

October is Domestic Violence Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 RACE! For Healthy Relationships Begins	2  Columbus Day Holiday	3  Coping with Work & Family Life Stress Class 2:30- 4:00 pm HH, Bldg. 12 Conference Rm.	4  Anger Management 09:30-11:30 CBIRF	5 Coping with Work & Family Life Stress 2:30-4 pm HH, Bldg. 12 Conference Rm. How to Avoid Falling for a Jerk/Jerkette & Dinner 5-8 pm SMP Rec Center	6	7 
8 	9 Columbus Day Holiday	10  Coping with Work & Family Life Stress Class 2:30- 4:00 pm HH, Bldg. 12 Conference Rm.	11 <i>Come see us!</i> Semper Fit Run Outreach Table 6:45 am Anger Management 9:30-11:30 am CBIRF Women's Support Group 10-11 am CBIRF	2nd Annual H&S Bn. DVAM Flag Football Game 7:00 am Dr. Najah Barton, DVAM Guest Speaker, 10 am Rosenthal Theatre Coping with Work & Family Life Stress 2:30-4:00 pm HH, Bldg. 12 Conference Rm.	13	14 
15 	16 	17 TOUGH Couples Challenge 10:00 am-Noon CBIRF Coping With Work & Family Life Stress 2:30-4 pm HH, Bldg. 12 Conference Rm.	18  Anger Management 9:30-11:30 am CBIRF	19  Coping with Work & Family Life Stress Class 2:30- 4:00 pm HH, Bldg. 12 Conference Rm.	20  NPSB Baby Bootcamp 8:30 am-2:30 pm HH, Bldg. 12, Conference Rm.	21
22	23	24  Coping with Work & Family Life Stress Class 2:30- 4:00 pm HH, Bldg. 12 Conference Rm.	25  Anger Management 09:30-11:30 CBIRF Women's Support Group 10-11 am CBIRF	26  Coping with Work & Family Life Stress Class 2:30- 4:00 pm HH, Bldg. 12 Conference Rm.	27	28
29	30	31 RACE! For Healthy Relationships Ends	It starts with respect: <i>live by core values to keep your relationship healthy and strong.</i>   For more information, please visit www.mccsHH.com/DVAM			

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Class/Event Details:

RACE! For Healthy Relationships

Get your teams together and join us for the RACE! For Healthy Relationships. Throughout the month of October in recognition of Domestic Violence Awareness Month, teams will log their miles and compete against one another to be the top team in the NCR! All Marines (service members), their families and Civilians are encouraged to participate!

Event Activities Include ONLY: Run/Jog/Walk, Swim & Elliptical

Just as we have to work to keep our bodies physically conditioned and healthy; the same goes for our relationships! Don't be a bystander when you see an unhealthy relationship; step up and provide resources for safe and healthy outcomes. 1st, 2nd and 3rd place finishing teams will receive a prize package from MCCS-Henderson Hall! 6 Person Team Maximum! To register visit: www.mccsHH.com/RACE

Coping With Work & Family Life Stress: Evidenced based curriculum developed at Yale University School of Medicine; Department of Psychiatry, Division of Prevention and Community Research. Participates engage in a two part program that first focuses on teaching strategies to eliminate or modify sources of stress. With the second component focused on cognitive restructuring in order to learn to deal appropriately with those stressors which cannot be eliminated or modified. Registration required.

Anger Management: Evidenced based curriculum from Century Anger Management that provides participants a structured environment to discover the source of their anger and learn new strategies for dealing with anger. Topics covered throughout the course include: learning to empathize, healthy coping strategies, stress management, conflict resolution, discovering the underlying causes of anger, adjusting expectations, learning how to take time-outs, self-talk and forgiveness. Registration Required.

How to Avoid Falling for a Jerk/Jerkette: Single Marines join us for Dinner in the Barracks, provided by SMP for talk on how to pick the right partner! We'll discuss red flags in relationships, what it takes to identify future relationship goals and safe dating practices with modern day technology.

Outreach Tables: Locations: Smith Gym, MCX, Bldg. 29, Semper Fit Run- Be sure to check out one of our many outreach tables throughout the month for healthy relationship resources and materials.

For more information or to register for any of these events please call
703-614-7204/7205 or 703-693-9146.

TOUGH Couples Challenge: In recognition of DVAM and to promote healthy relationships through interactive activities and education, Marines, Sailors and their partners aboard CBRIF will compete in mental and physical challenges that encourage healthy relationship building skills. Top finishers will receive a prize pack from MCCS-Henderson Hall. To register please see CBIRF Chaplain Ferguson.

2nd Annual DVAM Flag Football Game: The Marines and Sailors of H&S Bn. will compete in a friendly game of flag football in recognition of DVAM and healthy relationships. Just as a team has to work together to win the game; couples have to work together to keep their relationship strong. Join us at the PT field outside of the Smith Gym to cheer on your favorite team.

DVAM Guest Speaker Event Presenting Dr. Najah Barton: Dr. Barton will be giving a dynamic presentation on the faces of domestic violence and the importance of cultivating healthy relationships.

Dr. Najah Barton is a nationally-credentialed advocate under the National Advocate Program, National Organization for Victim Assistance. She currently the Supervisory Victims Coordinator for the United States Parole Commission, Department of Justice. A combination of her military and civilian service, Dr. Barton has worked in the human services for over 11 years. She is a Marine Corps veteran with service time including one overseas tour in Afghanistan.

Women's Support Group: The goal of Women's Support Group is to foster a positive and comfortable environment where women can learn, connect, and socialize while gaining useful information and resources. Women's Support Group educates and empowers women, with the skills and confidence necessary to pursue, create a healthy lifestyle, and gain confidence for themselves and their children. Registration Required.

POC for all registration information or further information is: Kati Groseclose, MSW, CFLE. Henderson Hall- FAP Prevention & Education. Helen.Groseclose@usmc-mccs.org or 703-693-9146

Theme for the Month:

-OSD: Do You Know the Signs? Learn the warning signs for abuse. Talk to us.

Help is available.

-Local NCR Focus: Healthy Relationships; Healthy Families; Healthy Communities.

It starts with respect:

live by core values to keep your relationship healthy and strong.

24 Hour Victim Advocate HOTLINE: 202-439-6038