



REACH for SPOUSES

RESOURCES EXIST, ASKING CAN HELP

REGISTER HERE



- 02 Apr 1000-1130
- 04 Jun 1000-1130
- 06 Aug 1000-1130
- 01 Oct 1000-1130
- 03 Dec 1000-1130

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.

MCRD Parris Island
Above Navy Federal Credit Union
Room 203



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

