

STRESS DURING THE HOLIDAYS



November: 14th, 2012

9:30-10:30 am & 11:30-12:30 pm

Location: ACS Classroom, bldg 119.

This presentation addresses both normal stressors and those that are specific to the military lifestyle and offers effective coping mechanisms to decrease stress and enjoy the holidays. Workshop is given by the Military & Family Life Consultant (MFLC).

For more information about the workshop, contact Clarence Lacy at 973-724-5219 / 7247 or email Clarence.m.lacy.civ@mail.mil.