



**PLEASE REGISTER AT
LEAST ONE DAY PRIOR
TO CLASS OR EARLIER**

FAMILY LIFE PROGRAM

Virtual Classes –September 2020

HOW TO REGISTER: Connect to Zoom, provide the 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 as parents and learn about resources available to you and your family. For parents with children 0-5 years old.

Every Wednesday @ 11am-12pm, September 2, 9, 16, 23, 30

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.

September 1, 2pm-3:30pm, Zoom Meeting ID: 946 3069 8817 Password: 7Wr7!J

September 8, 2pm-3:30pm, Zoom Meeting ID: 928 2794 1953 Password: 7YH ^WK

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.

September 3, 2pm-3:30pm, Zoom Meeting ID: 914 7501 9715 Password: *S.79B

ASSERTIVE COMMUNICATION

Learn how to stand up for your own needs and beliefs, while also respecting the needs of others through mutual respect, diplomacy, and directness.

September 10, 2:00pm-3:30pm, Zoom Meeting ID: 982 7525 8971 Password: 3XDrAA

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.

September 14, 2:00pm-3:30pm, Zoom Meeting ID: 943 4931 1217 Password: kz9m4a

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.

September 15, 2pm-3:30pm, Zoom Meeting ID: 930 0890 5661 Password: OV89c9

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.

September 17, 2pm-3:30pm, Zoom Meeting ID: 920 2218 4616 Password: 73v*&m

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.

September 21, 2pm-3:30pm, Zoom Meeting ID: 967 3642 2613 Password: \$dOWqQ

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.

September 22, 2pm-3:30pm, Zoom Meeting ID: 959 3367 8597 Password: yGw3K\$

CONTROL YOUR EMOTIONS BEFORE THEY CONTROL YOU! – Anger Awareness

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

September 24, 2pm-3:30pm, Zoom Meeting ID: 930 3612 7423 Password: 1=8B%ox

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.

September 28, 2pm-3:30pm, Zoom Meeting ID: 922 2529 6691 Password: @hSgR6

CONFLICT RESOLUTION

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

September 29, 2pm-3:30pm, Zoom Meeting ID: 964 7002 8910 Password: ek54y3

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.