

# Military Families Support Group

We formed the **Military Families Support Group** because we know that military and veteran family life can be overwhelming at times, and because social support helps reduce the mental and physical consequences of stress.

Please join us for a casual gathering meant to build camaraderie among the families and friends of anyone with military service, past or present. This **free program** is open to adults and meets twice monthly to offer support, share experiences, and discuss available resources over refreshments.

## For more Information Contact:

Lorie Fourhman, Navy Retired

419-755-9710

Sue Warren, Catholic Charities

419-524-0733 x229

## The group meets twice monthly at the following times and locations.

- **2nd Tuesday of each month** at St. Luke's Point of Grace, 2 Marion Ave, Mansfield, OH  
5:30 pm to 6:30 pm
- **3rd Saturday of each month** at 1075 National Parkway, Mansfield, OH  
10am-11am

