

### October Events

1. Friday, October 1st, Family Care Plan, 2:00pm-3:00pm, Bldg. 598
2. Tuesday, October 5th, FR Advisor/Assistant Training, 8:30am-10:30am, Bldg. 598
3. Tuesday, October 5th, PII/OPSEC Training, 10:30am-11:30am, Bldg. 598
4. Tuesday, October 5th, Belle of the Ball Dress Give-Away, 3:30pm-6:30pm, Bldg. 598
5. Wednesday, October 6th, Belle of the Ball Dress Give-Away, 9:00am-1:00pm, Bldg. 598
6. Wednesday, October 6th, Real Relationships, 1:00pm-4:00pm, Bldg. 598 – Classroom 1
7. Thursday, October 7th, Quarterly Installation M&FP Committee Meeting, Bldg. 693
8. Thursday, October 7th, Four Lenses, 1:00pm-2:30pm, Bldg. 598
9. Friday, October 8th, Belle of the Ball Dress Give-Away, 9:00am-4:00pm, Bldg. 598
10. Wednesday, October 13th, L.I.N.K.S. for Couples & Spouses, 9:00am-4:30pm, Bldg. 598
11. Friday, October 15th, Volunteer Ready, 1:00pm-4:00pm, Bldg. 598
12. Monday-Thursday, October 18th-21st, DRC/URC Training, 8:30am-3:30pm, Bldg. 598
13. Wednesday, October 20th, Station Welcome Aboard Brief, 8:00am-11:00am, Sonoran Pueblo
14. Wednesday, October 20th, L.I.N.K.S. for Marines, 1:00pm-4:00pm, MAG-13 University
15. Tuesday, October 26th, PREP: 6 Hours to a Successful Relationship, 9:00am-4:00pm, Bldg. 598

### November Events

1. Monday, November 1st, Family Care Plan, 2:00pm-3:00pm, Bldg. 598
2. Tuesday, November 2nd, FR Advisor/Assistant Training, 8:30am-10:30am, Bldg. 598
3. Tuesday, November 2nd, PII/OPSEC Training, 10:30am-11:30am, Bldg. 598
4. Tuesday & Wednesday, November 2nd & 3rd, L.I.N.K.S. for Couples & Spouses, 5:00pm-8:30pm, Bldg. 598
5. Thursday, November 4th, FR DRC/URC Round Table Meeting, 8:30am-9:30am, Bldg. 598
6. Thursday, November 4th, Basic Stress Management, 1:00pm-2:30pm, Bldg. 598
7. Wednesday, November 17th, Station Welcome Aboard Brief, 8:00am-11:00am, Sonoran Pueblo
8. Wednesday, November 17th, L.I.N.K.S. for Marines, 1:00pm-4:00pm, MAG-13 University
9. Monday, November 22nd, Basic Stress Management, 9:00am-10:30am, Adobe Connect

### Don't See A Class? Such as...

- Real Relationships
- 5 Love Languages
- Basic Anger Management
- Basic Stress Management
- Conflict Management
- Inner Balance
- Four Lenses
- Bridging the Generation Gap
- Say What? (Interpersonal Communication)
- Attitude and Actions
- Volunteer Management
- And more

### Call us! We can pre-register you and/or help you with dates for future classes.

- Rita Graham Office No. 269-6544
- Stephanie Contreras Office No. 269-6550
- Tim Longbrake Office No. 269-6503

**Stop by Bldg. 598, anytime!** We are next to the commissary – pop in!

\*For any and all service accommodation requests, please contact MCFTB at your earliest convenience\*

Updated 09.24.21 ~SC