

FAMILY LIFE PROGRAM

The JBSA Family Life Program (FLP) assists in improving quality of life for individuals and families. The skills they provide focus on the PHYSICAL, SOCIAL, PSYCHOLOGICAL, and SPIRITUAL holistic health domains. The FLP focuses on parenting, marriage, team building, stress, communication, and other life skills.

The FLP is located in the Vogel Resiliency Center (VRC) at JBSA-Fort Sam Houston. Below is the workshop schedule for January - March 2019. **To register or get more information call 210-221-0349.**

HELPING US GROW SAFELY (HUGS) – Tuesdays, 10 a.m. - Noon

A playgroup for infants and toddlers (up to age 5); open to parents and their children. The playgroup meets at the Middle School Teen Center, Bldg. 2515. Registration is not required. ● ●

BRINGING BABY HOME – PART I : Jan 10, 9 a.m.- Noon and PART II : Jan 17, 9 a.m. - Noon

Getting prepared for your baby's homecoming and providing information on infant care, infant safety, fears, and more. Dads are encouraged to attend. (Two part class) ● ●

ANGER AWARENESS – Jan 30, 11a.m. - 1 p.m.

Learn to identify triggers, signals, expressions of anger, and techniques to effectively control anger. ● ● ●

INFANT MESSAGE—Jan 24, 30, Feb 7, 14, 9 - 11 a.m.

Four sessions; one introductory, then three sessions of hands-on instruction for both care-giver and baby. Promotes healthy family development through nurturing touch and compassionate communication. Can improve health, sleep patterns, reduce colic, and improve bonding with care-givers. ● ● ● ●



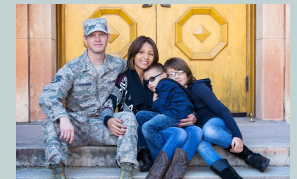
SOCIAL MEDIA SAFETY – Feb 6, 1- 3 p.m.

Engage in your child's social media activities in a positive manner; become alert of current vulnerabilities. ● ●

STRESS MANAGEMENT - Feb 28, 2 - 4 p.m.

Stress impacts our mind, body, and emotions. This class provides helpful tips on how to cope with daily stress and gives resiliency skills to use during stressful life events. ● ● ●

MARRIAGE GARDEN- Feb 27, Mar 6, 13, 11 a.m. - 1 p.m. Three sessions: Practical steps for cultivating a strong and healthy relationship between you and your partner. ● ●



EFFECTIVE COMMUNICATION – Mar 27, 11 - 1 p.m.

Hands on communication using verbal and non-verbal skills. Review the roles of a listener, receiver, and multi-tasking during communication conflicts. ●

* ARMY UNIT FAMILY ADVOCACY PROGRAM (FAP) TRAINING – Jan 16, Feb 20, Mar 20, 9 - 10 a.m. and 1 - 2 p.m.

Unit Family Advocacy Training (IAW AR60818) regarding domestic and child abuse identification, reporting, and prevention. Other topics include restricted and unrestricted reporting and transitional compensation program. ●

All workshops are FREE to Active Duty, Dependents, Retirees, DoD Civilians, Guard, and Reserve

DOMAIN KEY:

Physical ● Social ● Psychological ● Spiritual ●

** FLP facilitates mandatory Army Domestic & Child Abuse Prevention Training, IAW AR 608-18. Call to schedule training.*