

# MFLC Adult Presentation List

## Communication and Healthy Relationships

1. Adult Relationships - Communication
2. Building Relationships
3. Learning about Communication
4. Skills for Connection
5. Staying Connected During Change
6. The Power of Connection – Enhancing the Parent-Child Relationship

## Coping Skills

1. Building Emotional Resilience 2023
2. Dealing with Crisis and Disaster 2023

## Deployment and Military Life

1. Helping Children Thrive During Deployment Cycle
2. Military Life – Managing Relationships During the Deployment Cycle
3. Promoting Resilience in Military Life 2023
4. Unique Challenges National Guard Reserve 2023

## Divorce

1. Helping Children with Parental Separation and Divorce
2. Navigating Divorce 2023

## Financial, Educational & Housing Support

1. Expanding Your Mind – Growth Through Education 2023
2. Financial Management Money Matters 2023
3. Home Sweet Home 2023

## Grief, Loss & Trauma

1. Journey Through Grief and Loss 2023
2. Resiliency During Uncertainty 2023

## Health & Wellness

1. Physical Fitness Assessment 2023
2. Physical Health Wellness 2023

## Parenting

1. Navigating Parent Child Conflict 2023
2. ACCESSing Digital Parenting 2023
3. Collaborative Parenting 2023
4. No More Bullying 2023

## Program Brief

1. General MFLC Briefing

## Transitions & Change

1. A Service Member's Journey Through Retirement and Separation
2. Family Life Cycle Embracing Change
3. Legal and Criminal Issues
4. Military to Civilian Transition
5. Thriving During Transitions

## Workplace Care

1. Building Healthy Work Environments 2023
2. Finding Your Next Job 2023
3. Trust in Workplace and Friendships 2023
4. Work Life Balance 2023