

# *MRT / Family Resiliency*

## Lunch & Learn

### APRIL-JUNE SCHEDULE

APRIL 4, 2012	<b>Stress management for Family Members and DOD Civilians</b> ACS, Bldg. 119. 1130-1230
<b>April 5, 2012</b>	<b>Spiritual Resiliency: <i>Building Strong relationships/communication</i></b> ACS, Bldg. 119. 1200-1300
<b>April 12, 2012</b>	<b>Spiritual Resiliency: <i>Building Strong relationships/communication</i></b> ACS, Bldg. 119. 1200-1300
<b>April 17, 2012</b>	<b>Hunt for the Good Stuff: Digital Photography Photo Journal</b> ACS, Bldg. 119. 1130-1300
<b>April 26, 2012</b>	<b>Spiritual Resiliency: <i>Building Strong relationships/communication</i></b> ACS, Bldg. 119. 1200-1300
May 2, 2012	<b>Introduction to <i>Resilience and MRT Competencies</i></b> ACS, Bldg. 119. 1130-1230
<b>May 3, 2012</b>	<b>Spiritual Resiliency: <i>Building Strong relationships/communication</i></b> ACS, Bldg. 119. 1200-1300
<b>May 10, 2012</b>	<b>Spiritual Resiliency: <i>Building Strong relationships/communication</i></b> ACS, Bldg. 119. 1200-1300
<b>May 17, 2012</b>	<b>Spiritual Resiliency: <i>Building Strong relationships/communication</i></b> ACS, Bldg. 119. 1200-1300
<b>May 22, 2012</b>	<b>Hunt for the Good Stuff: Digital Photography Photo Journal</b> ACS, Bldg. 119. 1130-1300
<b>May 24, 2012</b>	<b>Spiritual Resiliency: <i>Building Strong relationships/communication</i></b> ACS, Bldg. 119. 1200-1300
<b>May 31, 2012</b>	<b>Spiritual Resiliency: <i>Building Strong relationships/communication</i></b> ACS, Bldg. 119. 1200-1300
<b>June 5, 2012</b>	<b>Time &amp; Energy Management</b> ACS, Bldg. 119. 1130-1230
<b>June 7, 2012</b>	<b>Spiritual Resiliency: <i>Building Strong relationships/communication</i></b> ACS, Bldg. 119. 1200-1300

**June 14, 2012**      **Spiritual Resiliency: *Building Strong relationships/communication***  
ACS, Bldg. 119. 1200-1300

**June 21, 2012**      **Spiritual Resiliency: *Building Strong relationships/communication***  
ACS, Bldg. 119. 1200-1300

**June 28, 2012**      **Spiritual Resiliency: *Building Strong relationships/communication***  
ACS, Bldg. 119. 1200-1300

Contact Clarence Lacy at (973) 724-5219 for more information. To take the Global Assessment Tool (GAT) and discover more of what you can do to enhance your resilience, visit the CSF website:

<http://www.army.mil/csf/>