

# OPERATION COM

★ **CURRENTLY RECRUITING** ★

**CHILDREN OF THE MILITARY**

**Purpose:** To help young people who have a parent who is currently serving or have recently returned from Iraq or Afghanistan. This program will encourage children to openly express feelings and stimulate social interaction skills in a supportive environment.

**Our goal** is for members to understand that *they are not alone*.

**Place:** Mental Health Association,  
999 Delaware Ave, Buffalo

**Date:** Free Sessions Fridays  
2/19, 2/26, 3/5, 3/19, 2010

\*\*Mandatory information session for  
parents/ caregivers on 2/19

**Ages:**  
7-10

*With Exceptions.*

**Group Size:**  
10-12

**Areas covered:** Communication, Confidence, Coping and Community

*Kids Serve Too!*

**Intended Outcomes:** Participants will have a better sense of self, ability to communicate feelings, and tips on helpful coping mechanisms.

For more information or to register,  
please e-mail [info@eriemha.org](mailto:info@eriemha.org) or call  
Adrienne at 716-886-1242 ext 319 or 321  
[www.eriemha.org](http://www.eriemha.org)



**Mental Health Association  
of Erie County, Inc.**

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