LIFE SKILLS WORKSHOPS

The Steven A Cohen Military Family Clinic at Family Endeavors will be offering weekly classes. Additionally, each month we will spotlight an important topic among our Veteran population and offer Saturday workshops on those topics. Anyone interested in attending, please register with Kathryn Kantor, Life Skills Enrichment Coordinator at (210) 399-4VET, ext. 384

**Assistance with childcare and transportation is available with RSVP.**

Weekly Workshops

**Tuesdays**

Leaving No Man Behind: Support Group for Men
11:00am-12:00pm
This group provides a safe place for men to share concerns related to the routine of daily living, issues with reintegration and other common issues specific to Veterans.

Reinforcing Strength: Women Supporting Women
1:00pm-2:00pm
Burdens become lighter and easier to manage when we allow others to witness our struggle and encourage us on our way. When women, mothers, sisters and daughters feel understood and supported, entire families and communities can benefit.

Quieting the Inner Turmoil: Techniques for Coping with Anger Effectively
6:00pm-7:30pm
Join this class and learn how to:
• Anticipate your triggers and reactions
• Harness your emotions to decrease upheaval
• Learn effective coping strategies
• Enjoy improved relationships and feel better

**Thursdays**

A Nurturing Approach to Parenting
1:00pm-2:30pm
Join this class and learn to:
• Increase awareness of Parents’ own needs and those of their children
• Enhance empathy and self-esteem
• Promote healthy emotional & physical development through a nurturing, family centered program of activities

When Emotions Run High: Understanding Emotions & Managing Our Reactions
5:00pm-6:00pm
• Identify and Untangle complicated feelings
• Learn techniques to improve emotional control
• Increase positive feelings
• Improve communication and relationships

**Saturday Workshops on other side............**

One Day at a Time: Skills to Prevent Relapse & Move Toward Recovery
11:00am-12:00pm
Learn to:
• Recognize threats to sobriety
• Overcome challenges and habits
• Find and utilize support

Email referrals to info@familyendeavors.org
Call (210) 399-4838 for same day intake
www.familyendeavors.org/MFC
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### Spotlight Saturday Workshops

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<tr>
<th><strong>MAY</strong></th>
<th><strong>SEPTEMBER</strong></th>
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| “Let’s Talk”: Helping Family Members with Trauma  
May 21, 2016  
10:00–1:00pm | From Mental Illness to Recovery: Developing New Meaning and Purpose  
September 3, 2016  
10:00-1:00pm |
| **JUNE** | **OCTOBER** |
| Focus on Finances: Budgeting for Current and Future Goals  
June 4, 2016  
10:00-1:00pm | Creating Conditions for Wellness in the Veteran Community  
October 1, 2016  
10:00-1:00pm |
| Financial Literacy, An Investment for Life  
June 18, 2016  
10:00-1:00pm | Yoga Training and Meditation for Veterans  
October 15, 2016  
10:00-1:00pm |
| **JULY** | **NOVEMBER** |
| Getting Ready For Work: Career Exploration & Job Search Strategies  
July 9, 2016  
10:00-1:00pm | Caring for Caregivers  
November 5, 2016  
10:00-1:00pm |
| Putting your Best Foot Forward: Creating an Effective Resume and Preparing for the Interview  
July 23, 2016  
10:00-1:00pm | Understanding and Avoiding Compassion Fatigue  
November 19, 2016  
10:00-1:00pm |
| **AUGUST** | **DECEMBER** |
| Back to School: Advocating for your Child’s Rights and Accommodations  
August 6, 2016  
10:00-1:00pm | When Holiday Joy Gives Way to Stress  
December 3, 2016  
10:00-1:00pm |
| Back to School: Protecting our Children from Bullies and other Negative Influences at School  
August 20, 2016  
10:00-1:00pm | School’s Out!! Having Fun with Your Kids Without Breaking the Bank  
December 17, 2016  
10:00-1:00pm |