Essential Life Skills for Military Families is a fun and engaging workshop series designed for you—National Guard and reserve component couples. Taught by Cooperative Extension Agents in the local community, you can learn how to:

- Stretch your dollars to make ends meet
- Deal with unexpected events in your life
- Make legal decisions that will provide for your family’s security
- Express your feelings when times are tough
- Solve problems together without fighting
- Keep friendship and fun in your relationships
- Guide your children gently but firmly

Saturdays:

May 31, 8-5:00 pm
June 7, 8-1:00 pm*

Burke County Agricultural Building, Morganton

*Optional parenting session 1:30-4:30 pm

Child care and youth activities!

Register TODAY! Call: 828-439-4460
Registration deadline: May 16, 2008

Fee: $20 per family—covers lunch and snacks each day

For today, tomorrow and over the course of your relationship

Registration Form—Essential Life Skills for Military Families Series

Name __________________________ Email __________________________

Address __________________________ Phone (day) __________________________

No. and ages of children attending: __________________________

Check if you would like to attend the optional parenting workshop.

Make $20 check payable and mail by May 16 to:
NCCES
130 Ammons Drive, Suite 2
Morganton, NC 28655