

# Wake Up With LIFESKILLS

**VILLAGE CENTER, BLDG. 1551, RM25**

Brush up on your communication skills, learn more about yourself and others, and be more safety conscious with our Wednesday workshops! Each class includes a craft component for participants to take home.

## OCTOBER

- 03** 9:30 - 10:30 am  
Social Networking Safety and Me
- 10** 10:30 am - 12:30 pm  
Keys to Building Lasting Relationships
- 17** 9:30 - 10:30 am  
Earthquake! Emergency Prep
- 24** 9:30 - 10:30 am  
Blocked Perspective -  
Communicating with Barriers
- 31** 9:30 - 11:30 am  
Healthy Blended Families

## NOVEMBER

- 07** 9:30 - 11:30 am  
Manage Your Holiday Stress
- 14** 9:30 - 11:30 am  
4 Lenses - Temperament Discovery
- 28** 9:30 - 11:30 am  
What I Said Was...  
Interpersonal Communication

Be sure to register by calling 830-3110/3115  
or email [mcftb29@gmail.com](mailto:mcftb29@gmail.com).

OPEN TO ALL AUTHORIZED PATRONS.

[mccs29palms.com](http://mccs29palms.com)

**MARINE & Family**  
Marine Corps Family  
Team Building

