

Spiritual & Relational Resiliency – April/May 2020

Spiritual Resiliency - an open conversation

Description: *What is Spiritual Resiliency? How do you do it? Talking about spirituality is hard sometimes, so join Chaplain Edwards as he leads us through open conversation (not faith specific) about what Spiritual Resiliency is and how it works. We can change topics/focus from week to week.* **When:** Meets Weekly on Thursdays 11:00 – 11:30am, starting April 16

Who: Open to all

How? To Join Zoom Meeting, click on this

link: <https://us04web.zoom.us/j/301986866?pwd=ZWxUS3ZMN3VxbitoeEI3UHZpK2JyQT09>

Meeting ID: Contact Ch. Edwards (503-964-9093 or 503-335-5374/robert.l.edwards172.mil@mail.mil) or TSgt Untalan (503-335-5374 or 360-936-2472/bernard.i.untalan.mil@mail.mil) for access code

Real Life Bible Study (Philippians)

Description: *Real Life Video Bible Study is a weekly 1/2 hour study on Philippians led on video by Pastor Akshay Rajkumarby, and facilitated by Chaplain Edwards. Open to anyone! Meets every week; join anytime.*

When: Weekly on Wednesdays (6 weeks), Starting April 15 11:00 – 11:30am

Who: Open to all

How? Join Zoom Meeting by clicking on link:

<https://us04web.zoom.us/j/760679309?pwd=cHdweFNuMW9NWThibjdwdEdJaEZHQ09>

Meeting ID: Contact Ch. Edwards (503-964-9093 or 503-335-5374/robert.l.edwards172.mil@mail.mil) or TSgt Untalan (503-335-5374 or 360-936-2472/bernard.i.untalan.mil@mail.mil) for access code

Couples Strong Bond Virtual Class

Description: Want to learn how to improve your relationships? Join Chaplain Edwards as he uses research based Strong Bonds training material to help increase your relational resiliency together. *Note: this is a bi-weekly one hour virtual class.*

Who? Anyone can join, whether married, dating, or single.

When: Thursday *every other* week, 12:00 – 1:00pm (April 16, 30; May 14, 28; June 11, 25)

How? Click on this link from Zoom Meeting:

<https://us04web.zoom.us/j/520736541?pwd=c3FnK1h3akVDMnU4MHBLbktMMG81UT09> Meeting ID: Contact Ch. Edwards (503-964-9093 or 503-335-5374/robert.l.edwards172.mil@mail.mil) or TSgt Untalan (503-335-5374 or 360-936-2472/bernard.i.untalan.mil@mail.mil) for access code

Family Strong Bond Virtual Class

Description: Want to improve your family relationships? Join Chaplain Edwards as he uses research-based Strong Bonds training material to give you and your family skills to help strengthen your relationships and resiliency together. *Note: this is a bi-weekly one hour virtual class.*

Who? Anyone can join; there will be family activities as well!

When: Thursday *every other* week, 12:00 – 1:00pm (April 23; May 7, 21; June 4, 18)

How? Click on this link from Zoom Meeting:

<https://us04web.zoom.us/j/670169072?pwd=K09lTTBHdk5UVEw1cm1EOEVxVU05QT09>

Contact Ch. Edwards (503-964-9093 or 503-335-5374/robert.l.edwards172.mil@mail.mil) or TSgt Untalan (503-335-5374 or 360-936-2472/bernard.i.untalan.mil@mail.mil) for access code