

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 domains. The FLP focuses on parenting, marriage, team building, stress, communication, and other life skills.

Below is the FLP workshop schedule for October—December 2018. The FLP is located in the Vogel Resiliency Center (VRC) at JBSA-Fort Sam Houston.

To register for workshop 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. ● ●

ANGER AWARENESS – Oct 4 and Nov 15, 2 - 4 p.m.

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

WHAT'S YOUR MINDSET? – Oct 10 and Nov 28, 11:30 a.m. - 1:30 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. ● ● ●

5 LOVE LANGUAGES – Oct 24 and Dec 12, 11:30 a.m. - 1:30 p.m.

Learn your love language and how to identify the love language of those important to you. Learn to effectively communicate in a way that will make others feel loved in the way they understand. ● ● ● ●

STRESS MANAGEMENT – Oct 18 and Dec 6, 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. ● ● ●

DOMAIN KEY:

Physical ● Social ● Psychological ● Spiritual ●

BRINGING BABY HOME – PART I: Nov 2, 9 a.m. to Noon and PART II: Nov 9, 9 a.m. - Noon

Getting prepared for your baby's homecoming and providing information on infant care, infant safety, fears, and more. Dads are encouraged to attend. (Two part class) ● ●

CONFLICT RESOLUTION – Nov 1, 2 - 4 p.m.

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

EFFECTIVE COMMUNICATION – Nov 7, 11:30 a.m. - 1:30 p.m. and Dec 20, 2 - 4 p.m.

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

* ARMY UNIT FAMILY ADVOCACY PROGRAM (FAP) TRAINING – Oct 17, Nov 14, Dec 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. ●

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

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