

TEAM BUILDING WORKSHOP CALENDAR

FEBRUARY

TUESDAY 6

PASSPORT TO VOLUNTEERING

9:00 am - Learn how to be a volunteer and be an important part of our community.

STRONG MILITARY COUPLES

5:00 pm - This workshop provides a fun forum for couples to address the effect of reintegration on a relationship after a deployment. Get the necessary communication tools and resources to strengthen your relationship.

THURSDAY 8

L.I.N.K.S. FOR SPOUSES

9:00 am - Lifestyle insights, networking and knowledge skills for today's military spouse.

TUESDAY 13

HOW TO GROW HEALTHY BLENDED FAMILIES

6:00 pm - This workshop is designed to help service members and their families gain a better understanding of the common and practical issues they face daily. Get tips on how to nurture and enrich your blended family.

THURSDAY 15

FAMILY READINESS ADVISOR/ASSISTANCE TRAINING

9:00 am - Want to be a vital part of a unit? Let us give you the tools to become a unit volunteer.

WEDNESDAY 21

5 LOVE LANGUAGES

5:00 pm - Based on the best-selling book, 5 Love Languages by Gary Chapman, this workshop allows you to explore your language of love and learn to communicate your partner's love language. Spouses and partners are encouraged to attend.



THURSDAY 22

INTERPERSONAL COMMUNICATION "HAVE A HEART"

5:00 pm - A preventative workshop to use more effective communication skills to further promote healthy relationships.

TO ATTEND CLASSES/WORKSHOPS, PLEASE CALL AHEAD TO REGISTER.

TEAM BUILDING ADMIN: 760.830.3110

L.I.N.K.S. TRAINING: 760.830.1696

READINESS & DEPLOYMENT SUPPORT TRAINER: 760.830.3674

FAMILY READINESS PROGRAM TRAINER: 760.830.4163

LIFESKILLS TRAINER: 760.830.3115



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