



Behavioral Health Classes



ANGER MANAGEMENT

Open enrollment class- every Tuesday 0930-1100
Learn skills and tools to manage anger and communicate effectively

GOT YOUR BACK

Build self-awareness, promote mindful choices, and improve relationships- Brief and in- unit training available

MARRIAGE SKILLS WORKSHOP

Learn about MCCS resources & start off your relationship right. Every other month

MARRIED AND LOVING IT

Teaching couples communication skills and about resources available on base

PREP 8.0

Designed to help couples achieve their goals in relationships, family, and marriage

TRIPLE P

Parenting class series- Teen parenting series available as well

SNCO SEMINAR

Brief on all the Behavioral Health and related resources available upon request

808.257.8803
/3362



Rachel.Hernandez
@usmc.mil

