



FSH: 210-221-1996

LAK: 210-292-5967

RND: 210-652-2448

# JBSA FAMILY ADVOCACY PROGRAM

## FEBRUARY 2023

| Mon  | Tue   | Wed   | Thu  | Fri  |
|--|---|---|--|--|
|  |   | <b>1</b><br><b>Between 2 Homes</b><br>(RND) 1 of 4 0900-1100<br><br><b>Single Parent Support Group</b><br>(LAK) 1130-1230 | <b>2</b><br><b>Active Parenting of Teens</b><br>(RND) 1 of 4 1400-1600   | <b>3</b><br><b>Love and Logic</b><br>(FSH) 1 of 4 1300-1500  |
| <b>6</b>   | <b>7</b><br><b>Master Your Emotions</b><br>(RND) 1 of 4 1100-1200<br><br><b>Dating: It's a Jungle</b><br>(RND) 1 of 3 1330-1500<br><br><b>Anger Management</b><br>(FSH) 1 of 3 1330-1600<br><br><b>Car Seat 101</b><br>(LAK) 1330-1530  | <b>8</b><br><b>Between 2 Homes</b><br>(RND) 2 of 4 0900-1100  | <b>9</b><br><b>Stress and Time Management</b><br>(RND) 1200-1400<br><br><b>Active Parenting of Teens</b><br>(RND) 2 of 4 1400-1600 | <b>10</b><br><b>Love and Logic</b><br>(FSH) 2 of 4 1300-1500 |
| <b>13</b>  | <b>14</b><br><b>Master Your Emotions</b><br>(RND) 2 of 4 1100-1200<br><br><b>Dating: It's a Jungle</b><br>(RND) 2 of 3 1330-1500<br><br><br><b>Anger Management</b><br>(FSH) 2 of 3 1330-1600<br><br><b>Active Parenting 0-5yrs</b><br>(LAK) 1 of 3 1330-1600<br><br><b>Dad's Support Group</b><br>(LAK) 1530-1630 | <b>15</b><br><b>Between 2 Homes</b><br>(RND) 3 of 4 0900-1100   | <b>16</b><br><b>Dads: The Basics</b><br>(RND) 1330-1630<br><br><b>Active Parenting of Teens</b><br>(RND) 3 of 4 1400-1600          | <b>17</b><br><b>Love and Logic</b><br>(FSH) 3 of 4 1300-1500 |
| <b>20</b><br><br> | <b>21</b><br><b>Master Your Emotions</b><br>(RND) 3 of 4 1100-1200<br><br><b>Dating: It's a Jungle</b><br>(RND) 3 of 3 1330-1500<br><br><b>Anger Management</b><br>(FSH) 3 of 3 1330-1600<br><br><b>Active Parenting 0-5yrs</b><br>(LAK) 2 of 3 1330-1600   | <b>22</b><br><b>Between 2 Homes</b><br>(RND) 4 of 4 0900-1100   | <b>23</b><br><b>Active Parenting of Teens</b><br>(RND) 4 of 4 1400-1600  | <b>24</b><br><b>Love and Logic</b><br>(FSH) 4 of 4 1300-1500 |
| <b>27</b>  | <b>28</b><br><b>Master Your Emotions</b><br>(RND) 4 of 4 1100-1200<br><br><b>Active Parenting 0-5yrs</b><br>(LAK) 3 of 3 1330-1600  |   |  | <i>*Please register at the base where the class is held.</i> |

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

**Dad's Support Group/14 February/1530-1630/MFRC 1550 Wurtsmith, Bldg. 5725 Rm. 123** – This fatherhood support group invites all dads to share their questions, challenges, experience, and resources. Discuss parenting strategies, network with other dads, and strengthen your connection with your children. \*Call (210)671-3722 to register or for more information.

**Active Parenting 0-5/14, 21, & 28 February/1330-1600/Lackland Bldg. 2513**— This class is for new and current parents to learn basic skills for kids 0-5. Learn about parenting styles, ages and stages of development, attachment, discipline strategies, encouraging positive behavior and preparing for school. **This is a three-part series.**

**Car Seat 101/7 February/1330-1530/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.

**Single Parent Support Group/1 February/1130-1230/MFRC 1550 Wurtsmith, Bldg. 5725 Rm. 217** – Long-term and short-term single parents receive information on community resources, network with other parents, and participate in open discussions. \*Call (210)671-3722 to register or for more information.

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

**Active Parenting Of Teens/2, 9, 16 & 23 February/1400-1600/Randolph's Main Clinic-Floor 2, Mental Health Conference Room** — This class will give parents the confidence and courage to meet the challenges while savoring the joy of their children's teen years. **This is a four-part series.**

**Between Two Homes/1, 8, 15 & 22 February/0900-1100/Randolph's Main Clinic-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.**

**Dads: The Basics/16 February/1330-1630/Randolph's Main Clinic-Floor 2, Mental Health Conference Room** – 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.

**Dating: It's a Jungle Out There/7, 14 & 21 February/1330-1500/Randolph's Main Clinic-Floor 2, Mental Health Conference Room** —Geared for singles and singles again who want to examine the major areas that predict what a person will be like in the marriage and the bonding forces that must be kept in balance as the relationship grows. \* Ages 18 and above \* **This is a three-part series.**

**Master Your Emotions/7, 14, 21, & 28 February/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/9 February/1200-1400/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.**

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

**Anger Management/7, 14 & 21 February/1330-1600/Ft. Sam Houston Family Advocacy Center Bldg. 198** – This comprehensive class is for those who want to learn healthy and productive ways to deal with emotions. Participants will better understand ways to identify triggers, healthy coping skills, triggering thoughts, and the root causes of their elevated emotions. **This is a three-part series.**

**Love and Logic/3, 10, 17 & 24 February/1300-1500/Ft. Sam Houston Family Advocacy Center Bldg. 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 kids' behavior. **This is a four-part series.**