

# Family Advocacy Calendar February 2019

February	Lackland (210) 292-5967	Ft. Sam (210) 221-1996	Randolph (210) 652-2448
5		1330-1530: I'm Angry...Now What? (1 of 4)	0900-1100: Dating: It's a Jungle Out There (1 of 3)
6	1330-1530: PREP (1 of 4)	1200-1600: What to Expect When Expecting a Divorce (1 of 1)	1100-1200: Master your Emotions (1 of 4) 1330-1530: Children in the Middle (1 of 4)
7			1330-1530: Active Parenting of Teens (1 of 4)
11		1300-1500: Car Seat 101 (1 of 1)	
12	0900-1100: Car Seat 101 (1 of 1)	1330-1530: I'm Angry...Now What? (2 of 4)	0900-1100: Dating: It's a Jungle Out There (2 of 3)
13	1330-1530: PREP (2 of 4)		1100-1200: Master your Emotions (2 of 4) 1330-1530: Children in the Middle (2 of 4)
14	1330-1530: Car Seat Clinic (By appt. only)	1300-1500: Car Seat Clinic (By appt. only)	1330-1530: Active Parenting of Teens (2 of 4)
19		1330-1530: I'm Angry...Now What? (3 of 4)	0900-1100: Dating: It's a Jungle Out There (3 of 3)
20	1330-1530: PREP (3 of 4)		1100-1200: Master your Emotions (3 of 4) 1330-1530: Children in the Middle (3 of 4)
21			1330-1530: Active Parenting of Teens (3 of 4)
26		1330-1530: I'm Angry...Now What? (4 of 4)	
27	1330-1530: PREP (4 of 4)		1100-1200: Master your Emotions (4 of 4) 1330-1530: Children in the Middle (4 of 4)
28	1100-1200: Stress Management (1 of 1)		1330-1530: Active Parenting of Teens (4 of 4)

***LACKLAND—Register by calling 292-5967***

**Car Seat 101/12 FEB/0900-1100/ New WHASC—3rd Floor B WING, Mental Health Clinic** —Participants will learn about importance of using a child safety seat, if it fits your car, how does it fit your child, is it easy to use, when do you switch to a new seat and much more.

**PREP/6,13,20,27 FEB/1330-1530/ BLDG #2513, Across from Warhawk Gym** —For couples. This curriculum is designed to help couples achieve their goals in relationships and family. PREP builds on existing strengths of couples and add critical life and relationship skills to create a safer and more stable relationship. Both partners must attend class.

**Stress and Time Management /28 FEB/1100-1200/ BLDG #2513, Across from Warhawk Gym** —For those who want to examine the different causes of stress and learn management techniques to more effectively cope with every day stressors.

***RANDOLPH—Register by calling 652-2448***

**Between Two Homes/6, 13, 20, 27 FEB/ 1330-1530/M&FRC 555 F. Street W** —This course offers information on how families can meet the needs of children growing up between two homes due to divorce or separation. This class meets Texas court mandated requirements.

**Master Your Emotions/ 6, 13, 20, 27 FEB/1100-1200/M&FRC 555 F. Street W** - For those who want to learn to cope with anger and other overwhelming emotions in healthy and productive ways.

**Dating: It's a Jungle Out There/5, 12, 19 FEB/ 0900-1100/M&FRC 555 F. Street W**- Geared for singles and singles again who want to examine the major areas that predict what a person will be like in the marriage and the bonding forces that must be kept in balance as the relationship grows. \*18 years and up.

**Active Parenting of Teens/7, 14, 21, 28 FEB/1330-1530/M&FRC 555 F. Street W** -This class will give parents the confidence and courage to meet the challenges while savoring the joy of their children's teen years.

***FT. SAM HOUSTON—Register by calling 221-1996***

**Anger Management/5, 12, 19, 26 FEB/ 1000-1200/M&FRC 3060 Stanley Rd** - a 4 week comprehensive anger program for those who want to learn to cope with anger in a group setting. Learn healthy and productive ways to deal with anger and emotions.

**What to Expect When Expecting a Divorce/6 FEB/1200-1600/M&FRC 3060 Stanley Rd** - This workshop will provide information on the legal, financial, and emotional aspects of the divorce and assist attendees in navigating the process of divorce. Participants will have the opportunity to ask questions to individuals, such as, a divorce coach who is a certified family law attorney, a financial advisor, and the FSH Family Advocacy Program Prevention Team.

**Car Seat 101/11 FEB /1300-1500/M&FRC 3060 Stanley Rd** - Participants will learn about importance of using a child safety seat, if it fits your car, how does it fit your child, is it easy to use, when do you switch to a new seat and much more.