

November 2022



Building Successful Families (BSF) Program
 2350 W. Shaw Ave., Ste 144, Fresno CA 93711 | (559) 515-6062
www.vmscounselingservices.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Nutrition Training session #1 10am – 12pm In person & Zoom <u>MUST REGISTER TO ATTEND</u>	2	3	4 Coffee Connections 9:30 – 11am In person	5 Quarterly R.I.S.E training 10 am – 1pm Zoom
6	7	8 Nutrition Training session #2 10am – 12pm In person & Zoom <u>MUST REGISTER TO ATTEND</u>	9	10	11 VETERANS DAY OFFICE CLOSED	12 Lidiando con sentimientos y comportamientos 10am – 12pm En persona y Zoom
	14 Dealing w/Feelings & Behaviors 11am – 1pm In person & Zoom	15 Nutrition Training session #3 10am – 12pm In person & Zoom <u>MUST REGISTER TO ATTEND</u>	16	17 Mindfulness 10 AM – 12PM In person & Zoom	18 Conexiones de café 9:30 – 11am En persona	19
20	21	22	23 Trauma & The Brain-ISFC 10am- 1pm In person	24 THANKSGIVING BSF OFFICE CLOSED	25 BSF OFFICE CLOSED	26
27	28	29	30			

Please call our office to RSVP for in-person and Zoom sessions. In-person classes are limited to 6 people and RSVP's must be made by 5pm the day before each training.

Llame a nuestra oficina para confirmar su asistencia para las clases de en persona y Zoom. En las clases de en persona, están limitadas a 6 personas y las confirmaciones de en persona asistencia deben realizarse antes de las 5PM, el día antes de cada entrenamiento.