Keeping Your Cool
All Summer Long

A Workshop for Women Veterans

Thursday
August 8, 2013
6:00pm - 8:00pm

In this FOCUS skill building workshop, women will learn to:

• Understand how our thoughts affect our feelings
• Identify common stress points
• Use strategies to stay calm under pressure

Location:
Goodwill Metro-North
WorkSource Center
342 N. San Fernando Road
Los Angeles, CA 90031

RSVP By August 2, 2013
UCLA WELCOME BACK VETERANS CENTER

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FOCUS Family Resilience Training™ is a prevention program for Service Members, Veterans, and their families to learn core resilience skills. FOCUS is based at the Welcome Back Veterans Center at the UCLA Nathanson Family Resilience Center. • www.nfrc.ucla.edu