



~Spouses~

You've earned some R & R!

RENEW & RECLAIM

An Educational Support Awareness Group

Tuesdays @ the Hub in the Children's Library Room

10:30-Noon

Starting February 7th

RENEW... your commitment to making the military lifestyle work for you

SHARE... your challenges and success stories with others

RECLAIM... YOU!

Children's activities will be provided on-site during this time

- A partnership between Miramar Behavioral Health and the Miramar Library to promote healthy relationships and lifestyles through education and empowerment
- Open to all military affiliated family members