LifeSkills Training and Education

WELLNESS SERIES

Basic Stress Management

The Basic Stress Management workshop is designed to help Marines and their families minimize stress by providing them with basic education on the concepts and management skills needed to successfully navigate both the everyday stress and extraordinary stress of a Marine Corps lifestyle.

Basic Anger Management

The Basic Anger Management workshop is a basic overview of anger management. It provides education on the dynamics of anger and offers a variety of acceptable coping strategies to handle angry feelings and behaviors.

Family Care Plan

This workshop will educate Marines and their families on the basics of a Family Care Plan. It will outline the significance of a Family Care Plan, and the importance of always having it updated.

Aging Parents & Elder Care

This workshop will help Marines and their families in dealing with the complexities of assisting elderly adults. It helps Marines and their families make informed decisions concerning elder care, as well as strategies for coping with day-to-day challenges involved with caring for your elderly loved one.

Emergency Preparedness

The Emergency Preparedness workshop contains information regarding actions that Marines and families should take to be informed and prepared in the event of natural and manmade hazards. This workshop outlines the importance of our Marines and families to always be prepared for all types of emergencies!

life·skills *noun*

- way of living and in this case it means understanding the military community and the unique lifestyle it offers