



WARRIOR WEDNESDAYS

FREE EDUCATIONAL INFORMATION

5:00-6:00 PM

Join Family Counseling of Columbus at The Family Center for free educational information on PTSD related issues affecting our Veterans and Military populations.

3 April 2019 – PTSD Awareness: Tips to Understand Vets with PTSD

10 April 2019 – Survivor's Guilt

17 April 2019 – Anxiety and Faulty Thinking Traps

24 April 2019 – Anger Management and Relaxation Techniques

**THE FAMILY CENTER
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