



EMOTIONAL GRIT WORKSHOP

EVENT INFORMATION

Date:
Saturday, December 14, 2019

Time:
9:00 AM - 10:00 AM

Registration Required:
Contact Mallary Lass at
mlass@eseal.org or 240.847.7500

*Learn more about upcoming events
at <http://bit.ly/CohenClinicEvents>

Whether you or a family member have recently entered the military or you are a long-time veteran, navigating the many transitions connected with military and veteran service can be hard. This workshop helps service members, veterans and military families understand the many emotions that come with challenges and transitions. It teaches participants to recognize when behaviors, thoughts and feelings are manageable and when they could be signs or symptoms of depression. Participants learn ways to address symptoms and when to make a referral or seek additional help.

Facilitator: American Red Cross Service to the Armed Forces

LOCATION



The Steven A. Cohen
Military Family Clinic
at Easterseals

1420 Spring Street,
2nd Floor Conference Room
Silver Spring, MD 20910

Parking: Turn on Second Ave and the parking garage
is directly under the Easterseals building.



**American
Red Cross**