

## MFLC Presentation Schedule

June 2020

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Event</u>
Monday	6/01	0900 1100 1300 1500	Presentation: Building Resiliency in Children Support Group for Parents Presentation: Making Stress Work for You Support Group for Couples
Tuesday	6/02	1100 1300 1500	Presentation: Communication for Couples Support Group for the Single Service Member Presentation: Three "C's" of Communication
Wednesday	6/03	0900 1100 1300 1500	Support Group for Parents Presentation: Building Resiliency in Children Support Group for Couples Presentation: Making Stress Work for You
Thursday	6/04	0900 1100 1300 1500	Support Group for the Single Service Member Presentation: Communication for Couples Support Group for Parents Presentation: Three "C's" of Communication
Friday	6/05	0900 1100 1300	Support Group for Couples Presentation: Building Resiliency in Children Support Group for the Single Service Member
Monday	6/08	0900 1100 1300 1500	Presentation: Conflict Resolution Support Group for Parents Presentation: Healthy Relationship Skills for Singles Support Group for Couples
Tuesday	6/09	1100 1300 1500	Presentation: Parenting Skills for the Single Service Member Support Group for the Single Service Member Presentation: Principles for Healthy Relationships
Wednesday	6/10	0900 1100 1300 1500	Support Group for Parents Presentation: Conflict Resolution Support Group for Couples Presentation: Healthy Relationship Skills for Singles
Thursday	6/11	0900 1100 1300 1500	Support Group for the Single Service Member Presentation: Parenting Skills for the Single Svc Mbr Support Group for Parents Presentation: Principles for Healthy Relationships

Friday	6/12	0900 1100 1300	Support Group for Couples Presentation: Conflict Resolution Support Group for the Single Service Member
Monday	6/15	0900 1100 1300 1500	Presentation: Building Resiliency in Children Support Group for Parents Presentation: Making Stress Work for You Support Group for Couples
Tuesday	6/16	1100 1300 1500	Presentation: Communication for Couples Support Group for the Single Service Member Presentation: Three "C's" of Communication
Wednesday	6/17	0900 1100 1300 1500	Support Group for Parents Presentation: Building Resiliency in Children Support Group for Couples Presentation: Making Stress Work for You
Thursday	6/18	0900 1100 1300 1500	Support Group for the Single Service Member Presentation: Communication for Couples Support Group for Parents Presentation: Three "C's" of Communication
Friday	6/19	0900 1100 1300	Support Group for Couples Presentation: Building Resiliency in Children Support Group for the Single Service Member
Monday	6/22	0900 1100 1300 1500	Presentation: Conflict Resolution Support Group for Parents Presentation: Healthy Relationship Skills for Singles Support Group for Couples
Tuesday	6/23	1100 1300 1500	Presentation: Parenting Skills for the Single Service Member Support Group for the Single Service Member Presentation: Principles for Healthy Relationships
Wednesday	6/24	0900 1100 1300 1500	Support Group for Parents Presentation: Conflict Resolution Support Group for Couples Presentation: Healthy Relationship Skills for Singles
Thursday	6/25	0900 1100 1300 1500	Support Group for the Single Service Member Presentation: Parenting Skills for the Single Svc Mbr Support Group for Parents Presentation: Principles for Healthy Relationships
Friday	6/26	0900	Support Group for Couples

		1100	Presentation: Conflict Resolution
		1300	Support Group for the Single Service Member
Monday	6/29	0900	Presentation: Building Resiliency in Children
		1100	Support Group for Parents
		1300	Presentation: Making Stress Work for You
		1500	Support Group for Couples
Tuesday	6/30	1100	Presentation: Communication for Couples
		1300	Support Group for the Single Service Member
		1500	Presentation: Three "C's" of Communication

### Course Descriptions

#### **Building Resiliency in Children**

This group will review the characteristics of resilient children and the methods for building resiliency during deployment and other difficult times.

#### **Conflict Resolution**

This presentation seeks to teach participants how to deal with and resolve conflict, particularly in the workplace.

#### **Communication for Couples**

Participants in this presentation will learn to create and maintain a healthy marriage through the development of communication skills, conflict resolution strategies and personal boundaries.

#### **Healthy Relationship Skills for the Single Service Member**

This presentation teaches single people how to prepare for a relationship. Objectives include clarifying one's expectations and priorities in a relationship, choosing the right person to enter a relationship with, understanding the right reasons for entering a long-term relationship, and practicing strategies for choosing and developing a healthy relationship.

#### **Making Stress Work For You**

A discussion about different kinds of stress and how to increase one's stress resiliency.

#### **Parenting Skills for the Single Service Member**

This presentation's goal is to help single military parents develop effective parenting skills and to offer a forum to discuss parenting issues from the very unique & challenging perspective of a single parent.

### **Principles for Healthy Relationships**

Participants will learn about the components of a healthy relationship/marriage and develop tools to create and maintain a healthy relationship/marriage.

### **Support Group for Couples**

This group will offer couples the opportunity share their frustrations and to from other couples about what works and what doesn't work in a relationship.

### **Support Group for Parents**

This group will offer parents to connect with other parents for support, guidance and the sharing of information regarding the challenges of child under varying circumstances.

### **Support Group for the Single Service Member**

This group will offer single service members the opportunity to share experiences, frustrations and ideas with other singles during changing times.

### **Three "Cs" of Communication**

This presentation seeks to help participants improve verbal and nonverbal communication through the use of the "Three C's" (communication, collaboration and commitment).