


OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	RACE! 1 For Healthy Relationships Begins Womens's Domestic Violence Intervention Group (STOP) - 26 week program 9 am - 1 pm HH, Bldg. 12 Conf. Rm.	2  Anger Management 9:30-11:30 CBIRF	3 Mens's Domestic Violence Intervention Group (STOP) - 26 week program 1 - 3:00 pm HH, Bldg. 12 Conference Rm.	4  Anger Management 1:30 - 3:30 pm Bldg 12, MFP Small Conf. Rm.		6 	
7 	8 Columbus Day Holiday	9  Anger Management 9:30-11:30 am CBIRF	10 Mens's Domestic Violence Intervention Group (STOP) - 26 week program 1 - 3:00 pm HH, Bldg. 12 Conference Rm.	11  Anger Management 1:30 - 3:30 pm Bldg 12, MFP Small Conf. Rm.	12  Tough Couples Challenge 11:30 am CBIRF Football Field	13	
14	15 Womens's Domestic Violence Intervention Group (STOP) - 26 week program 9:00 am - 1:00 pm HH, Bldg. 12 Conference Rm.	16  Anger Management 9:30-11:30 am CBIRF	17 Mens's Domestic Violence Intervention Group (STOP) - 26 week program 1 - 3:00 pm HH, Bldg. 12 Conference Rm.	18  Anger Management 1:30 - 3:30 pm Bldg 12, MFP Small Conf. Rm.		20	
21	22 Womens's Domestic Violence Intervention Group (STOP) - 26 week program 9:00 am - 1:00 pm HH, Bldg. 12 Conference Rm.	23  Anger Management 9:30-11:30 am CBIRF	24 Mens's Domestic Violence Intervention Group (STOP) - 26 week program 1 - 3:00 pm HH, Bldg. 12 Conference Rm.	25  Anger Management 1:30 - 3:30 pm Bldg 12, MFP Small Conf. Rm.	26  3rd Annual H&S Bn. DVPM Flag Football Game 10:00 am JBMHH Softball field	27	
28	29 Womens's Domestic Violence Intervention Group (STOP) - 26 week program 9:00 am - 1:00 pm HH, Bldg. 12 Conference Rm.	30  Anger Management 9:30-11:30 am CBIRF	31 RACE! For Healthy Relationships Ends	It starts with respect: <i>live by core values to keep your relationship healthy and strong.</i>			 HENDERSON HALL
For more information, please visit www.mccsHH.com/DVPM							

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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

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.

Outreach Tables: Locations: Smith Gym, MCX, Bldg. 29. 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 DVPM 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.

3rd Annual DVPM Flag Football Game: The Marines and Sailors of H&S Bn. will compete in a friendly game of flag football in recognition of DVPM 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.

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