

# OPERATION COM

Children Of the Military

**A program created to support our children of the military with their heroic journey**

Designed to establish positive coping skills to help children deal with the stresses of deployment, encourage them to express their feelings, strengthen their self-confidence & resiliency & most importantly:

**Have Fun With Other Military Children!**

Group Meetings Every Other Friday for 5 weeks, from 6pm - 7:30pm!

Session 7 is: September 14th & 28th, October 12th & 26th, and November 9th

**PLEASE BE SURE TO PRE-REGISTER, IT HELPS US PLAN OUR ACTIVITIES!!**

We meet at the Mental Health Association  
999 Delaware Avenue - Buffalo, NY 14209

This unique program was created by a "child of the military" from three generations of military service, allowing for a true understanding of what your child lives, feels and sees everyday!

We are committed to you and your family - the overarching goal of this program is to offer your family the support it needs!



*The Mental Health Association of Erie County is proud to present this unique program. And we are honored to receive funding from M & T Bank.*

**Families getting ready to deploy & those who are returning are all encouraged to attend & meet others that can offer support!**

For questions, to make a Referral or To Sign Up:

Call Mary at

(716) 886.1242 x 326 or

Email: [mcparlane@eriemha.org](mailto:mcparlane@eriemha.org)

Or email the program facilitator, Jess at [mha.lafalce@yahoo.com](mailto:mha.lafalce@yahoo.com)

Families are welcome to join at any point during the 5-week session. However, we do request that you register ahead of class time to ensure we know you are joining!

(Pre-Registration Is PREFERRED)