



Family Life Program

VIRTUAL CLASSES – JUNE 2020

HOW TO REGISTER: Connect to the Zoom app at least one (1) day prior to class start date and provide the Meeting ID, Password, and an Email
If you have questions call 210-221-6877 or 210-221-0349

SOCIAL MEDIA SAFETY FOR PARENTS

Engage in your child's social media activities in a positive manner and become alert to current vulnerabilities. You'll come away with tools that help aid in protecting your children.

June 1, 2pm-3:30pm, Zoom Meeting ID: 938 5095 7371 Password: 023553

June 29, 2pm-3:30pm, Zoom Meeting ID: 964 2158 4574 Password: 514369

CONTROL YOUR EMOTIONS BEFORE THEY CONTROL YOU! Part 1 – Stress Management

Learn specific skills and ways of thinking to reduce stress and keep personal and professional relationships healthy.

June 2, 2pm-3:30pm, Zoom Meeting ID: 927 6938 8340 Password: 619294

June 30, 2pm-3:30pm, Zoom Meeting ID: 959 3103 8653 Password: 531140

PARENT SUPPORT GROUP – HELPING US GROW SECURELY (H.U.G.S)

Join us to talk about your struggles and successes during the COVID-19 and learn about resources available to you and your family.

Every Wednesday @ 11am-12pm, June 3, 10, 17, 24. Call the Family Life Program at 210-221-0349 for Zoom ID.

CONTROL YOUR EMOTIONS BEFORE THEY CONTROL YOU! Part 2 – Anger Awareness

Learn approaches to better handle anger to improve your personal and professional life. *(You do not have to attend Part 1 first)*

June 4, 2pm-3:30pm, Zoom Meeting ID: 315 135 6118 Password: 57667

5 LOVE LANGUAGES OF ADULTS

Everyone has a love language. Learning your partner's and your own primary love language will help create a stronger bond in your relationship.

June 8, 2pm-3:30pm, Zoom Meeting ID: 933 5984 6534 Password: 103330

INFANT MASSAGE

Massaging your baby helps you bond, calm fussiness, ease colic, boost muscle development and improve sleep. Expectant parents need a baby doll to practice strokes. Parents with babies need pure vegetable oil to use on baby's skin.

June 9, 2pm-3:30pm, Zoom Meeting ID: 986 3742 0630 Password: 228149

June 16, 2pm-3:30pm, Zoom Meeting ID: 978 6153 8717 Password: 209001



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5 LOVE LANGUAGES OF CHILDREN

Understand your child's emotional needs in order to build a stronger bond by learning about the love language unique to them.

June 11, 2pm-3:30pm, Zoom Meeting ID: 947 2497 9391 Password: 594516

CONFLICT RESOLUTION

This class provides you with critical tools that help you effectively resolve conflict in your work place and personal life.

June 15, 2pm-3:30pm, Zoom Meeting ID: 960 8560 5472 Password: 904513

ASSERTIVE COMMUNICATION

Learn how to stand up for your own needs and beliefs, while also respecting the needs of others through mutual respect, diplomacy, and directness.

June 18, 2:00pm-3:30pm, Zoom Meeting ID: 944 4165 7532 Password: 461572

POSITIVE PARENTING

This class will provide attendees with tools to build optimistic relationships with their children and put an end to exhausting power struggles.

June 22, 2:00pm-3:30pm, Zoom Meeting ID: 933 6118 8451 Password: 542897

MINDFUL PARENTING – PREGNANCY TO TODDLERHOOD

Learn how mindfulness helps parents regulate their stress and become more attentive towards themselves and their babies.

June 23, 2pm-3:30pm, Zoom Meeting ID: 944 3596 9482 Password: 364386

MINDFUL PARENTING – PRESCHOOL TO TEEN

Being a mindful parent means that you pay attention to what you're feeling. Of course you will feel negative emotions, but acting on them mindlessly is what compromises our parenting.

June 25, 2pm-3:30pm, Zoom Meeting ID: 9303376 0355 Password: 421305

Unit Domestic & Child Abuse Prevention

The Family Life Program facilitates mandatory Domestic & Child Abuse Prevention training for Army units IAW 608-18. Call (210) 221-0349 to schedule training.