

Resilience Education

2012 Class Dates

Stress Management (0830-1600)

10 Jan | 24 Jan | 14 Feb | 28 Feb | 13 Mar | 27 Mar | 10 Apr | 24 Apr
8 May | 22 May | 5 Jun | 19 Jun | 10 Jul | 24 Jul | 7 Aug | 21 Aug
11 Sep | 25 Sep | 2 Oct | 23 Oct | 6 Nov | 27 Nov | 11 Dec

Anger Management (0830-1600)

11 Jan | 25 Jan | 15 Feb | 29 Feb | 14 Mar | 28 Mar | 11 Apr
25 Apr | 9 May | 23 May | 6 Jun | 20 Jun | 11 Jul | 25 Jul | 8 Aug
22 Aug | 12 Sep | 26 Sep | 3 Oct | 24 Oct | 7 Nov | 28 Nov | 12 Dec

How to Avoid Falling for a Jerkette (Jerk) (0830-1600)

8 Feb | 4 Apr | 11 Jun | 13 Aug | 10 Oct | 19 Dec

Suicide Prevention and Awareness for Families

10 Feb (1300-1500) | 18 Apr (0900-1100) | 07 Jun (1830-2030)
09 Aug (0900-1100) | 18 Oct (1300-1500) | 06 Dec (1830-2030)

Prime for Life for Leaders (0800-1200)

(Substance Abuse Prevention for Non-Commissioned Officers & above)

12 Jan | 8 Mar | 10 May | 12 Jul | 6 Sep | 8 Nov

Prime for Life (Alcohol Abuse Prevention) (0830-1600)

26 Jan | 16 Feb | 29 Mar | 26 Apr | 24 May | 21 Jun
26 Jul | 23 Aug | 27 Sep | 25 Oct | 29 Nov | 13 Dec

Call to register and get class location.

FREE WORKSHOPS - Open to all authorized ID Cardholders

REGISTRATION: 910.451.2865

www.mccslejeune.com/health

Resilience Education



WE'RE PROUD TO SERVE YOU