



Life Skills Classes

For information and registration call: 210-652-2448

ALL classes with multiple dates are SERIES classes. You must attend ALL dates to receive a certificate.

January 2019

Stress Management and New Years Resolutions held at M&FRC from 1200-1400 is for those who want to examine the different causes of stress and learn time management techniques to more effectively cope with every day stressors. Date: Thursday the 3rd. Register by calling: 652-2448.

Effective Communication in Conflict Resolution held at M&FRC from 1100-1200 participants examine personality types, communication styles, coping with and resolving conflict through effective communication techniques. Dates:(8, 15, 22, 29). Register by calling: 652-2448.

Anger Management held at M&FRC from 1000-1200 is 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 emotions. Dates: Wednesdays (9, 16, 23, 30) Register by calling: 652-2448.



Resources

- Chaplain's Office
210-652-6121
- Military Family Life Counselors-Adult
210-744-4829/210-996-4037
- Military Family Life Counselor-Youth
210-627-0338/210-627-0525
- Employee Assistance Program
210-213-6454
- Domestic Abuse Advocate
210-292-5967

Is your baby outgrowing their car seat and money's pretty tight? We can help! The New Parent Support Program (NPSP) at Ft Sam and Lackland offer a Car Seat Class & Clinic . To make an appointment call 210-292-5967.

Helpful Resources

Military One Source:

1-800-342-9647

Suicide Prevention
Hotline:

1-800-273-8255

Deployments:

www.afterdeployment.org
www.realwarriors.net

