

TEAM BUILDING WORKSHOP CALENDAR

# JANUARY

TUESDAY 9

## PASSPORT TO VOLUNTEERING

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

WEDNESDAY 10

## SAFE & SOUND

9:00 am - Stay Safe. Learn personal safety tips for both in and out of your home.

## TUESDAY 16 & WEDNESDAY 17

### L.I.N.K.S. FOR SPOUSES PART 1 & 2

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

TUESDAY 23

## 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 24

## READINESS BINDER CLASS

1:00 pm - Preparedness is key to being mission ready! Create your own binder to support organized and prepared.

THURSDAY 25

## AGING PARENTS & ELDER CARE

8:30 am - Sign up for this workshop to learn how to take care of those who took care of you.

## SELF-CARE WORKSHOP

10:00 am - Join us for this workshop where you will surely find rest, relaxation, and revival. Taking care of your family starts with you!



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

FAMILY READINESS PROGRAM TRAINER:  
760.830.4163

LIFESKILLS TRAINER: 760.830.3115

SUPPORT TRAINER: 760.830.3674



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