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| **FSH: 210-221-1996** **LAK: 210-292-5967** **RND: 210-652-2448**   |
| Mon | Tue | Wed | Thu | Fri |
| 3**Stress & Time Management**\*(FSH) 1030-1200-*Virtual***Active Parenting of Teens**(RND) 1 of 3 1100-1300  | 4**Between Two Homes**(FSH) 1 of 4 1330-1530**Car Seat 101**(LAK) 1430-1600 | 5**Stress & Time Management**(FSH) 1030-1200 | 6**Infant Massage**(LAK) 1 of 2 1000-1130 | 7**A Parent’s Guide to Teen** **Dating Violence**(FSH) 1330-1500 |
| 10**Taking Care of Ourselves**\*(FSH) 1030-1200*-Virtual***Active Parenting of Teens**(RND) 2 of 3 1100-1300**Dads: The Basics**(RND) 1330-1630 | 11**Between Two Homes**(FSH) 2 of 4 1330-1530**Anger Management**(LAK) 1 of 3 1430-1630***National Day of Action - Wear Orange Day!*** | 12**Taking Care of Ourselves**(FSH) 1030-1200 | 13**Infant Massage**(LAK) 2 of 2 1000-1130 | 14**A Parent’s Guide to Teen** **Dating Violence**(FSH) 1330-1500  |
| 17  ***Washington’s Birthday*** | 18**Between Two Homes**(FSH) 3 of 4 1330-1530**Anger Management**(LAK) 2 of 3 1430-1630 | 19**Stress & Time Management**(FSH) 1030-1200**Stress & Time Management**(RND) 1100-1300 | 20**A Parent’s Guide to Teen** **Dating Violence**\*(FSH) 1200-1330-*Virtual*  | 21  |
| 24**Active Parenting of Teens**(RND) 3 of 3 1100-1300 | 25**Between Two Homes**(FSH) 4 of 4 1330-1530**Anger Management**(LAK) 3 of 3 1430-1630 | 26**Taking Care of Ourselves**(FSH) 1030-1200 | 27**Taking Care of Ourselves**\*(FSH) 1030-1200-*Virtual* | 28**A Parent’s Guide to Teen** **Dating Violence**(FSH) 1330-1500  |

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**JBSA FAMILY ADVOCACY PROGRAM**

**February 2025**

**\*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 101/4 February/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/11, 18, &25 February/1430-1630/****WHASC, Mental Health Clinic-Floor 3, Wing B** – 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.**

# Infant Massage/6 & 13 February/1000-1130/WHASC, Mental Health Clinic-Floor 3, Wing B – *These sessions are for those in the last trimester* who want to learn to relax their child and decrease stress for you and your baby. It can relieve discomfort from constipation, gas and colic. It helps to normalize muscle tone, improve blood circulation, helps baby sleep better, and stimulates brain development while improving sensory awareness. You will be learning to massage on dolls. This is a two-part series.

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

**Active Parenting of Teens/3, 10, & 24 February /1100-1300/Randolph’s Main Clinic, 221 3rd Street West-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 three-part series.**

**Dads: The Basics/10 February/1330-1630/Randolph’s Main Clinic-221 3rd Street West, 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. **A one-time class.**

**Stress and Time Management/19 Feb/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*

**Stress and Time Management/3, 5, & 19 February/1030-1200/****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 one-time class. *\*Virtual session is on the 3rd via MS TEAMS, please call to register.***

**Taking Care of Ourselves/10, 12, 26, & 27 February/1000-1130/****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*.  \*Virtual sessions are on the 10 and 27 via MS TEAMS, please call to register.***

# Between Two Homes/4, 11, 18, & 25 February/1330-1530/Ft. Sam Houston Family Advocacy Center, 2270 Stanley Rd Bldg. 198 —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.

**A Parent’s Guide to Teen Dating Violence/7, 14, & 28 February/1330-1500/Ft. Sam Houston Family Advocacy Center, 2270 Stanley Rd Bldg. 198** – We acknowledge that talking to teens can be tricky, however, it’s never too early to talk to your child about healthy relationships and dating violence. This Parenting Workshop will support parental confidence, provide education, and resources to navigate these tough conversations. **This is a one-time class*.  \*Virtual session is February 20, from 1200-1330 via MS TEAMS, please call to register.***