OCTOBER

WORKSHOPS

For more information regarding our workshops, visit the Fleet & Family Support Center in the Community Services Bldg., 456, 3rd FL, or contact us at 901-874-5075

Monday—Friday
7:30a.m.—4:00p.m.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	9:00a.m11:00a.m. Stress Resiliency	3	4
5	6 8:00a.m4:00p.m.	7 8:00a.m4:00p.m. TAP 1:00p.m-3:00p.m. Mindfulness & Meditation 3:00p.m4:00p.m Body Safety from the Start (CDC)	8 8:00a.m4:00p.m. TAP 2:00p.m3:00p.m. Budget Your Way Out of Debt	9 8:00a.m4:00p.m. TAP	10	11
12	13 FFSC CLOSED	3:00p.m4:00p.m Body Safety from the Start (CDC)	8:00a.m4:00p.m. DoL My Vocational (C2E) 9:00a.m12:00p.m. Pain Free Resume Writing	16 8:00a.m4:00p.m. DoL My Vocational (C2E)	17	18
19	20	21 10:00a.m11:00a.m. EFMP POC Training 1:00p.m3:00p.m. The ART of the Interview 3:00p.m4:00p.m Body Safety from the Start (CDC)	8:30a.m11:30a.m. 10 Steps to a Federal Resume 2:00p.m3:00p.m. Navigating Elder Veteran Care	11:00a.m 1:00p.m. Healthy Relationships Fair	24	25
26	27 8:00a.m4:00p.m. Million Dollar \$ailor	28 8:00a.m4:00p.m. Million Dollar \$ailor 3:00p.m4:00p.m Body Safety from the Start	8:00a.m4:00p.m. CFS Training	30 8:00a.m4:00p.m. CFS Training	31 8:00a.m4:00p.m. CFS Training	