



JBSA Family Advocacy

July 2017

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| 3 | 4 | 5 Scream Free Marriage (FSH) 1 of 4 1500-1700 | 6 Love and Logic (FSH) 1 of 4 1100-1300 Anger Management (FSH) 1 of 4 1330-1530 | 7 |
| 10 Active Parenting (LAFB 1 of 4) 1000-1200 Mater Your Emotions (RAFB) 1 of 4 1100-1200 Effective Comm (RAFB) 1 of 4 1300-1400 | 11 | 12 Infant Massage (LAFB) 1 of 3 0900-1030 Scream Free Marriage (FSH) 2 of 4 1500-1700 | 13 Love and Logic (FSH) 2 of 4 1100-1300 Anger Management (FSH) 2 of 4 1330-1530 Stress and Time Mang (RAFB) 1 of 1 1200-1400 | 14 |
| 17 Active Parenting (LAFB 2 of 4) 1000-1200 Mater Your Emotions (RAFB) 2 of 4 1100-1200 Effective Comm (RAFB) 2 of 4 1300-1400 | 18 Car Seat 101 (LAFB 1 of 1) 0900-1100 | 19 Infant Massage (LAFB) 2 of 3 0900-1030 Scream Free Marriage (FSH) 3 of 4 1500-1700 | 20 Love and Logic (FSH) 3 of 4 1100-1300 Anger Management (FSH) 3 of 4 1330-1530 | 21 |
| 24 Active Parenting (LAFB 3 of 4) 1000-1200 Mater Your Emotions (RAFB) 3 of 4 1100-1200 Effective Comm (RAFB) 3 of 4 1300-1400 | 25 | 26 Infant Massage (LAFB) 3 of 3 0900-1030 Scream Free Marriage (FSH) 4 of 4 1500-1700 | 27 Love and Logic (FSH) 4 of 4 1100-1300 Anger Management (FSH) 4 of 4 1330-1530 | 28 Dad's the Basics (LAFB) 1 of 1 1330-1630 |
| 31 Active Parenting (LAFB 4 of 4) 1000-1200 Mater Your Emotions (RAFB) 4 of 4 1100-1200 Effective Comm (RAFB) 4 of 4 1300-1400 | | | | |

CLASSES OFFERED AT Lackland – Register for FSH classes by calling 292-5967

Active Parenting of Teens 10, 17, 24, 31 July / 1000-1200/ Bldg. 2513 across from Warhawk Gym

This class will give parents the confidence and courage to meet the challenges while savoring the joy of their children's teen years.

Dad's: The Basics:– 28 July / 1330-1630/ Bldg. 2513 across from Warhawk Gym - This class is intended to give you some basic information about becoming a dad and your role as a father. Participants gain helpful lists, guides, and information related to pregnancy, labor, and delivery, communicating with your spouse, caring for an infant and managing family issues

NPSP Car Seat 101 Class 18 July/ 0900-1100/ WHASC, 9th floor, Classroom A – Participants will learn about the safety of your child's car seat, if it fits your car, how does it fit child, is it easy to use, when do you switch to a new seat and much more. After completing the class, if eligible (currently E-5 and below), you will receive a certificate enabling you to receive a new car seat.

Infant Massage 12, 19, 26 July/ 0900-1030/ Newl Wilford Hall clinic, conference 3k023 – This series is for parents that want to learn how to relax their baby or infant and decrease stress. It can relieve discomfort from constipation, gas, and colic. It helps to normalize muscle tone, improve blood circulation, helps baby sleep better and stimulates brain development while improving sensory awareness. (ages 6 weeks – 12 months)

HUGS Playgroup Every Thursday 0930-1115 at CAMP building located behind TFL and adjacent to Fisher House.

CLASSES OFFERED AT FSH – Register for LAFB classes by calling 221-1996

Anger Management 6, 13, 20, 27 July/ 1330-1530/ FAP building #198– 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.

Love and Logic 6, 13, 20, 27 July/ 1100-1300/ FAP building #198 conference room - This class provides practical techniques and positive parenting tools to help raise responsible kids, correct negative behavior and improve parent/child relationships.

Scream Free Marriage 5, 12, 19, 26 July / 1500-1700/ FAP building #198 - This workshop helps couples learn and understand that conflict is unavoidable, and about how to embrace their differences. Learn to relate to others by being calm, cool and connected. Learn ways to for couples to be on the path to intimate independence.

Playgroup Every Tuesday 10:00-12:00 at Teen Center

CLASSES OFFERED AT RANDOLPH – Register for RAFB classes by calling 652-2448

Stress & Time Management / 13 July / 1200-1400/ Health Promotions - for those who want to examine the different causes of stress and learn time management techniques to successfully reach their new year's resolution goals.

Master Your Emotions/ 10, 17, 24, 31 July/ 1100-1200/ Health Promotions – This class is for those who want to learn to cope with anger in healthy and productive ways. Get tips on dealing with angry people.

Effective Communication in Conflict Resolution 10, 17, 24, 31 July/ 1300-1400/ Health Promotions – Participants examine personality types, communication styles, coping with and resolving conflict through effective communication techniques.