

# MFLC PRESENTATION SCHEDULE

Presentations Are Open To All Military Family Parents and Caregivers

## Meeting Information:

Tuesdays, 1300-1400

Click Here: [https://magellanhealth.zoom.us/j/97623316952?](https://magellanhealth.zoom.us/j/97623316952?pwd=V2cyQ2k5TjR2dUszenRSscVBFOHILdz09)

Meeting ID: 976 2331 6952

[pwd=V2cyQ2k5TjR2dUszenRSscVBFOHILdz09](https://magellanhealth.zoom.us/j/97623316952?pwd=V2cyQ2k5TjR2dUszenRSscVBFOHILdz09)

Password : 745015

Or Call: (253) 215-8782 or (301) 715-8592

APRIL 28<sup>TH</sup>

**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 5<sup>TH</sup>

**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 12<sup>TH</sup>

**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 19<sup>TH</sup>

**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 26<sup>TH</sup>

**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 2<sup>ND</sup>

**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.