



# December 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1.	2. Anger Management Counseling Services North Bldg. 520512 0800-1100	3. Stress Management Class San Luis Rey MCFTB Family Readiness Center Bldg.1795 0830-1000	4. Combat/Operational Stress Workshop Counseling Services Bldg. 1122 0730-1130	5.
6.	7.	8.	9.	10. POWER Workshop Counseling Services Bldg. 1122 0800-1200 ***** Anger Management San Luis Rey MCFTB Family Readiness Center Bldg. 1795 0830-1130 ***** Women in Relationships Workshop Counseling Services Bldg. 1122 1230-1630	11. Combat/Operational Stress Workshop Counseling Services Bldg. 1122 0730-1130	12.
13.	14.	15.	16. Stress Management & Communication Techniques Counseling Services North Bldg.520512 0800-1000	17. Communication & Conflict Resolution Skills San Luis Rey MCFTB Family Readiness Center Bldg. 1795 0830-1030	18. Combat/Operational Stress Workshop Counseling Services Bldg. 1122 0730-1130	19.
20.	21.	22.	23.	24.	25. CHRISTMAS 	26.
27.	28.	29.	30.	31.		

**Counseling Services, Prevention & Education**  
**Call 725-6636 or 763-6938 to register for classes**