



IN-PERSON

REACH for SPOUSES

RESOURCES EXIST, ASKING CAN HELP



OR VIRTUAL



REGISTER HERE



This is a 90-minute small group discussion with other military spouses where you will learn to confront barriers to care, connect with supportive resources, and practice seeking help. You will learn about the importance to self-care not just for yourself, but also for your Service member.

- 05 Mar 1000-1130 MCAS Bldg. 3012 CCP Conf. Room
- 07 May 1000-1130 MCAS Bldg. 3012 CCP Conf. Room + Virtual Hybrid MS TEAMS
- 02 Jul 1000-1130 MCAS Bldg. 3012 CCP Conf. Room + Virtual Hybrid MS TEAMS
- 03 Sep 1000-1130 MCAS Bldg. 3012 CCP Conf. Room + Virtual Hybrid MS TEAMS
- 05 Nov 1000-1130 MCAS Bldg. 3012 CCP Conf. Room + Virtual Hybrid MS TEAMS



For more information:
Community Counseling Program
843-228-6562

