

## HEALING ON THE HOMEFRONT

The 2009 Healing On The Homefront program focus will be centered on FAMILY EMPOWERMENT. Family workshops will include topics that provide pro-active, solution-based methods that lead to success.

### 2009 Topic Schedule

Meeting Day – 1st Saturday Monthly  
Time: 10AM – 12PM  
Place: 40 et 8 Chateau  
7606 NE 26<sup>th</sup> Ave  
Vancouver WA  
(Building next to Bingo Parlor)

### TOPICS

|         |                                  |
|---------|----------------------------------|
| 2/8/09  | Enjoying Your Family             |
| 3/7/09  | Transition                       |
| 4/4/09  | Developing Healthy Relationships |
| 5/2/09  | Prepare For Un-expected          |
| 6/6/09  | Putting A Back-Up Plan In Place  |
| 7/6/09  | NO MEETING                       |
| 8/1/09  | Simplifying Your Life            |
| 9/6/09  | NO MEETING                       |
| 10/3/09 | Holiday Planning                 |
| 11/7/09 | Asking For Help/Networking       |
| 12/5/09 | Taking Care Of Yourself          |



Contact Dixie Hotaling  
(360) 910-8434

LOVE FEELS BETTER IF I AM NOT FULL OF ANGER

