

Couples Counseling Base Resources

Base Chaplains': Offers retreats and classes for Couples. Call 257-7427

Military OneSource: Confidential support, information and referrals. Call or live chat at any time – www.militaryonesource.mil 800-342-9647 (#LoveAndLearn)

MFLC: Short-termed, solution focused counseling. Call 716-6720

Family Advocacy Program - PREP 8.0 (4 week sessions at 2 hours each session). Call 257-4608

Agenda: The Three Keys to Success

Personality

Danger Signs & Time Out

Anger & Stress

The Speaker Lister Technique

Events, Issues & Hidden Issues

Fun & Friendship

Commitment

