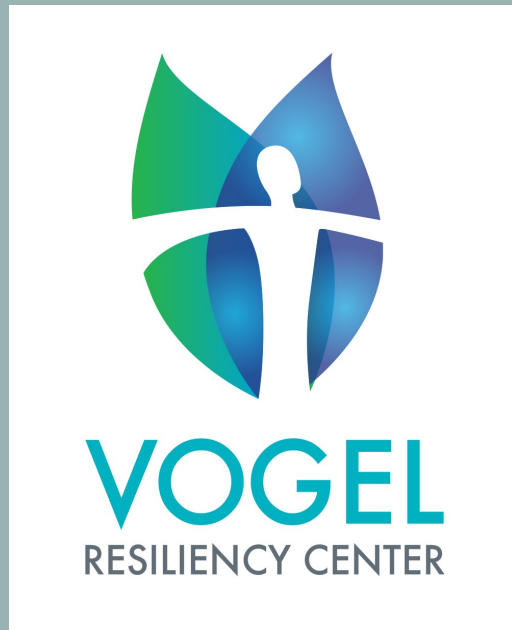


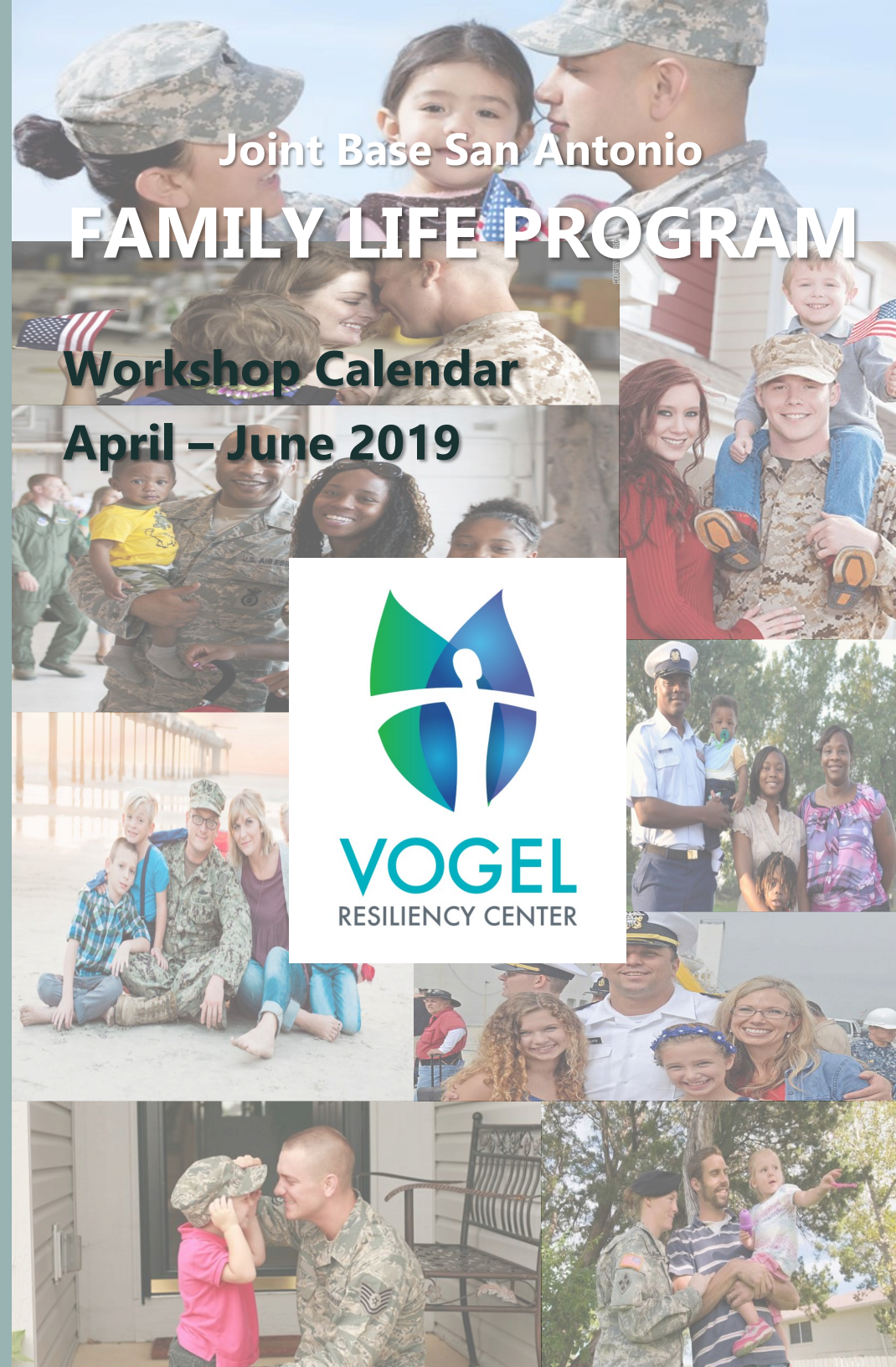
In pursuit of epic well-being



Vogel Resiliency Center
2490 Stanley Road, Bldg. 367
JBSA-Fort Sam Houston, TX 78234
210-539-1281/1282

Register for a workshop today!
Call the Family Life Program at 210-221-0349

All workshops are FREE to Active Duty, Dependents, Retirees, DoD Civilians, Guard, and Reserve



FAMILY LIFE PROGRAM

The JBSA Family Life Program (FLP) assists in improving quality of life for individuals and families. The skills they provide focus on the PHYSICAL, SOCIAL, PSYCHOLOGICAL, and SPIRITUAL holistic health domains. The FLP focuses on parenting, marriage, team building, stress, communication, and other life skills.

The FLP is located in the Vogel Resiliency Center (VRC) at JBSA-Fort Sam Houston. Below is the workshop schedule for April - June 2019. To register or get more information call 210-221-0349.

HELPING US GROW SAFELY (HUGS) – Tuesdays, 10 a.m. - Noon

A playgroup for infants and toddlers (up to age 5); open to parents and their children. The playgroup meets at the Middle School Teen Center, Bldg. 2515. Registration is not required. ● ●

BRINGING BABY HOME – Apr 4 & 11, 9 a.m.- Noon June 06 & 13, 9 a.m. - Noon

Two part workshop where we discuss what happens when you add a baby to your family. Topics include relationship impact, finances, feeding your baby, fears, and many others. Dads are encouraged to attend. ● ●

ANGER AWARENESS – Apr 02, May 07, & Jun 04 2 p.m.—3:30 p.m.

Learn to identify triggers, signals, expressions of anger, and techniques to effectively control anger. ● ● ●

INFANT MASSAGE—June 20, 27, July 11, 18, 9 - 11 a.m. Four sessions; one introductory, then three sessions of hands-on instruction for both care-giver and baby. Promotes healthy family development through nurturing touch and compassionate communication. Can improve health, sleep patterns, reduce colic, and improve bonding with care-givers. ● ● ● ●



SOCIAL MEDIA SAFETY – April 16, May 23, June 25, 2- 3:30 p.m.

Engage in your child's social media activities in a positive manner; become alert of current vulnerabilities. ● ●

MARRIAGE GARDEN – May 17, 24, 31 , 11 a.m. - 1 p.m.

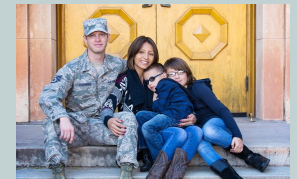
Three sessions: Practical steps for cultivating a strong and healthy relationship between you and your partner. ● ●

STRESS MANAGEMENT - Apr 09, May 14, & Jun 11, 2 - 4 p.m.

Stress impacts our mind, body, and emotions. This class provides helpful tips on how to cope with daily stress and gives resiliency skills to use during stressful life events. ● ● ●

CONFLICT RESOLUTION– Apr 25, May 28, 2 p.m. - 4 p.m.

Define conflict, common causes, and steps to resolve personal and situational contentions. ● ●



EFFECTIVE COMMUNICATION – Apr 18, 10:30 - 11:30 a.m.

Hands on communication using verbal and non-verbal skills. Review the roles of a listener, receiver, and multi-tasking during communication conflicts. ●

WHAT'S YOUR MINDEST – May 02, 9:30 - 10:30 a.m. & Jun 18, 2:00 - 3:30 p.m.

When you are faced with challenges, struggling with change, or unpredictable circumstances this class will help you learn ways to examine these situations with a positive mindset that will cause you to grow. ● ● ●

* ARMY UNIT FAMILY ADVOCACY PROGRAM (FAP) TRAINING – Apr 17, May 15, June 19, 9 - 10 a.m. and 1 - 2 p.m.

Unit Family Advocacy Training (IAW AR60818) regarding domestic and child abuse identification, reporting, and prevention. Other topics include restricted and unrestricted reporting and transitional compensation program. ●

** FLP facilitates mandatory Army Domestic & Child Abuse Prevention Training, IAW AR 608-18. Call to schedule training.*

DOMAIN KEY:

Physical ● Social ● Psychological ● Spiritual ●