



VIRTUAL

Tuesday, 29 September 2020

CO & WY MilSpouses Resiliency Workshop

All branches and statuses welcome!

**Registration is only \$19.00 for sessions,
books, gifts, resiliency tools, and more...**

Scholarships for Spouses of E-3/below and O-2/below

More info and registration at

<https://MilSpouseStrong.square.site/>

Topics include:

- **Connecting despite COVID**
- **Tools to Combat Stress**
- **Breakout Sessions:**
Employment, Entrepreneurship, New MilSpouses, Non-Profits, Volunteering, Marriage, Faith, Homeschooling (whether you want to or not) Family, Finances, ...and a session for Male Spouses