

FSH: 210-221-1996

LAK: 210-292-5967

RND: 210-652-2448

JBSA FAMILY ADVOCACY PROGRAM

October 2022

Please register at the base where the class is held

Mon	Tue	Wed	Thu	Fri
3	4 Master Your Emotions (RND) 1 of 4 1100-1200 Car Seat 101 (LACK) 1330-1530	5 Between Two Homes (RND) 1 of 4 1100-1300	6	7
10 Holiday!	11 Master Your Emotions (RND) 2 of 4 1100-1200 Dads the Basics (FSH) 1300-1600 Letting FLO Drive (LACK) 1300-1430	12 Between Two Homes (RND) 2 of 4 1100-1300	13 Stress & Time Management (RND) 1300-1500	14 Effective Communication (FSH) 1130-1300
17 Understanding Grief (RND) 1 of 2 1300-1400	18 Master Your Emotions (RND) 3 of 4 1100-1200 Love and Logic (FSH) 1 of 4 1300-1600 Car Seat Clinic (LACK) 1330-1500	19 Between Two Homes (RND) 3 of 4 1100-1300	20 Love and Logic (FSH) 2 of 4 1300-1600	21 Effective Communication (FSH) 1130-1300
24 Understanding Grief (RND) 2 of 2 1300-1400	25 Master Your Emotions (RND) 4 of 4 1100-1200 Love and Logic (FSH) 3 of 4 1300-1600 Relationship Enhancement (LACK) 1300-1430	26 Between Two Homes (RND) 4 of 4 1100-1300	27 Love and Logic (FSH) 4 of 4 1300-1600	28

CLASSES OFFERED AT LACKLAND—Register for LAFB classes by calling 210-292-5967

Car Seat 101/4 October/1330-1530/WHASC, Mental Health Clinic-Floor 3, Wing B —Participants will learn about importance of using a child safety seat, if it fits your car, how does it fit your child, is it easy to use, when do you switch to a new seat and much more.

Car Seat Clinic/18 October/1330-1500/Lackland Fire Station #1/1910 Kenly Ave Bldg. 2325—Provides safety seat check-ups, installation education, and recall checks. Children must be present to ensure proper fitting. **Registration is REQUIRED; no walk-ins.**

Letting FLO Drive: Anger and Stress/11 October/1300-1430/WHASC, Mental Health Clinic-Floor 3, Wing B —An introduction and opportunity to attend a 60-minute session on anger and stress management. Participants will learn about the brain science of stress and anger, and how to better manage them by recognizing warning signs and using simple steps to calm down.

Relationship Enhancement/25 October/1300-1430/WHASC, Mental Health Clinic-Floor 3, Wing B —This is a one-time class for couples who want to improve their relationship by identifying their strengths and learn how to communicate in a healthier way. Preferably for both participants to attend but not necessary.

CLASSES OFFERED AT RANDOLPH—Register for RAFB classes by calling 210- 652-2448

Master Your Emotions/4, 11, 18, & 25 October/1100-1200/Randolph's Main Clinic-Floor 2, Mental Health Conference Room —For those who want to learn to cope with anger and other overwhelming emotions in healthy and productive ways. **This is a four-part series.**

Stress and Time Management/13 October/1300-1500/Randolph's Main Clinic-Floor 2, Mental Health Conference Room —For those who want to examine the different causes of stress and learn time management techniques to more effectively cope with everyday stressors. This is a **one-time class**.

Between Two Homes/5, 12, 19, & 26 October/1100-1300/Randolph's Main Clinic-Floor 2, Mental Health Conference Room —This course offers information on how families can meet the needs of children growing up between two homes due to divorce or separation. This class meets Texas court mandated requirements. This is a **four-part series**.

Understanding the Grief Process/17 & 24 October/1300-1400/Randolph's Main Clinic-Floor 2, Mental Health Conference Room —For those who have suffered a loss. Learn the stages of grief, signs and symptoms to look for, coping strategies, and resources. This is a **two-part series**.

CLASSES OFFERED AT FT. SAM HOUSTON—REGISTER for FSH classes by calling 210-221-1996

Dads: The Basics/11 OCT/1300-1600/Ft. Sam Houston Family Advocacy Center Building 198—Intended to give some basic information about becoming a dad and your role as a father. Participants gain helpful list, guides, and information related to pregnancy, labor and delivery, communicating with your spouse, caring for an infant and managing family issues.

Love and Logic/18, 20, 25, & 27/1300-1600/Ft. Sam Houston Family Advocacy Center Building 198—This class provides practical techniques to help parents with all ages raise responsible kids, have more fun in their role, and easily and immediately change their kid's behavior. **This is a four-part series.**

Effective Communication/14 & 21 October/1130-1300/ Ft. Sam Houston Family Advocacy Center Building 198—Participants will learn effective communication skills by exploring different types of communication, common conflicts, and techniques to improve communication styles and decrease issues related to communication.