



# Family Advocacy Program September 2025



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

Mon	Tue	Wed	Thu	Fri
1  HAPPY LABOR DAY!	2  <b>Car Seat 101</b> (LAK) 1430-1600	3  <b>Anger Management</b> (RND) 1 of 4 1100-1300	4	5
8  <b>Scream Free Marriage</b> (RND) 1 of 4 1100-1300	9  <b>Between Two Homes</b> (FSH) 1 of 4 1000-1200  <b>Dads: The Basics</b> (LAK) 1400-1630	10  <b>Anger Management</b> (RND) 2 of 4 1100-1300	11	12
15  <b>Scream Free Marriage</b> (RND) 2 of 4 1100-1300	16  <b>Between Two Homes</b> (FSH) 2 of 4 1000-1200	17  <b>Anger Management</b> (RND) 3 of 4 1100-1300	18  <b>Dealing with Conflict Part 1: Calming Conflict</b> *(FSH) 1 of 2 1300-1500-Virtual	19
22  <b>Scream Free Marriage</b> (RND) 3 of 4 1100-1300	23  <b>Between Two Homes</b> (FSH) 3 of 4 1000-1200	24  <b>Anger Management</b> (RND) 4 of 4 1100-1300  <b>Car Seat Clinic</b> (LAK) By Appt Only	25  <b>Dealing with Conflict Part 2: Connecting Through Conflict</b> *(FSH) 2 of 2 1300-1500-Virtual	26
29  <b>Scream Free Marriage</b> (RND) 4 of 4 1100-1300	30  <b>Between Two Homes</b> (FSH) 4 of 4 1000-1200			<i><b>*Please register at the base where the class is held.</b></i>

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

**Car Seat 101/2 September/1430-1600/WHASC, Mental Health Clinic-Floor 3, Wing B, Rm 3K051** – 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.

**Dads: The Basics/9 September/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.**

**Car Seat Clinic/24 September/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/3, 10, 17, 24 September/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 four-part series.**

**Scream Free Marriage/8, 15, 22, 29 September/1100-1300/Randolph's Main Clinic, 221 3rd Street West-Floor 2, Mental Health Conference Room** - Couples focus on communication, conflict resolution skills, and strengthening the bonds of friendship in their relationship. **This is a four-part series.**

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

**Between Two Homes/9, 16, 23, & 30 September/1000-1200/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.** *FREE childcare is available at BAMC for parents attending sessions.*

**Dealing with Conflict Part 1: Calming Conflict/18 September/1300-1500/Ft. Sam Houston Family Advocacy Center, 2270 Stanley Rd Bldg. 198** — Learn ways to understand and address conflict without it spiraling out of control with video guides from Drs. John and Julie Gottman! **It is recommended to attend both Part 1 and Part 2.** *\*Virtual session via MS TEAMS, please call to register.*

**Dealing with Conflict Part 2: Connecting Through Conflict/25 September/1300-1500/Ft. Sam Houston Family Advocacy Center, 2270 Stanley Rd Bldg. 198** — Help your partner understand you and get to know where they're coming from. Learn what hopes and feelings inform the things you each care about, how to accept influence from each other, and how to compromise if you're feeling stuck with video guides from Drs. John and Julie Gottman! **It is recommended to attend both Part 1 and Part 2.** *\*Virtual session via MS TEAMS, please call to register.*