

# Refuel the Mind & Reload the Heart



Online training for National Guard Service Members to enhance emotional intelligence and key leadership skills. Every Wednesday at 1200.

**APR 5:** Anger Management from Combat to Home

**APR 12:** Communication and Assertiveness Training

(This session will take place at 1800.)

**APR 19:** At Risk Service Members- a Guide for Command

**APR 26:** Coping with Challenges While on R&R



**MILITARY & FAMILY  
LIFE COUNSELING**

**Please scan the QR code for the  
Zoom meeting Info.**