



JBSA FAMILY ADVOCACY PROGRAM

August 2025



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

Mon	Tue	Wed	Thu	Fri
<i>*Please register at the base where the class is held.</i>				1
4	5 Car Seat 101 (LAK) 1430-1600	6 Active Parenting Stepfamilies (FSH) 1 of 4 1000-1200	7	8 Taking Care of Ourselves: Parent Stress Reduction (FSH) 1300-1500
11 Active Parenting: 0-5 years (LAK) 1 of 3 0900-1100	12 Anger Management (LAK) 1 of 3 1430-1630	13 Active Parenting Stepfamilies (FSH) 2 of 4 1000-1200	14	15
18 Active Parenting: 0-5 years (LAK) 2 of 3 0900-1100 Dads: The Basics (RND) 1300-1600	19 Anger Management (LAK) 2 of 3 1430-1630	20 Active Parenting Stepfamilies (FSH) 3 of 4 1000-1200	21	22
25 Active Parenting: 0-5 years (LAK) 3 of 3 0900-1100	26 Anger Management (LAK) 3 of 3 1430-1630	27 Active Parenting Stepfamilies (FSH) 4 of 4 1000-1200 Stress and Time Management (RND) 1100-1300	28	29 Taking Care of Ourselves: Parent Stress Reduction *(FSH) 1000-1200 <i>Virtual</i>

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

Car Seat 101/5 August/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.

Active Parenting: 0-5 years/11, 18, & 25 August/0900-1100/WHASC Multidisciplinary Room 2D001 – Floor 2 - 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. All three sessions must be completed to earn a certificate.**

Anger Management/12, 19, & 26 August/1430-1630/WHASC, Mental Health Clinic-Floor 3, Wing B, Rm 3k051 – This is 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.**

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

Dads: The Basics/18 August/1300-1600/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. **This is a one-time class.**

Stress and Time Management/27 Aug/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

Active Parenting for Stepfamilies/6, 13, 20, & 27 August/1000-1200/Fort Sam Houston Family Advocacy Center, 2270 Stanley Rd, Bldg. 198 — This class will give parents the confidence and courage to meet the parenting challenges experienced in stepfamilies. **This is a four-part series. FREE childcare is available at BAMC for parents attending sessions.**

Taking Care of Ourselves: Parent Stress Reduction/8 August/1300-1500/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. FREE childcare is available at BAMC for parents attending session.**

Taking Care of Ourselves: Parent Stress Reduction/29 August/1000-1200/Virtual – via MS TEAMS – 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. *Please call and register to receive virtual link.**