing resiliency in the Military Community by encouraging individuals to seek help and provide support to those in need.

To register: <https://www.navymwrwashington.com/registration-form>

You can join the classroom directly:

<http://ffr-learn.adobeconnect.com/nsawfleetandfamilyvirtualtrainings/>

April 24 2:00pm EDT - Federal Resume Writing For Success

A Federal resume requires a lot of detail and information than a normal 2 page resume. Knowing what needs to be on your federal resume can make the difference between getting an interview or not. In this webinar we will discuss the difference between a regular resume and a federal one and the do's and don'ts of building a successful federal resume that will get you results.

JOIN US: <https://connect.apan.org/nsawferp>

Conf Line: (480) 660-5338

Participant Code: 615154

April 24 3:00pm EDT Child Abuse and Neglect Recognition and Reporting Procedures: We will be learning how to recognize the signs of abuse in children and how you should report the abuse and get the child the much needed help. Don't be a silent bystander. Get help for a child who may need it now. Children are vulnerable and most times unable to stand up for themselves. You can be their voice when they are too afraid or unable to speak up.

JOIN US: <http://ffr-learn.adobeconnect.com/nsawfleetandfamilyvirtualtrainings/>

Dial In: 425-650-1635

Participant Code 851075