

NETWORK NEWS

UPCOMING EVENTS:

APR. 02 | Research and Tools for Supporting Military Transitions
11:00 am - 12:00 pm ET

APR. 10 | Autism: Screening, Diagnosis & Support
11:00 am - 12:30 pm ET

APR. 19 | Home is Where Your Heart Is | Kids Serve Too Series
11:00 am - 12:30 pm ET

APR. 23 | Air Force Nutrition Initiatives
11:00 am - 12:00 pm ET

MAY 15 | Understanding Professional Boundaries
11:00 am - 12:00 pm ET

Making the Most of MFLN's Programming

Did you know?

MFLN participants earned over 9,100 continuing education credits during 2018, and nearly half of those credits were earned through archived webinars. We are pleased to be able to offer recordings of all our programming so that no matter your time zone or your schedule, you can still take advantage of our free professional development opportunities. If you can't make it to a live event, be sure to watch the recording and earn continuing education credits at your convenience! Or, use the recordings in ways that make sense for you:

- A "group training" for your department or agency
- Organize your own "lunch and learn" and discuss a webinar while connecting with your colleagues
- Create a webinar "playlist" of programming addressing essentials for new employees, or of enduring key concepts to share with colleagues

MFLN currently offers continuing education credits from the following organizations:

- Association for Financial Counseling & Planning Education (AFCPE)
- FinCert (Center for Financial Counseling)
- Commission on Dietetic Registration
- Commission for Case Manager Certification
- University of Texas at Austin Steve Hicks School of Social Work
- Early Intervention Training Program at the University of Illinois
- Behavior Analyst Certification Board (live events only)

Specific information on how to obtain continuing education credits can be found on the event page for the programming in which you are interested. You can view all of our upcoming live events and archived events in the link below.

MilitaryFamiliesLearningNetwork.org/mfln-events/

Thank you for learning and growing with us in 2018! We hope 2019 will be just as productive for you as it has been for us. As always, please let us know how we can continue to serve you and help meet your professional development needs. You can respond to this or any of our blog posts, email us at milfamln@gmail.org or brigit2@vt.edu, and/or provide evaluation feedback for any of our events (details on event pages).

Please stay tuned for information on MFLN's third annual virtual conference, scheduled for late September. The virtual conference is an opportunity for professionals in all fields to come together to learn about and engage in an issue pertinent to all service providers and educators serving military families. You will have opportunities to connect with professionals in your field and many others, and share your practical knowledge and experiences working with military service members and their families. More information will be available in the coming weeks!

Webinar Feedback

"Thank you for this very useful information! I receive referrals from the neurologist I work with for B12 deficiency often and I feel much better prepared to address these concerns."

[Clinical Insight Into Vitamin B12](#)

"This webinar was very interesting and informative, non-stop with information, I loved it."

"Lots of fun with the relaxed format of the presenter. Refreshing. New tax insight. Thanks."

[Tax Cuts and Jobs Act of 2017](#)

"This was a valuable presentation with evidence-based information, very relevant in our work with veterans and their families."

[How to Better Connect with and Influence Others](#)

[NEWSBITES]



Timeline of Emotions: The Challenges of Military Families Experiencing Deployment

Deployments are a trying time for military families and each member of the family will face unique challenges throughout the cycle of deployment. Take a look at the different phases military families can expect to go through and how service professionals might help them cope.

Ketogenic Diets: The Silver Bullet for Weight-Loss?

Keto is in! The newest low-carbohydrate craze is the magic pill that will rescue all of our weight-loss efforts! Or will it? While weight loss can be achieved with this diet in the short-term it important to know what the long-term consequences are so that you can make an informed decision.

Resource Discovery: Sesame Street in Communities

Talking to kids about tough topics can be daunting for parents, caregivers, and helping professionals. Sometimes we worry that talking about a tough issue will make it even more traumatic for the child. Fortunately Sesame Street in Communities is there to help! This online resource is a great place to collect activities, storybooks and tools to help you when you're having a hard time talking to kids. Learn more about this resource!

Supporting Children with Autism Through Their Day

The Early Intervention concentration area has a new webinar series focusing on supporting young children with autism and their families. Join us for this four-part series that will take you through important steps in the lives of families of children with autism and related disorders.

Anchored | Episode 7 The Journey from Military to Civilian Life

Life is full of transitions and change for all of us, but are especially prominent for our military service members and their families. The transition from civilian to military life when joining the military and then the transition back again after retirement can have its own unique challenges. This podcast features one man's story of his transitional journeys into the military and then out of the military through retirement and the ways in which he navigated through them.

[Listen to this podcast episode.](#)

Podcast Series:



Mastering the art of balancing work and life's stressors can be an elusive task for us all. The phrase, "keep calm and carry on," isn't always easy. In this podcast series the narrator provides mindfulness tactics intended to help you discover and observe your reactions to life's stressors and provide tools for responding effectively.

[Listen to this series.](#)

Community Capacity Building Podcast Series

The Community Capacity Building podcast collection features stories of programs and practitioners that are working to build capacity in their communities. The programs that we feature on this podcast are meant to serve as a model for others looking to build capacity in their community.

[Listen to this podcast series.](#)



MILITARY FAMILIES
LEARNING NETWORK