



# Power Hour

Support Group for Military Spouses with a disability or illness

Beginning April 23<sup>rd</sup>, we will meet on the 4<sup>th</sup> Thursday of every month

at the Stuart Mesa Child Development Center.

6:30 – 7:30 pm

This group will follow a structured format featuring:

- Guest speakers
- Question & discussion time
- Moral support

So get ready to relax, meet new people and get support from other spouses!

Please note that there is no childcare available for these meetings. You are encouraged to use your respite care for these events. If you need further assistance in finding childcare, please contact Christina Butler at 760-763-0868.

Any information provided by guest speakers is offered for information purposes only and is not necessarily endorsed by EFMP.