



NOVEMBER 2004

**FAMILY SUPPORT CENTER
FAMILY LIFE PROGRAM
BLDG 308N**

DSN 777-4681 / COMMERCIAL: 801-777-4681

CALL 777-4681 to SIGN UP

These workshops are open to all military and civilian personnel at Hill Air Force base. Bring your lunch and enjoy!

SINGLE PARENTS SUPPORT GROUP

3 NOV – WEDNESDAY, 1130-1230

Come and share your parenting experiences and advice with other single parents in a group forum and meet some new friends in the process!

ANALYZING YOUR DREAMS

9 NOV – TUESDAY, 1130-1230

Learn what dreams mean and how you can use them to better help you in your wakeful hours.

COPING WITH THE LOSS OF A LOVED ONE

9 NOV – TUESDAY, 1130-1230

The focus of this workshop is on understanding the grieving process that results in the loss of a loved one. The stages of grief will be discussed.

COPING WITH DIVORCE

17 NOV – WEDNESDAY, 1130-1230

Join us and learn about the stages one goes through when going through a divorce and pick up some coping skills on how to become single and enjoy life!

STRESS MANAGEMENT

18 NOV – THURSDAY, 1130-1230

Does stress control your life or are you controlling your stress? Learn new techniques on how to more effectively deal with the daily stressors in life.

**Questions or concerns can be directed to the
Family Life Program Manager
Family Support Center
(801) 777-4681**

