MFLC PRESENTATION SCHEDULE
Presentations Are Open To All Military Family Parents and Caregivers

Meeting Information:
Tuesdays, 1300-1400
Meeting ID: 976 2331 6952
Password: 745015

Click Here: https://magellanhealth.zoom.us/j/97623316952?pwd=V2cyQ2k5TjR2dUszenRScVBFOH1Ldz09
Or Call: (253) 215-8782 or (301) 715-8592

APRIL 28TH
Trauma & Children: A Guide for Helping Children Manage Traumatic Events
Presenter: Michelle Reeves, MFLC
(253) 329-6598
A helpful guide for a time of distress, join us as we discuss the affects of trauma on children and adolescents. We will discuss coping strategies that may be useful.

MAY 5TH
Life in Balance: Relaxation and Stress Relief
Presenter: Loretta Crawford, Healthy Steps
(253) 455-4192
In this presentation we will learn how to identify our stressors, and how to reduce stress. By learning ways to manage stress we can live healthier, happier, and more balanced lives.

MAY 12TH
Parent/Child Communication
Presenter: Valli Rebsamen, MFLC
(253) 363-5600
In this presentation we will identify strategies to improve communication between adults and youth of all ages. This is a valuable discussion while under stay at home orders.

MAY 19TH
Parenting Teens During Covid-19
Presenter: MFLC’s Tej West, Darci Jones & Kristine Lane
(253) 329-6375
As families are faced with difficulties during the Covid-19 shut down, find help as we present parenting suggestions that may be helpful in the midst of this challenging situation.

MAY 26TH
Building Resiliency in Children
Presenter: Phebe Brako-Owusu, MFLC
(253) 363-0874
This presentation will focus on what it means to be resilient and how to build resiliency in children, especially during the deployment cycle and times of change.

JUNE 2ND
Three C's of Communication
Presenter: Astrik Price, MFLC
(253) 329-6629
This presentation discusses healthy communication techniques for parenting, deployment, or just daily life. Participants will learn the "Three C's of Communication," as well as aspects of verbal and non-verbal communication.

ZOOM ACCOUNT IS DOD APPROVED AND HIPPA COMPLIANT
All WA CYB MFLC's at Joint Base Lewis-McChord and Fairchild Air Force Base are available for telephonic and video counseling for military individuals and families. All counseling is FREE.