

Stronger Together **BUILDING A LASTING MARRIAGE**



21 NOV / 0900-1200

MIX HOUSE, NSF INDIAN HEAD

Chaps and FFSC are hosting a couples-only marriage workshop. Topics include: how to nurture your relationship, conflict resolution, healthy communication, and self-care. Limited space up to 10 couples. Free childcare and dinner provided. Call (540) 653-1839 to register. Open to all with base access.

