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# Presents 2016

- **Mar 29: Mindful Thinking**
  - **Meditation and stress relief breathing techniques**
- **April 19: Military OneSource**
  - **Andrea Reese will present an overview of what programs and services Military OneSource has to offer**
- **May 24: Financial Planning for Your Future**
  - **Certified Financial Planner will suggest how to build a retirement portfolio**
- **June 21: Social Media and Your Child/Teen**
  - **Guest Presenter: Officer Bob from the Hillsboro Police Department**
- **July 26: Exceptional Family Member Programs (EFMP) and Enrollment**
  - **Guest Presenter: Venetia Water EFMP Program manager**
  - **Guest Speaker: Nelly Richards School Liaison Officer (SLO)**
- **August 30: Post 911 GI Bill Rules for Using and Transferrin**
  - **Guest Presenter: Chuck Peterman Education Specialist, Veterans Administration**

**All Seminars are held at the HQ USSOCOM Resource Center**
**1000-1130**
**Child playroom is available, so children are welcome!**
**For more information contact Teresa Torelli teresa.torelli@socom.mil**