

OCTOBER

Domestic Violence Awareness

MONTH EVENTS

4
OCT
1300-1600



Married to the Military, Now What?

Spouses will learn about military ranks, military culture, and what to expect as a family member transitioning from the civilian experience into the military sphere and lifestyle.

8
OCT
1200-1300



Taking Back Your Power Through Journaling

Journaling workshop where members of the FMMD community can journal their thoughts, stories, and feelings related to domestic violence.

10
OCT
1200-1300



Womens Empowerment Group

An effective communication group for women who have experienced relationship discord or domestic violence.

17
OCT
1300-1500



5 Love Languages of Couples Seminar

Workshop for Couples to enhance their relationship and improve their communication skills.

22
OCT
1300-1500



Painting for Prevention

A time to come together and paint while promoting advocacy and awareness for domestic violence.

26
OCT
0700-1200



Walk Away from Domestic Violence Monster Bash Fun Run

In collaboration with Gaffney Gym's Fun Run Series FMMD community will run or walk to raise awareness and promote domestic violence prevention.

Wear Purple on Fridays

RSVP at 301-677-4118

Free to all DOD ID Card Holders



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