

Marine Corps Family Team Building

OCTOBER WORKSHOPS

**INVEST IN YOURSELF & YOUR COMMUNITY
WITH HENDERSON HALL MCFTB**

Our free workshops promote resilience and military readiness by teaching vital life skills.

Core skills:

Communication, stress management, and relationship building.

Personal development:

Leadership strategies and personal growth tools.

Community impact:

Networking events and meaningful volunteer opportunities.



WEDNESDAY 7	LINKS Foundations & LINKS Mentor Training	9 AM – 3 PM	Hybrid (MS Teams/In-Person Bldg. 12)
SATURDAY 10	URC Roundtable Meeting	1 – 2 PM	Virtual, MS Teams
FRIDAY 16	Marine Corps Ball 101: LINKS Events & Etiquette	1 – 2 PM	In-Person, Bldg. 12
FRIDAY 16	Marine Corps Ball 101: LINKS Events & Etiquette	6 – 7 PM	Virtual, MS Teams
FRIDAY 23	Slimy Stress Management	11 AM – 12:30 PM	MBW Annex Classroom
TUESDAY 27	Deployment Success	10 – 11:30 AM	Virtual, MS Teams
THURSDAY 29	Slimy Stress Management	11 AM – 12:30 PM	MBW Annex Classroom

REGISTER ONLINE

Registration Available For Each Workshop

MCFTBH@usmc.mil

REGISTER BY PHONE

703-693-8906