

REFUEL THE MIND & RELOAD THE HEART



CERTIFIED COUNSELOR, BRIAN CAMERON IS OFFERING ONLINE THERAPY COUNSELING TO OUR NATIONAL GUARD SERVICE MEMBERS. THESE SESSIONS WILL NOT BE NOTED ON ANY MEDICAL RECORDS.

APR 5: ANGER MANAGEMENT FROM COMBAT TO HOME

APR 12: COMMUNICATION AND ASSERTIVENESS TRAINING

APR 19: AT RISK SERVICE MEMBERS- A GUIDE FOR COMMAND

APR 26: COPING WITH CHALLENGES WHILE ON R&R



**MILITARY & FAMILY
LIFE COUNSELING**

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FOR THE ZOOM MEETING INFO.**