



The Family Programs
Newsletter

November
2011

Volume 1 Issue 14



Please call the number listed to confirm the date, time, and location of the meeting prior to attending.

We Care Meetings

Tuesday 11/08	Thursday 11/10	Friday 11/11	Saturday 11/12	Tuesday 11/15	Thursday 11/17
Bakersfield @ 6 pm 559-217-9976 Chico @ 6:30 pm 530-513-0478	Walnut Creek @ 1 pm 707-580-3319	Veterans Day 	Bell @ 11:30 am 213-503-4472 Escondido @ 12 pm 619-405-7190 Burbank @ 12 pm 562-254-6916	Modesto @ 6:30 pm 209-402-4114 Sacramento @ 6 pm 916-416-8320	Moffett Field Wescoast Clubhouse @ 6:30 pm 408-595-9847
Tuesday 11/22	Thursday 11/24	Friday 11/25	Saturday 11/26	Tuesday 11/29	Wednesday 11/30
San Diego @ 12 pm 760-828-7116 Visalia @ 7 pm 559-217-9976 San Francisco @ 6:30 pm 408-595-9847		Los Alamitos @ 6 pm 562-370-7680	Azusa @ 12 pm 818-383-8643	Fresno @ 6:30 pm 559-994-6102	San Bernardino @ 5 pm 909-801-9411 Paso Robles @ 6 pm 805-896-4029 Ventura @ 7 pm 805-431-3866

Resilient: What it means

ADJECTIVE

1. Recovering quickly: able to recover quickly from setbacks.
2. Elastic: able to spring back quickly into shape after being bent, stretched or squashed

Test Your Resiliency

To test your resiliency, please visit <http://csf.army.mil/resilience/family.html>.

Yellow Ribbon

Keep it together before, during, and after your Servicemember's deployment! Learn methods to help cope with anticipated problems and questions; develop mechanisms to address issues such as separation anxiety and stress; understand unique perspectives and behaviors of children of deployed Servicemembers; and discover resources and benefits available to you and your Family.

To find out more or to register, go to <http://www.calguard.ca.gov/g1/YRRP/Pages/YellowRibbonEventRegistration.aspx>.

Redding is Sunday, November 6th
 Fresno, is Saturday, November 12th
 Garden Grove is Wednesday, November 19th



[The First Lady Michelle Obama needs Holiday Cards for Military Kids!](#)

The First Lady is asking Military children from around the globe for some personal contributions to the finishing touches on the White House decorations this holiday season. The request is for Military children to submit 5x8" handmade holiday cards with words of appreciation for their Military parents, as well as pictures and drawings. The White House will display as many of the cards as possible.

Participants are asked to send holiday cards to the following address along with information from where they are sending it by **[November 16, 2011:](#)**

Reservation 1
Attn: Social Office
PO Box 8070
Washington DC, 20032



[Teen Council Spots Still Available!!](#)

No, we are not kidding and the chance to be a part of something so spectacular has not passed you by...YET! The applications are due November 15th, so if you want to be a part of a State wide Youth Council that focuses in on opportunities that promote leadership, focus on life skills, then you need to visit http://www.calguard.ca.gov/readyfamilies/Pages/child_youth.aspx and download the application to make sure that you have time to get everything complete and submitted by November 15th. Whether you have a knack for leadership and want to give teens in California a voice, or if you are interested in learning these skills, apply today!

Opportunity!!

[Pinnacle Kits Available in Your Area!](#)

Hosting a Unit Event? Having an FRG Meeting? Allow us to reintroduce the Pinnacle kit! This is kit packed full of activities that promote team building, wellness, ice breakers and fun! Please visit http://www.calguard.ca.gov/readyfamilies/Pages/child_youth.aspx to locate the closest kit to where your event will be held and for the contact information of the POC's.

