

# JBSA FAMILY LIFE PROGRAM

The JBSA Family Life Program (FLP) assists in improving quality of life for individuals, units, 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.

**BRINGING BABY HOME:** January 23 & 30; February 6 & 13; March 5 & 12 from 9:00am-12:00pm  
*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.*

---

**INFANT MASSAGE:** January 15, 22 & 29; February 12, 19 & 26; March 4, 11 & 18  
9:00-11:00am

A three-part workshop that provides hands-on instruction for parents. Infant Massage helps improve baby's sleep patterns, reduce colic and promotes healthy family development through nurturing touch and compassionate communication. For expectant parents and parents with Children ages 0- 1 yr. old.

---

**HELPING US GROW SECURELY (H.U.G.S):** Every Tuesday from 10:00am-12:00pm  
A playgroup for infants and toddlers (up to age 5); open to parents and their children. Held at the W. Ed Parker Youth Center, JBSA Fort Sam Houston.

---

**FIVE LOVE LANGUAGES OF CHILDREN:** March 19, 2:00-3:30pm  
**Understand your child's emotional needs and build a stronger bond by learning about your child's love language.**

---

**MINDFUL PARENTING:** January 9 (0-4 yrs), January 16 (5 yrs and up), 2:00-3:30pm  
*Build positive relationships with your child by becoming aware of your parenting style, and learning constructive ways to respond appropriately to challenging behaviors.*

---

**POSITIVE PARENTING (0-3 yrs.):** March 12, 2:00pm-3:30pm

This class gives parents the tools to make child-rearing choices that reflect their beliefs and values. Taught from an approach that is sensitive to children's individual needs., this class addresses typical challenges that arise in early childhood. Expectant parents are encouraged to attend.

**FIVE LOVE LANGUAGES OF ADULTS:** January 23 & February 13, 2:00pm-3:30pm  
*Learn your love language and how to identify your partner's love language. Learn to effectively communicate with the goal of helping your partner feel loved in a way they understand.*

---

**SOCIAL MEDIA SAFETY FOR PARENTS:** February 6, 2:00pm-3:30pm

Engage in your child's social media activities in a positive manner and become alert to current vulnerabilities such as bullying and suicide. Walk away with tools that help aid in protecting your children.

---

**EFFECTIVE COMMUNICATION:** February 11, 2:00pm-3:30pm

**Learn the art of active listening and other communication skills that will help you connect with others more effectively. Learn to identify and overcome some of the barriers that prevent you from delivering or receiving a clear message in your everyday life.**

---

**CONTROL YOUR EMOTIONS BEFORE THEY CONTROL YOU! (Anger and Stress Management):** February 24 & March 30, 2:00-3:30pm

Learn specific behavioral skills and ways of thinking so you can reduce stress, cope with anger and keep personal and professional relationships healthy.

---

**CONFLICT RESOLUTION:** January 27, 2:00-3:30 pm

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

---

**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*

