



JBSA FAMILY ADVOCACY PROGRAM

December 2025

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

Mon	Tue	Wed	Thu	Fri
1 Love and Logic Parenting (FSH) 1 of 3 1300-1500	2 Car Seat 101 (LAK) 1430-1600 Anger Management (LAK) 1 of 3 1430-1630	3 Stress & Time Management *(FSH) 1100-1300- Virtual	4	5
8 Love and Logic Parenting (FSH) 2 of 3 1300-1500	9 Dads: The Basics (LAK) 1400-1630 Anger Management (LAK) 2 of 3 1430-1630	10 Stress & Time Management (RND) 1100-1300	11	12
15 Love and Logic Parenting (FSH) 3 of 3 1300-1500	16 Anger Management (LAK) 3 of 3 1430-1630	17 Stress & Time Management *(FSH) 1100-1300- Virtual	18	19
22	23	24	25 	26
29	30	31 		*Please register at the base where the class is held.

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

Car Seat 101/2 December/1430-1600/WHASC, Mental Health Clinic-Floor 3, Wing B – 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.

Anger Management/2, 9, & 16 December/1430-1630/WHASC, Multipurpose Room-Floor 2, Rm 2D0001 – This is 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.**

Dads: The Basics/9 December/1400-1630/WHASC, Mental Health Clinic-Floor 3, Wing B, Rm 3K051– 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.**

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

Stress and Time Management/10 December/1100-1300/Randolph's Main Clinic, 221 3rd Street West-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.**

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

Love and Logic Parenting/1, 8, & 15 December/1300-1500/Ft. Sam Houston Family Advocacy Center, 2270 Stanley Rd Bldg. 198– The 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 kids' behavior. **This is a three-part series.**

Stress and Time Management/3 or 17 December/1100-1300/Ft. Sam Houston Family Advocacy Center, 2270 Stanley Rd Bldg. 198—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 1 session class, with multiple opportunities to attend. Virtual via MS Teams, pre-registration is required.***