







# October 2009

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

**Counseling Services, Prevention & Education**  
**Call 725-6636 or 763-6938**