

TeleFOCUS

WEBINAR SERIES

Time to Connect



WEDNESDAY

October 28, 2020

START: 9AM PST/12PM EST

END: 10AM PST/1PM EST

Who should participate?

Everyone! Join us to learn about TeleFOCUS services.

Join us as we:

- Explore ways that FOCUS supports families during times of transition or change
- Identify common reactions to uncertainty
- Learn strategies for managing difficult emotions
- See TeleFOCUS in action
- Learn how to sign up

Sign up at www.focusproject.org/telefocus

Webinar participation is confidential. Recordings of the webinars will be available for those unable to join at the scheduled time.

*Military Families and couples can access FOCUS services through the TeleFOCUS program using computer or tablet based video teleconferencing.

The FOCUS Program • FOCUS (Families OverComing Under Stress) is a resilience-building program of the Department of Defense. The FOCUS program is designed for military families, couples and children facing ongoing stress and change. FOCUS promotes family strengths and supports adults and children to help manage the challenges of military life. • www.focusproject.org

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