

# Coronado Military Spouses

8:30-9:30 am



Meet your Military Family Life Counseling (MFLC) team and Naval Base Coronado Liaison Officer

**2018/2019**

**DATE, TOPIC AND LOCATION OF DISCUSSION:**

**SEPTEMBER 5**

Children & Moving /  
Challenges of  
Changing Schools

*Coronado Middle School*

**NOVEMBER 7**

Building Resiliency  
in Children

*Village Elementary School*

**FEBRUARY 6**

Supporting Your Child  
Through Deployment

*Coronado High School*

**MAY 1**

Life in Balance:  
Relaxation &  
Stress Relief

*Silver Strand  
Elementary School*

**CORONADO MILITARY SPOUSES** is a quarterly event where parents meet to discuss areas of interest and concern under the guidance of the Military Family Life Counseling team. Each meeting highlights a particular topic and is designed to be interactive rather than a lecture series.

Call or email the Naval Base Coronado School Liaison Officer with questions: [nbcsl@navy.mil](mailto:nbcsl@navy.mil) or 619-545-9845

