

FOCUS CELEBRATES  
MONTH OF THE MILITARY FAMILY

NOVEMBER 2020

Join FOCUS for virtual family workshops throughout November!

For more details and to register, visit [www.focusproject.org/momf2020](http://www.focusproject.org/momf2020)

SUN	MINDFUL MONDAY	TUESDAY TALKS	WELLNESS WEDNESDAY	THANKFUL THURSDAY	FUN FRIDAY	SAT
1	2	3 <b>3:00 PM EST</b> w/ FOCUS Quantico	4 <b>4:00 PM PST</b> w/ FOCUS Camp Pendleton	5	6 <b>11:00 AM JST</b> w/ FOCUS Okinawa	7
8	9 <b>10:00 AM HST</b> w/ FOCUS Hawaii	10	11 	12 <b>6:30 PM CET</b> w/ FOCUS Stuttgart	13 <b>2:00 PM PST</b> w/ FOCUS San Diego	14
15	16 <b>6:00 PM EST</b> w/ FOCUS Cannon & MacDill	17 <b>1:00 PM EST</b> w/ FOCUS Norfolk, Little Creek, Coronado <b>4:00 PM EST</b> w/ FOCUS Camp Lejeune	18 <b>1:00 PM EST</b> w/ FOCUS Beaufort & Parris Island <b>4:30 PM CST</b> w/ FOCUS Keesler & Gulfport	19 <b>3:00 PM MST</b> w/ FOCUS Yuma <b>4:30 PM PST</b> w/ FOCUS Twentynine Palms & Bartsow	20 <b>3:00 PM PST</b> w/ FOCUS Joint Base Lewis-McChord & Whidbey Island	21
22	23 <b>3:00 PM JST</b> w/ FOCUS Iwakuni	24	25	26 	27	28
29	30					