



Family CONNECTION

Your Link to the Navy Community since 2007

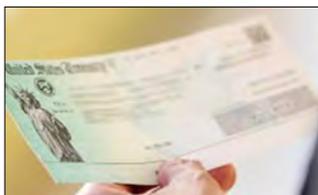
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March 2026
Volume 19 | Issue 3



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Questions?



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What's Happening? Good News from Local Fleet and Family Support Centers

CNRMA Hosts Their Annual Retiree Summit
The Commander, Navy Region Mid-Atlantic (CNRMA) Fleet and Family...



Your Virtual FFSC Webinars

See the full list of webinars available on www.MyNavyFamily.com this month. Topics include Deployment, Employment, Finance, Life Skills, Parenting, Relocation and Transition...

Family Connection is a publication of the Fleet and Family Support Program. The Navy's Fleet and Family Support Program promotes the self-reliance and resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle. The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

A Financial Check-in When Your Tax Refund Arrives



You filed your taxes, and if you are getting a refund, it is probably already mentally spent.

For many military families, tax refund season turns into catch-up spending season — buying big-ticket items you passed on during Black Friday or the holidays, upgrading something that has been sitting on your wish list or jumping on a sale because it feels like there is extra money in the bank.

That reaction is common. But it helps to slow down for a moment and plan what to do with your tax refund.

People who stay financially ahead often consider a windfall like this by looking for ways to strengthen their overall financial position.

Emergency savings

Unexpected expenses, such as vehicle repairs, medical costs or PCS-related surprises, are part of life for many military families. Some households view refund season as an opportunity to strengthen savings so those moments do not automatically turn into credit card debt.

High-interest debt

Credit cards often carry interest rates above 20%. When balances roll over month to month, interest quietly chips away at future income. Applying a lump sum toward high-interest balances can reduce how much money is lost to interest over time.

Retirement and long-term planning

Refunds are sometimes used to support longer-term goals, such as contributions to the Thrift Savings Plan (TSP) or an individual retirement account (IRA). Tax-advantaged accounts may benefit from compounding growth over time, even from one-time contributions.

Future expenses

Some people look ahead to known costs, such as holiday spending, education expenses, professional development or taxes owed in a future year, and use refund season to soften those future financial expenses.

Enjoyment with awareness

Using part of a tax refund for something enjoyable is a common choice. For many households, this might mean upgrading something deferred, planning a family experience, or purchasing an item that has been on a wish list for a while.

What often makes the difference is how that spending happens. When spending is planned and accounted for rather than impulsive, it works with other financial priorities rather than competing against them. Some people find that intentionally setting aside a portion of a windfall for enjoyment helps them feel balanced, making it easier to stay focused on longer-term goals without feeling restricted.

For more information about financial planning, contact the personal financial specialist at your local [Fleet and Family Support Center](#).



MARCH HOLIDAYS AND OBSERVANCES

- March 3 – U.S. Navy Reserve Birthday
- March 8 – Daylight Saving Time Begins
- March 15-21 – National Poison Prevention Week
- March 20 – First day of spring
- March 25 – Medal of Honor Day
- Brain Injury Awareness Month
- National Nutrition Month



March 25
Medal of Honor Day



Shining a Light on Brain Injury: What to Know, How to Help

March is Brain Injury Awareness Month. Brain injuries are a significant public health issue that affect millions of people annually, and they are a particular concern for military personnel.

What is a brain injury?

A brain injury is any disruption to the brain's normal function. It can range from a mild concussion with temporary symptoms to a more serious injury that affects thinking, behavior, emotions, or physical abilities. In the military community, brain injuries may occur during training, deployments, combat exposure, vehicle accidents, or everyday activities. Understanding what a brain injury is and recognizing the signs and symptoms can help service members, veterans, and their families seek care early and support recovery.

Types of brain injuries

Brain injuries fall into two main categories, according to the Shepherd Center.

-  Acquired Brain Injury (ABI): This type of injury happens at a cellular level and is not caused by external force. It can result from pressure on the brain, such as from a tumor, or from a neurological illness like a stroke.
-  Traumatic Brain Injury (TBI): Caused by an external physical force, a traumatic brain injury is the most common type of brain injury.

TBIs are further classified as:

-  Closed Head Injury: This occurs when a blow to the head causes the brain to move within the skull, leading to bruising, tissue tearing and blood vessel damage.
-  Penetrating Head Injury: This type of injury happens when an object pierces the skull and enters brain tissue.

Brain injury in the military

TBI is a major concern for the U.S. military. More than 485,500 service members were diagnosed with a TBI between 2000 and the second quarter of 2023, according to the Defense and Veterans Brain Injury Center. The incidence of TBI is significantly higher among deployed service members than among those in nondeployed settings, largely due to combat-related exposures. Most of these injuries are classified as mild TBI, also known as a concussion.

Causes of TBI in the military

While military personnel can sustain TBIs from a variety of causes, including training accidents, falls, and vehicle collisions. Blast exposure is a signature cause of TBI for service members, especially those deployed in recent conflicts like Iraq and Afghanistan. These blasts can come from improvised explosive devices (IEDs), mortars and rocket-propelled grenades.

Recognizing the signs: symptoms of brain injury

Symptoms depend on the injury's severity and location and may not appear immediately. They can include headaches, dizziness, memory problems, fatigue, seizures and significant personality or behavior changes.

The unseen wound: brain injury and mental health

A brain injury can have a profound impact on a person's emotional and mental well-being. According to the Brain Injury Association of America, the connection is complex, stemming from both the physical damage to the brain and the psychological trauma of the injury and its aftermath. Even mild TBIs can cause significant and lasting psychological effects. Common mental health challenges include depression, anxiety, post-traumatic stress disorder (PTSD) and personality changes like irritability and impulsiveness. For military personnel, the overlap between TBI and PTSD is particularly significant. A 2008 study by Charles W. Hoge, MD and colleagues noted that 44% of soldiers with a history of mild TBI also met the criteria for PTSD.

[continued below]

TBI and alcohol: A vicious cycle of self-medication

For many struggling with the life-altering consequences of TBI, alcohol can seem like a temporary escape. However, what often begins as an attempt to cope quickly turns into a dangerous cycle that worsens the original problems and introduces new, life-threatening risks.

Why TBI survivors turn to alcohol

After a TBI, individuals are often left to grapple with a host of new and difficult challenges. Many turn to alcohol to self-medicate these issues by numbing emotional pain, coping with sleep disturbances, managing chronic pain and reducing social anxiety.

How self-medication backfires

While the appeal of short-term relief is understandable, using alcohol to cope with TBI symptoms is incredibly dangerous and counterproductive. The brain is more sensitive to alcohol after an injury, and its use can sabotage recovery by worsening mental health, impeding brain healing, magnifying physical and cognitive impairments and increasing the risk for seizures and dangerous medication interactions. This pattern creates a vicious cycle that can lead to a co-occurring alcohol use disorder (AUD), which requires specialized, integrated treatment.

Long-term effects and co-occurring conditions

Moderate to severe brain injuries can lead to lasting challenges. A history of moderate to severe TBI increases the risk of developing dementia later in life, and veterans with TBI have higher odds of developing conditions like chronic pain, arthritis, sleep disorders, depression and anxiety.

Diagnosis and treatment

Diagnosing a brain injury typically involves a neurological exam and imaging tests such as CT or MRI. The Department of War and Department of Veterans Affairs (VA) have a robust system for TBI care. The Defense and Veterans Brain Injury Center and the VA's Polytrauma System of Care are vital resources that provide specialized care, research, and education for service members and veterans with TBIs.

Prevention

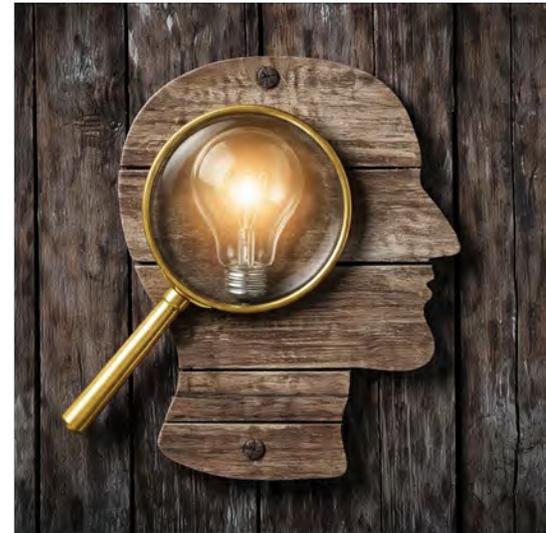
Preventing brain injuries is a top priority. In the military, this includes improving helmet technology and mitigating exposure to blasts. For everyone, preventive measures include wearing helmets, using seat belts, preventing falls and driving safely and soberly.

Where to turn for brain injury information and support

-  [Brain Injury Association of America \(BIAA\)](#)
-  [Centers for Disease Control and Prevention \(CDC\) - TBI & Concussion](#)
-  [National Institute of Neurological Disorders and Stroke \(NINDS\)](#)
-  [Model Systems Knowledge Translation Center \(MSKTC\)](#)
-  [BrainLine](#)

Military-specific TBI support resources.

-  [Traumatic Brain Injury Center of Excellence \(TBI CoE\)](#)
-  [Department of Veterans Affairs \(VA\) - Office of Research & Development](#)
-  [BrainLine Military](#)
-  [Wounded Warrior Project \(WWP\)](#)



Beyond Blood Drives: The Critical, Far-Reaching Mission of the American Red Cross

Each March, many are called to recognize the profound impact of the American Red Cross, a cornerstone of the nation's humanitarian efforts. This month, designated as American Red Cross Month, is a time to honor the volunteers and donors who power the Red Cross's mission to alleviate human suffering in emergencies.

Founded by Clara Barton on May 21, 1881, the American Red Cross was born from a desire to provide neutral aid to those in need, a mission that continues to define its work today.



The American Red Cross operates under a congressional charter granted in 1905, formalizing its duty to provide disaster relief and mitigate suffering caused by "pestilence, famine, fire, floods, and other great national calamities." But its reach extends far beyond disaster response. The organization is a critical part of our nation's health infrastructure, supplying roughly 45% of the donated blood in the United States.

Furthermore, it provides 24-hour support to military members, veterans and their families through its Hero Care Network, facilitates international tracing services to reconnect separated families and offers a wide array of health and safety training courses.

From large-scale natural disasters that affect entire regions to the quiet devastation of a single-family home fire, the Red Cross responds to an emergency every eight minutes. This constant state of readiness is made possible by a network of dedicated individuals, 95% of whom are volunteers. They are the faces of compassion, providing shelter, food and a shoulder to lean on. Their work is a testament to the enduring spirit of neighbors helping neighbors.

As we observe American Red Cross Month, let us remember the quiet heroes who answer the call for help, time and time again. Their work, fueled by the generosity of donors and volunteers, is a powerful reminder that even in the darkest of times, the light of human kindness and compassion will always shine through.



A Firsthand Account of American Red Cross Response, by a Fleet and Family Support Program Analyst

In August 2021, during the chaotic aftermath of Hurricane Ida at Naval Air Station Joint Reserve Base (NAS-JRB) New Orleans, my husband, an active-duty Sailor, was mission-essential and focused on his command's responsibilities. Meanwhile, as a staff member at the Fleet and Family Support Center, I was part of the initial team that returned to the base to establish the Emergency Family Assistance Center (EFAC).

Our community was reeling, and the need for immediate support was overwhelming. Once the commanding officer ordered the EFAC to stand up, we began the urgent work of bringing in our partners to provide aid. The American Red Cross was one of our very first calls. Their response was swift and decisive, a beacon of hope in a landscape of destruction.

A large American Red Cross truck, a symbol of relief recognized across the country, arrived on scene. With the help of military members and the FFSC staff at NAS JRB New Orleans, the Red Cross team began distributing essential hurricane kits. These weren't just random assortments of items; they were thoughtfully compiled packages containing the very tools our community needed to begin the arduous process of recovery: buckets, shovels, tarps, masks, gloves and so much more.

The impact of their presence was immediate and palpable. The supplies they provided helped my own family, and countless others across the base and in the wider local community, to start clearing debris, securing our homes and taking the first small steps toward rebuilding our lives. The Red Cross's ability to mobilize and deliver targeted, practical aid in the critical hours after a disaster was nothing short of remarkable.



Career Transition Series Returns to Empower Navy Community

The Fleet and Family Support Program is once again preparing to deliver impactful webinar opportunities to the Navy community. Building on last year's strong participation and positive feedback, the upcoming Career Transition Series (CTS) will take place March 16-19, continuing its mission to provide essential resources for those navigating career changes, organizational transitions or retirement.

This event is once again hosted by Ebonie Powe, Commander Navy Installations Command Family Employment Readiness Program analyst. Attendees can once again expect webinars on critical transition topics, including mastering the civilian resume, identifying and communicating transferable skills, understanding the Thrift Savings Plan and more. Content will reflect current hiring trends and workforce expectations to ensure participants are well-prepared for today's job market.

Whether transitioning out of the military, pursuing a new professional path or planning for retirement, the CTS remains a trusted resource that empowers and equips participants for their next chapter.

To register for the upcoming series, visit MyNavyFamily.com.



Unlock Your Next Home: Navy Housing Makes PCS a Breeze

Preparing for a permanent change of station (PCS) can be overwhelming, especially when it comes to finding housing. Navy Housing is available to support service members and their families throughout the transition.

The Navy Housing Service Center provides a range of housing services, including the Housing Early Assistance Tool (HEAT).

HEAT allows service members and spouses to begin the housing process online, even before PCS orders are received and regardless of where you want to live — privatized, government-owned or community housing — using minimal information. Although HEAT does not place applicants on a waitlist, it connects families with the Housing Service Center at their destination early and offers valuable insight into housing availability and the surrounding community.

To get started, visit the [HEAT](#) website.

For more information about Navy Housing programs and services, including Public and Private Venture, government, community and unaccompanied housing options, visit the [Navy Housing website](#). Navy Housing is ready to assist throughout the PCS process.



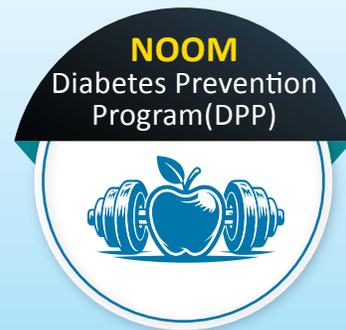
JOIN THE U.S. NAVY'S NOOM DIGITAL HEALTH PROGRAM

Today and Ensure You are Fit to Fight!

Build a healthier you and support your personal readiness with help from Noom. Whether you are looking to manage your weight, dial in your nutrition, lower stress, or maintain a healthy lifestyle the Navy Noom program has something for you.

What is the Navy's Noom Program?

As a part of the Total Sailor Fit to Fight initiative the Navy is offering access to Noom Weight, Noom Mood, and Noom DPP at **NO COST TO YOU**. Noom is a science-backed wellness tool that provides personalized coaching and guidance along with 1,000+ fitness videos, meditations, recipes, mental wellness modules, and more.



Who is eligible for this **FREE PROGRAM:**

Active and Reserve Component Sailors who:

- ✓ Did not meet the assessment criteria for the Body Composition Assessment (BCA) or Physical Readiness Test (PRT) during the CY2025 Physical Fitness Assessment, **OR**
- ✓ Are in a "Pregnancy" non-participation status (e.g. pregnant or post-pregnancy/postpartum) during Cycle 1-2025.

Your Enrollment and participation is 100% voluntary. Participation does satisfy the nutritional education program requirement for the Fitness Enhancement Program.



Your personal data is kept private; Noom will not share your personally identifiable information.

How to Enroll:

- 1** Visit the **Noom Portal:**
go.noom.com/usnavy (all lower-case)
- 2** Fill out the registration with your personal details including full name, date of birth and DoD ID.
- 3** **Get started!** Upon registering you will be granted access to Noom's platform from **1 February 2026 to 31 January 2027.**



SCAN ME! 



Email questions to:
noopilot@us.navy.mil

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You Can Make Food Fun with the Fleet and Family Support Program

Finding the joy in cooking can be hard for some people. Making meals for one can be very hard; sneaking vegetables onto plates of picky eaters may feel like spy craft, and the whole process from grocery shopping to dinner time takes hours. Then you have to wash the dishes.

It is no wonder so many people opt to dine out and order in. However, we all know that cooking is healthier, cheaper and better for us, so here are some helpful tips from Fleet and Family Support Program to make the process a little easier.

Get inspired with recipes. You can solve two kitchen problems with this one! Save yourself from boredom by trying new dishes, and save time and money at the grocery store by sticking to a list. Not sure where to begin? Start with what you know you love. Think of your favorite dish to order at a restaurant and find a recipe online. It may not taste 100% the same, but in many cases, you can find ways to make it taste even better.

Host a meal prep party. We are social creatures, and that especially applies to cooking. Why spend hours by yourself in a kitchen when you could invite a few friends over and get more meals out of it as a bonus? Knowing your kitchen's layout and limitations, preplan dishes that will not impede each other. While one friend uses the counter to chop a hearty salad, another uses the stovetop to make rice and a stir-fry, and the third uses the oven to roast chicken and root vegetables.

Is your kitchen barely big enough to fit you? No worries! Have people bring precooked dishes and enough plastic containers to divide everything and take home servings. This way, you only have to cook one meal, but you get numerous meals in return.

Involve your picky eaters. Let them help with grocery shopping, selecting produce and preparing the ingredients to build interest and ownership. It is a lot harder to reject the broccoli when you picked it out at the grocery store over all the other vegetables you could have chosen, cut it into fun shapes and help steam it. Remember that according to the CDC, it can take more than 10 exposures for picky eaters to warm up to new foods. Be patient, and pace yourselves. Introduce one new ingredient at a time, surround it with foods they already like, and incorporate the new food gradually but consistently over a few weeks.

Lastly, know when to seek professional help. If your picky eater is rejecting entire food groups, losing weight or not growing, or getting highly distressed at mealtimes, it may be time to call the doctor.

Cooking may never be something you look forward to or love, but it can certainly stop being something you avoid and hate. Find out if your Fleet and Family Support Center hosts cooking classes or has other mealtime recommendations, and bon appétit!

Reset, Refocus, and Recharge

As winter fades and spring approaches, March is a natural time to reset routines and refocus on personal wellness. Seasonal changes can affect sleep, energy and mood, making this the perfect month to make small, sustainable improvements.

Prioritize sleep

The shift to daylight saving time can disrupt sleep patterns. Ease the transition by gradually adjusting your bedtime, limiting screen time before bed, and getting morning sunlight. Quality sleep strengthens focus, stress tolerance, health and immunity.

Get moving

With longer days and milder weather, outdoor activity becomes more inviting. Aim for simple, consistent movement. A 20-minute walk, stretching in the morning or strength training a few times per week. Consistency matters more than intensity.

Support immune health

Seasonal transitions can challenge the immune system. Stay hydrated, eat protein-rich meals and include colorful vegetables and fruits for added nutrients. Managing stress and maintaining regular physical activity also supports overall resilience.

Manage stress early

Busy schedules, career demands or family responsibilities can increase stress. Build short reset moments into your day. Take a brief walk, practice deep breathing or step away from screens. If stress feels overwhelming, reach out to available support resources such as your local [Fleet and Family Support Center](#), chaplains or [Military OneSource](#).

Set simple goals

Instead of major overhauls, choose one habit to improve, one to maintain and one to let go. Small, consistent actions create lasting change.

March represents transition and momentum. Start small, stay consistent and use available community resources to support your physical and emotional well-being. Wellness is not perfection, it is progress.

Contact the [Health Promotion and Wellness office](#) at your installation for resources, tools and training to support your wellness journey.



GOOD NEWS!



CNRMA Hosts Their Annual Retiree Summit

The Commander, Navy Region Mid-Atlantic (CNRMA) Fleet and Family Support Program, in partnership with the Morale, Welfare and Recreation (MWR) program, hosted its annual retiree summit on January 16 at Joint Expeditionary Base Little Creek-Fort Story, Va.

The event drew nearly 300 military retirees, active-duty personnel transitioning to retirement, family members and surviving spouses. It featured an MWR expo, a health and career fair and a resource fair with various veteran service organizations and healthcare representatives.

A virtual summit was held from January 26-30 and included 10 webinars from agencies such as TRICARE, the Department of Veterans Affairs, and the Social Security Administration. More than 240 people attended the virtual sessions.

According to organizers, the program's retiree resources webpage has received more than 2,100 views since Sept. 1, 2025.

Visit the [CNRMA Navy Life webpage](#) to view recordings of these sessions.



Special Thanks to this Month's Contributors:

- Antonella DeLuca, CNIC Family Housing Operations Program
- Melissa Nauss, NDW Fleet and Family Support Program
- Douglas Morfeld, CNRMA Fleet and Family Support Program
- Linda Williams, CNIC Fleet and Family Support Program
- Fran Jackson, CNIC Fleet and Family Support Program
- Marisa Keeler, CNIC Fleet and Family Support Program
- Kathy Vi, CNIC Fleet and Family Support Program
- Tim McGough, CNIC Fleet and Family Support Program



YOUR *Virtual* FFSC WEBINAR SCHEDULE

We have webinars scheduled to suit time zones around the world!

Visit MyNavyFamily.com, select a topic, and view available sessions with times automatically converted to your local time.

EMPLOYMENT

AI Resume Building - A Paradigm Shift	3/4/26	9:00 AM EST	6:00 AM PST	Want more? Click on Employment for dates and times for: <ul style="list-style-type: none"> • Becoming Federal Resume Savvy • Job Search Hacks • Mastering the Modern Resume • Mastering Virtual Interviews
The Road to Remote Job Success	3/4/26	1:00 PM EST	10:00 AM PST	
Leveraging AI for Your 2026 Job Search	3/6/26	9:00 AM EST	6:00 AM PST	
AI Prompt Engineering: From Idea to Output	3/11/26	9:00 AM EDT	6:00 AM PDT	
USAJOBS 2026	3/13/26	9:00 AM EDT	6:00 AM PDT	
Power Up Your Resume for Remote Jobs	3/18/26	1:00 PM EDT	10:00 AM PDT	

PARENTING

Raising Siblings	3/11/26	12:00 PM EDT	9:00 AM PDT	Join us for these webinars offered several times throughout the month: <ul style="list-style-type: none"> • Helping Kids Thrive Through Change • Nine Steps to Positive Parenting
What About the Kids	3/19/26	1:00 PM EDT	10:00 AM PDT	

MENTAL WELL-BEING

Child Abuse and Neglect: Identification and Reporting	3/3/26	4:00 PM EST	1:00 PM PST
Suicide Prevention	3/3/26	4:00 PM EST	1:00 PM PST
What is Stalking and How it's Changing in a Digital Age	3/5/26	10:00 AM EST	7:00 AM PST
Problematic Sexual Behavior in Youth and Children	3/9/26	1:00 PM EDT	10:00 AM PDT
Child Abuse Prevention	3/18/26	2:00 PM EDT	11:00 AM PDT
Safety Transfers and Transitional Compensation for Abused Dependents	3/26/26	10:00 AM EDT	7:00 AM PDT



NAVY LIFE

Mission Start: Military Spouse Orientation 101	3/4/26	12:00 PM EST	9:00 AM PST	Click Navy Life for webinars like: <ul style="list-style-type: none"> • Navy Family Connection • Family Operations Security made Easy and more
Mission Start: Military Spouse Orientation 101	3/18/26	12:00 PM EDT	9:00 AM PDT	

PERSONAL GROWTH

 Organize Your Life	3/4/36		2:00 PM EST	11:00 AM PST
Effective Communication	3/5/26		3:00 PM EST	12:00 PM PST

TRANSITION

TAP for Leadership - Understanding the TAP Process and requirements	3/25/26	5:00 PM EDT	2:00 AM PDT	Click on Transition for webinars like Skillbridge Simplified and more
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- 1 Go to MyNavyFamily.com to log in or create a free account.
- 2 Select the category on the home page, then select your webinar.
- 3 Confirm the start time and click "Enroll Me."

The FFSC LMS also has comprehensive resources like New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse library.

PERSONAL FINANCIAL MANAGEMENT

Million Dollar Sailor Day 1	3/3/26	8:00 AM EST	5:00 AM PST	Click Personal Financial Management for webinars on: <ul style="list-style-type: none"> • Booties & Budgets: Welcoming Your First Child and Baby-Proofing Your Finances • Command Your Credit • Emergency Financial Preparedness and more!
Million Dollar Sailor Day 2	3/4/26	8:00 AM EST	5:00 AM PST	
Now I'm the Landlord	3/19/26	1:00 PM EDT	10:00 AM PDT	
Let's Get Financially Fit	3/20/26	10:00 AM EDT	7:00 AM PDT	



RELOCATION

Click the Relocation category for Calming Cultural Shock, Planning the Perfect PCS, Stepping up Support: Sponsorship Training, and The PCS Process — all offered several times throughout March for your convenience!

Smooth Move **3/25/26** 1:00 PM EDT 10:00 AM PDT

EFMP - EXCEPTIONAL FAMILY MEMBER PROGRAM

The Road Ahead: Special Needs Future Planning	3/5/26	11:00 AM EST	8:00 AM PST
Intro to the Exceptional Family Member Program	3/10/26	10:00 AM EDT	7:00 AM PDT
Burnout: Restoring Balance for the EFMP Family	3/25/26	1:00 PM EDT	10:00 AM PDT
Personalized Pathway, Your Compass to a Robust IEP	3/31/26	1:00 PM EDT	10:00 AM PDT



RESILIENCE

Understanding Anger	3/10/26	10:00 AM EDT	7:00 AM PDT	Click Resilience for webinars on: <ul style="list-style-type: none"> • Bounce Back Better • Run Resilience • Mission Ready, Mentally Strong
Stress Management	3/10/26 3/24/26	10:00 AM EDT	7:00 AM PDT	
Stoicism Principles and Stress Management	3/20/26	10:00 AM EDT	7:00 AM PDT	

DEPLOYMENT SUPPORT

IA Deployment	3/18/26	4:00 PM EDT	1:00 PM PDT
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**VIRTUAL
WORK and
FAMILY LIFE
PROGRAM**



Book a Free 1:1 Consultation with a team member today!