



VIRTUAL

REACH for SPOUSES

RESOURCES EXIST, ASKING CAN HELP

FOR ERR

REGISTER HERE



21 OCTOBER
6:00-7:30 pm EST
MS TEAMS (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.

MARINE &
Family

For more information:
Community Counseling Program
843-228-6562/2044

MCSCS
SOUTH CAROLINA