



**Family Service**  
SUPPORT. STRENGTHEN. SERVE.



# Strong Families Strong Forces



**Supporting military families with children through military-related transitions**

- Helps families prepare for military-related transitions, Deployment, PCS, ETS, Retirement, ect.
- Helps families cope with stress before, during or after transitions
- Active Duty or Veteran Families
- Assists families with children 0-17 years old with communication, connection and co-parenting

## Weekly Classes Starting March 7, 2023

1. March 7th-Session 1 You and Your Child(ren)
2. March 14th-Session 2 Becoming a Military and Veteran Family
3. March 21st-Session 3 Your Partner's Military Transition Experience
4. March 28th-Session 4 Your Child(ren)'s Military Transition Experience
5. April 4th-Session 5 Catching Up with Your Child(ren)
6. April 11th-Session 6 Catching Up with Yourself and Your Partner
7. April 18th-Session 7 Parenting and Co-Parenting
8. April 25th-Session 8 Family Celebration



**For More Information: (210) 834-6666 or email [gpalmer@family-service.org](mailto:gpalmer@family-service.org)**

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