

presents:

“Beyond the Brief”

...The Rest of the Story

6-week **SPRING** Series of Resiliency Workshops

- 1 Feb** Strong Families and How They are Developed
- 8 Feb** Safe and Sound at Home
- 15 Feb** Understanding the Money
- 22 Feb** Casualty Assistance – The Process
- 29 Feb** Self-Defense 101
- 7 Mar** Juggling During Deployment – Quick & Easy Stress-Relieving Ideas

Relaxed, Interactive, Informative

(910) 451-0176 | MCFTB Office LC 4012A, Butler Dr., Midway Park
Wednesdays 1830-2030 • mccslejeune.com/mcftb

Free childcare is available. You MUST contact CDC to register, 451-2672/2673.