

# September 2022



VMS Family Counseling Services

## 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	2	3 Understanding Trauma 10 am – 12pm In Person & Zoom
4	5	6 Comprender el trauma 10 am – 12pm en persona y Zoom	7	8	9 Coffee Connections 9:30 – 11AM In person	10
11	12 Necesidades educativas- ISFC 11am – 2pm En persona y Zoom	13	14	15 Ansiedad 5:30 – 7:30 pm En persona y Zoom	16 Conexiones de café 9:30 – 11AM En persona	17
18	19	20 Anxiety 5:30 – 7:30pm In person & Zoom	21	22 Mindfulness 10 AM – 12PM In person & Zoom	23	24
25	26 Educational Needs- ISFC 11am – 2pm In person & Zoom	27 Understanding Trauma 10 am – 12pm In Person & Zoom	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 as confirmaciones de en persona sistencia deben realizarse antes de las 5PM, el dia antes de cada entrenamiento.**