

# Family Advocacy Calendar January 2019

January	Lackland (210) 292-5967	Ft. Sam (210) 221-1996	Randolph (210) 652-2448
3		Happy	1200-1400: Stress and Time Management and New Years Resolutions (1 of 1)
8	0900-1100: Car Seat 101 (1 of 1)		1100-1200: Effective Communication in Conflict Resolution (1 of 4)
9	1330-1530: Active Parenting of Teens (1 of 4)	1330-1530: Love and Logic (1 of 4)	1000-1200: Anger Management (1 of 4)
14		1300-1500: Car Seat 101	
15	0900-1030: Infant Massage (1 of 2)	0800-1200: Between Two Homes (1 of 2)	1100-1200: Effective Communication in Conflict Resolution (2 of 4)
16	1330-1530: Active Parenting of Teens (2 of 4) 1330-1530: Car Seat Clinic (By appt. only)	1330-1530: Love and Logic (2 of 4)	1000-1200: Anger Management (2 of 4)
17	New	1300-1500: Car Seat Clinic (By appt. only)	Year!
18		1300-1600: Dad's the Basics (1 of 1)	
22	0900-1030: Infant Massage (2 of 2)	0800-1200: Between Two Homes (2 of 2)	1100-1200: Effective Communication in Conflict Resolution (3 of 4)
23	1330-1530: Active Parenting of Teens (3 of 4)	1330-1530: Love and Logic (3 of 4)	1000-1200: Anger Management (3 of 4)
29			1100-1200: Effective Communication in Conflict Resolution (4 of 4)
30	1330-1530: Active Parenting of Teens (4 of 4)	1330-1530: Love and Logic (4 of 4)	1000-1200: Anger Management (4 of 4)

## **LACKLAND—Register by calling 292-5967**

**Car Seat 101/08 JAN 0900-1100/ New WHASC—3rd Floor B WING, Mental Health Clinic** —Participants will learn about 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.

**Active Parenting of Teens/9, 16, 23, 30 JAN/1330-1530/ Lackland Library 1930 George Ave** — This will give parents the confidence and courage to meet the challenges while savoring the joy of their children's teen years.

**Infant Massage/15,22 JAN/0900-1030/ WHASC—3rd Floor B Wing, Mental Health Clinic**—For those 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 normalize muscle tone, improve blood circulation, helps baby sleep better, and stimulates brain development while improving sensory awareness. For parents with children ages 6 weeks to 12 months.

## **RANDOLPH—Register by calling 652-2448**

**Stress and Time Management /13 DEC/ 1200-1400/ M&FRC 555 F. Street W**—For those who want to examine the different causes of stress and learn time management techniques to more effectively cope with every day stressors.

**Anger Management/9, 16, 23, 30 JAN/ 1000-1200/ M&FRC 555 F. Street W**—a 4 week 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 and emotions.

**Effective Communication in Conflict Resolution/8, 15, 22, 29 JAN/ 1100-1200/M&FRC 555 F. Street W**—Participants examine personality types, communication styles, coping with and resolving conflict through effective communication techniques.

## **FT. SAM HOUSTON—Register by calling 221-1996**

**Between Two Homes/15, 22 JAN/ 0800-1200/ M&FRC 3060 Stanley Rd** —This course 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.

**Love and Logic/9, 16, 23, 30 JAN/ 1330-1530/ M&FRC 3060 Stanley Rd** —This class provides practical techniques to help parents with all children of all ages to raise responsible kids, have more fun in their role, and easily and immediately change their kids behavior.

**Dad's the Basics/18 JAN/1300-1600/2270 Stanely Rd** — This class is intended to give some basic information about becoming a dad and your role as a father. Participants gain helpful list, guides, and information related to pregnancy, labor and deliver, communicating with your spouse, caring for an infant and managing family issues.

**Car Seat 101/14 JAN/1300-1500/M&FRC 3060 Stanley Rd** —Participants will learn about 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.