



FAMILY LIFE PROGRAM

Virtual Classes – August 2020

HOW TO REGISTER: Connect to ZOOM at least one (1) day prior to class date provide the Zoom Meeting ID, Password and an email
Call (210) 221-0349 for more information.

PARENT SUPPORT GROUP

Join us to talk about your struggles and successes during the COVID-19 and learn about resources available to you and your family. For parents with children 0-5 years old.

Every Wednesday @ 11am-12pm, August 5, 19, 26

To get the Zoom ID call 210-221-0349 or email martha.l.pokornik.ctr@mail.mil

INFANT MASSAGE

Massaging your baby helps you bond, calm fussiness, ease colic, boost muscle development and improve sleep. Expectant parents need a baby doll to practice strokes. Parents with babies need pure vegetable oil to use on baby's skin.

August 3, 2pm-3:30pm, Zoom Meeting ID: 944 9014 7993 Password: 6u3dUB

August 10, 2pm-3:30pm, Zoom Meeting ID: 993 8631 1109 Password: 7sdF!X

5 LOVE LANGUAGES OF ADULTS

Everyone has a love language. Learning your partner's and your own primary love language will help create a stronger bond in your relationship.

August 4, 2pm-3:30pm, Zoom Meeting ID: 989 7720 9495 Password: 5s6Ly6

August 31, 2pm-3:30pm, Zoom Meeting ID: 929 1088 4281 Password: 3Wkn&#

5 LOVE LANGUAGES OF CHILDREN

Understand your child's emotional needs in order to build a stronger bond by learning about the love language unique to them.

August 6, 2pm-3:30pm, Zoom Meeting ID: 957 3009 9937 Password: 3N&3Z%

CONFLICT RESOLUTION

This class provides you with critical tools that help you effectively resolve conflict in your work place and personal life.

August 13, 2pm-3:30pm, Zoom Meeting ID: 947 3493 2493 Password: 7ks.e8

POSITIVE PARENTING

Learn tools to build optimistic relationships with your children and put an end to power struggles. For parents with children 0-3 years old.

August 17, 2:00pm-3:30pm, Zoom Meeting ID: 933 4628 5282 Password: 5M2jEg

MINDFUL PARENTING – PREGNANCY TO TODDLERHOOD

Mindful parenting means that you bring your conscious attention to what's happening instead of getting hijacked by your emotions. Learn how mindfulness helps parents regulate their stress and become more attentive towards themselves and their babies.

August 18, 2pm-3:30pm, Zoom Meeting ID: 996 3552 8761 Password: 7Er#s

MINDFUL PARENTING – PRESCHOOL TO TEEN

A mindful parent pays attention to what they're feeling. Of course you will feel negative emotions, but acting on them mindlessly is what compromises our parenting.

August 20, 2pm-3:30pm, Zoom Meeting ID: 937 2442 8445 Password: 0pv=%g

SOCIAL MEDIA SAFETY FOR PARENTS

Engage in your child's social media activities in a positive manner and become alert to current vulnerabilities. You'll come away with tools that help aid in protecting your children.

August 24, 2pm-3:30pm, Zoom Meeting ID: 974 1131 0564 Password: 285%Ks

CONTROL YOUR EMOTIONS BEFORE THEY CONTROL YOU! – Stress Management

Learn specific skills and ways of thinking to reduce stress and keep personal and professional relationships healthy.

August 25, 2pm-3:30pm, Zoom Meeting ID: 990 3530 1577 Password: 9JtJPE

CONTROL YOUR EMOTIONS BEFORE THEY CONTROL YOU! – Anger Awareness

Learn approaches to better handle anger to improve your personal and professional life.

August 27, 2pm-3:30pm, Zoom Meeting ID: 981 3547 8880 Password: 1+&Yt1

ALL CLASSES ARE FREE!

For more information call (210) 221-0349. Please leave a message and allow at least one business day for a response.