IN-PERSON

REACH for SPOUSES
RESOURCES EXIST, ASKING CAN HELP

OR VIRTUAL

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