



LUNCH - and - LEARN



Please join us 11:30-12:30 p.m. every 3rd Wednesday at The Brow Café, and every 4th Wednesday of the month at the Fleet and Family Support Center to learn all about our free services and support programs. Bring your lunch to FFSC or grab a quick bite to eat and relax on one of the many couches at the Community Rec Center while you hear about programs Fleet and Family has to offer. Also, feel free to bring along a friend or spouse!

FREE

**Every 3rd Wednesday at The Brow Café
6168 Jenkins Rd. Bldg. 106 | 11:30-12:30 p.m.**

**Every 4th Wednesday at Dahlgren FFSC
6027 School House Lane, Ste. 208 | 11:30-12:30 p.m.**



For more information, please contact the Fleet & Family Support Center at 540-653-1839.