

# November 2023

## Noviembre



Building Successful Families (BSF) Program  
 2350 W. Shaw Ave., Ste 144, Fresno CA 93711 | (559) 515-6062  
[www.vmscounselingservices.com/resource-parent-training](http://www.vmscounselingservices.com/resource-parent-training)  
 Español - [www.vmscounselingservices.com/padres-de-recursos](http://www.vmscounselingservices.com/padres-de-recursos)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3 Coffee Connections 9:30 - 11AM in person	4 Mental Health 10AM - 12PM Zoom
5	6	7	8	9 Saludo Mental 10AM - 12PM en persona	10 VETERAN'S DAY OFFICE CLOSED	11
12	13 De escalation-ISFC 4 - 7PM in person	14	15	16 Mindfulness 10am - 12pm in person	17 Conexiones de café 9:30 - 11AM en persona	18
19	20	21 Reducción de Crisis ISFC 1PM	22 10AM - Zoom	23 THANKSGIVING OFFICE CLOSED	24 OFFICE CLOSED	25
26	27	28	29	30 Support Group 6 - 8PM in person	1	2
3	4	<p>Please call our office to RSVP for in-person and Zoom sessions. RSVP's must be made by 5pm the day before each training.</p> <p>Llame a nuestra oficina para confirmar su asistencia para las clases de en persona y Zoom. Confirmaciones de en persona sistencia deben realizarse antes de las 5PM, el dia antes de cada entrenamiento.</p>				