



FOCUS Spring Skill Building Schedule

Getting Your Word Heard

Mon., April 12th: 10:00a.m. - 11:30 a.m.
Wed., April 21st: 6 - 7:30 p.m.

Keeping Your Family on Target

Mon., May 10th: 9:30 a.m. - 11:00 a.m.
Wed., May 19th: 6 - 7:30 p.m.

Problem Solving is a SNAP

Mon., June 7th: 10:30 a.m. - Noon
Tues., June 15th: 6 - 7:30 p.m.



Workshops are designed for service members, spouses and community members.

Individuals develop strategies to effectively prepare for deployment, manage deployment reminders and plan for successful reunions. FOCUS does this by educating participants and training them to recognize their own reactions to events, set goals, do problem solving around obstacles and practice listening skills to better manage relationships with those they love.

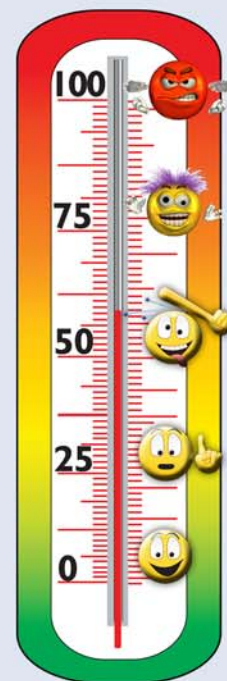
"We'll even come to you!" Call us for your next unit brief or family event!

**Refreshments will be served.
Childcare is available with 72 hour advance notice.
Village Center Training Rm. #25**



**To sign up or for more information, please call
760.830.3818**

FEELING



THERMOMETER

Know your zone!

When stress builds, tolerance usually lowers. It is important to know the zone you are in so you can make the change.

"We provide a support network during all stages of deployment."



F*O*C*U*S

www.focusproject.org