



April
IS BOTH



JBSA FAMILY ADVOCACY PROGRAM

LAK 210-292-5967 | FSH 210-221-1996 | RND 210-652-2448

Mon	Tue	Wed	Thu	Fri
<p><i>*Please register at the base where the class is held.</i></p>  		<p>1</p> <p>Between Two Homes (RND) 1 of 4 1100-1300</p>	<p>2</p>	<p>3</p> <p>Birth to One Safe Care (FSH) 1330-1530 – Virtual</p>
<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p> 
<p>13</p> <p>Anger Management (RND) 1 of 3 1100-1300</p>	<p>14</p> <p>Car Seat 101 (LAK) 1030-1200</p> <p>Dads: The Basics (FSH) 1300-1600</p>	<p>15</p> <p>Between Two Homes (RND) 2 of 4 1100-1300</p>	<p>16</p> <p>Taking Care of Ourselves: Parent Stress Reduction (FSH) 1330-1530</p>	<p>17</p>
<p>20</p> <p>Anger Management (RND) 2 of 3 1100-1300</p>	<p>21</p> <p>Taking Care of Ourselves: Parent Stress Reduction (FSH) 1330-1530 - Virtual</p>	<p>22</p> <p>Between Two Homes (RND) 3 of 4 1100-1300</p>	<p>23</p> <p>Birth to One Safe Care (FSH) 1330-1530</p>	<p>24</p>
<p>27</p> <p>Anger Management (RND) 3 of 3 1100-1300</p>	<p>28</p> <p>Stress and Time Management (LAK) 1430-1600</p>	<p>29</p> <p>Between Two Homes (RND) 4 of 4 1100-1300</p> 	<p>30</p>	

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

Car Seat 101/14 April/1030-1200/Lackland Fire Station #1/1910 Kenly Ave Bldg. 2325— Participants will learn about the 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.

Stress and Time Management/28 April/1430-1600/WHASC, Mental Health Clinic-Floor 3, Wing B —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.**

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

Between Two Homes/1, 15, 22, & 29 April/1100-1300/Randolph's Main Clinic-221 3rd Street West, Floor 2, Mental Health Conference Room —This class 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. Please check in at the Mental Health Front Desk.**

Anger Management/13, 20, & 27 April/1100-1300/Randolph's Main Clinic, 221 3rd Street West-Floor 2, Mental Health Conference Room – A comprehensive anger program for those who want to learn to cope with anger in a group setting. Learn healthy and productive ways to deal with anger emotions. **This is a three-part series. Please check in at the Mental Health Front Desk.**

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

Dads: The Basics/14 April/1300-1600/Fort Sam Houston Family Advocacy Center, 2270 Stanley Rd, Bldg. 198– Intended to give dads some basic information about becoming a dad and your role as a father. Participants gain helpful lists, guides, and information related to pregnancy, labor, and delivery, communicating with your spouse, caring for an infant, and managing family issues. **This is a one-time class.**

Taking Care of Ourselves: Parent Stress Reduction/16 April (In-person) or 21 April (Virtual) /1330-1530/Ft. Sam Houston Family Advocacy Center, 2270 Stanley Rd Bldg. 198 – The overall goal of this workshop is to assist parents in managing their day-to-day stress in a way that nurtures their physical and emotional needs and, in turn, those of their child(ren). Parents will gain a better understanding of their stressors and signs of stress, identify and use techniques to lessen their levels of stress and develop an individualized action plan for managing stress. **This is a one-time class. Registration is required to receive a TEAMS link for the Virtual session.**

Birth to One, Safe Care /03 April (Virtual) or 23 April (In-person)/ 1330-1530 /Ft. Sam Houston Family Advocacy Center, 2270 Stanley Rd Bldg. 198- This session would benefit both parents who are expecting or have a child under 7-months-old. Learn about the Period of Purple Crying, Shaken Baby Syndrome, Dr. Harvey Karp's 5 Ss (5 ways to soothe your baby), Sudden Infant Death Syndrome, safe sleep and the importance of tummy time. **This is a one session class. Registration is required to receive a TEAMS link for the Virtual session.**