



JBSA FAMILY ADVOCACY PROGRAM

January 2026



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>2</p>
<p>5</p> <p>Anger Management (RND) 1 of 3 1100-1300</p>	<p>6</p>	<p>7</p> <p>Love and Logic Parenting (RND) 1 of 4 1100-1300</p>	<p>8</p> <p>Active Parenting: 5-12 Yrs (FSH) 1 of 4 1330-1530</p>	<p>9</p>
<p>12</p> <p>Anger Management (RND) 2 of 3 1100-1300</p>	<p>13</p> <p>Car Seat 101 (LAK) 1030-1200</p> <p>Dads: The Basics (FSH) 1300-1600</p> <p>Effective Communication (LAK) 1 of 2 1400-1530</p>	<p>14</p> <p>Love and Logic Parenting (RND) 2 of 4 1100-1300</p>	<p>15</p> <p>Active Parenting: 5-12 Yrs (FSH) 2 of 4 1330-1530</p>	<p>16</p>
<p>19</p> <p><i>Dr. Martin Luther King Jr. Day</i></p>	<p>20</p> <p>Effective Communication (LAK) 2 of 2 1400-1530</p>	<p>21</p> <p>Love and Logic Parenting (RND) 3 of 4 1100-1300</p>	<p>22</p> <p>Active Parenting: 5-12 Yrs (FSH) 3 of 4 1330-1530</p>	<p>23</p>
<p>26</p> <p>Anger Management (RND) 3 of 3 1100-1300</p>	<p>27</p> <p>Infant Massage (LAK) 1400-1530</p>	<p>28</p> <p>Love and Logic Parenting (RND) 4 of 4 1100-1300</p> <p>Car Seat Clinic (LAK) By appt only</p>	<p>29</p> <p>Active Parenting: 5-12 Yrs (FSH) 4 of 4 1330-1530</p>	<p>30</p>

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

Car Seat 101/13 January/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.

Effective Communication/13 & 20 January/1400-1530/WHASC, Mental Health Clinic-Floor 3, Wing B – Participants will learn effective communication skills by exploring different types of communication, common conflicts, and techniques to improve communication styles and decrease issues related to communication. **This is a two-part series.**

Infant Massage/27 January/1400-1530/WHASC, Mental Health Clinic Rm 3k051 – **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 using dolls. **This is a one-time class.**

Car Seat Clinic/28 January/1330-1500/Lackland Fire Station #1/1910 Kenly Ave Bldg. 2325 – Provides safety seat check-ups, installation education, and recall checks. Children must be present to ensure proper fitting. **Registration is REQUIRED; no walk-ins.** *Call (210)292-5967 to register.

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

Anger Management/5, 12, & 26 January/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.**

Love and Logic Parenting/7, 14, 21, & 28/1100-1300/Randolph's Main Clinic-221 3rd Street West, Floor 2, Mental Health Conference Room – 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 four-part series.**

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

Active Parenting: 5 – 12 Years/8, 15, 22, & 29 January/1330-1530/Fort Sam Houston Family Advocacy Center, 2270 Stanley Rd, Bldg. 198— This class offers participants knowledge in how brain development affects children's behavior and decision making, insight on how to raise responsible and cooperative children, and offers techniques to improve discipline and communication. **This is four-part series.**

Dads: The Basics/13 January/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.**