

DPH NEWSLETTER

The Flames of Romance

National Couple Appreciation Month in April reminds us to keep the flames of romance alive all year long. Don't wait for a specific holiday to keep the spark in your relationship hot.



According to psychologist John Gottman, making a relationship work requires commitment, and commitment requires sticking it out through the good and the bad, the positive and the negative. When two people first meet the excitement and joy of a new relationships makes us overlook all the flaws and potential obstacles life tosses our way.

Fast forward to military life and deployments. When we value our significant other in our lives, we take the time to do the little things that matter.

For the significant other in our life, those little things that matter mean so much more. This person is the one we call when we're going to be late coming home from work. They are the person we talk to about big decisions. They are the person who makes the day brighter with a morning smile.

Whether the relationship has just begun or you've been in it for a while, National Couple Appreciation Month is a time to renew and rededicate your commitment to each other.

HOW TO OBSERVE

#CoupleAppreciationMonth

- *Leave a kind note on your love's care.*
- *Surprise you love with coffee or tea before they wake.*
- *If your sweetheart is a selfie-loving type and you're not, give in on occasion and take a couple's selfie.*
- *Learn something new together. Explore common interests where you both might have an opportunity to learn while spending time together.*

April Monthly Observances

- Alcohol Awareness Month
- Couple Appreciation Month
- Month of the Military Child
- Financial Literacy Month
- Autism Awareness Month
- Stress Awareness Month
- Sexual Assault Awareness Month



NATIONAL
**SUICIDE
PREVENTION
LIFELINE**
1-800-273-TALK (8255)
suicidepreventionlifeline.org

 **Veterans
Crisis Line**
1-800-273-8255 **PRESS 1**

 Georgia Crisis
& Access Line
1-800-715-4225
mygal.com
Sponsored by the
DEBDD
Department of Behavioral
Disorders

Georgia Crisis and Access Line (GCAL)
1-800-715-4225

Take time to unwind...

It's healthy to relax, renew, and rejuvenate.

Stress happens. Sometimes it's unavoidable, at times it's unbearable. That's why taking time for yourself is a necessity.

April is National Stress Awareness Month

PSYCHOLOGICAL HEALTH PROGRAM

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1-855-838-8255
Vets4Warriors.com

National Financial Literacy Month

April is National Financial Literacy Month. Its an excellent opportunity to review and upgrade your financial smarts.

Whether you're just starting or have been earning your way for quite some time, it's never too late to learn about saving and improving your financial outlook. Developing a budget and building financial knowledge is the foundation for a brighter future.



The PFC (Personal Financial Counselor) Program, provided by the military, assists individual service members and their families with tools, education and counseling to achieve their financial goals and successfully overcome financial challenges.

PFCs' can work with Military Members when and where it is convenient for them and all encounters are confidential. PFCs' can also lead briefings and classes to groups which helps contribute to individual personal readiness and supports total force readiness.

To connect with **Vanessa McNeeley, AFC®**, Personal Financial Counselor, please call 478-703-7071 or email pfc.robins.usafr@zeiders.com

MONTH OF THE MILITARY CHILD EVENT

2 APRIL 0900-1100

RESILIENCY CENTER, ROBINS AFB

COME JOIN IN TO SUPPORT OUR MILITARY CHILDREN
BOUNCY CASTLE, FREE SNACKS AND GOODIES TO TAKE HOME

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