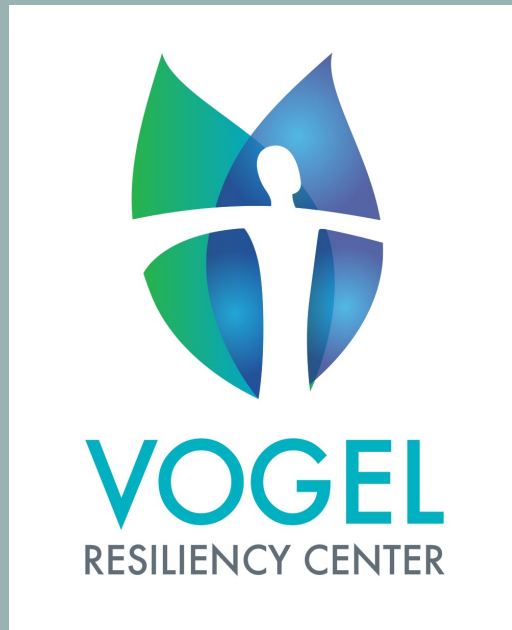


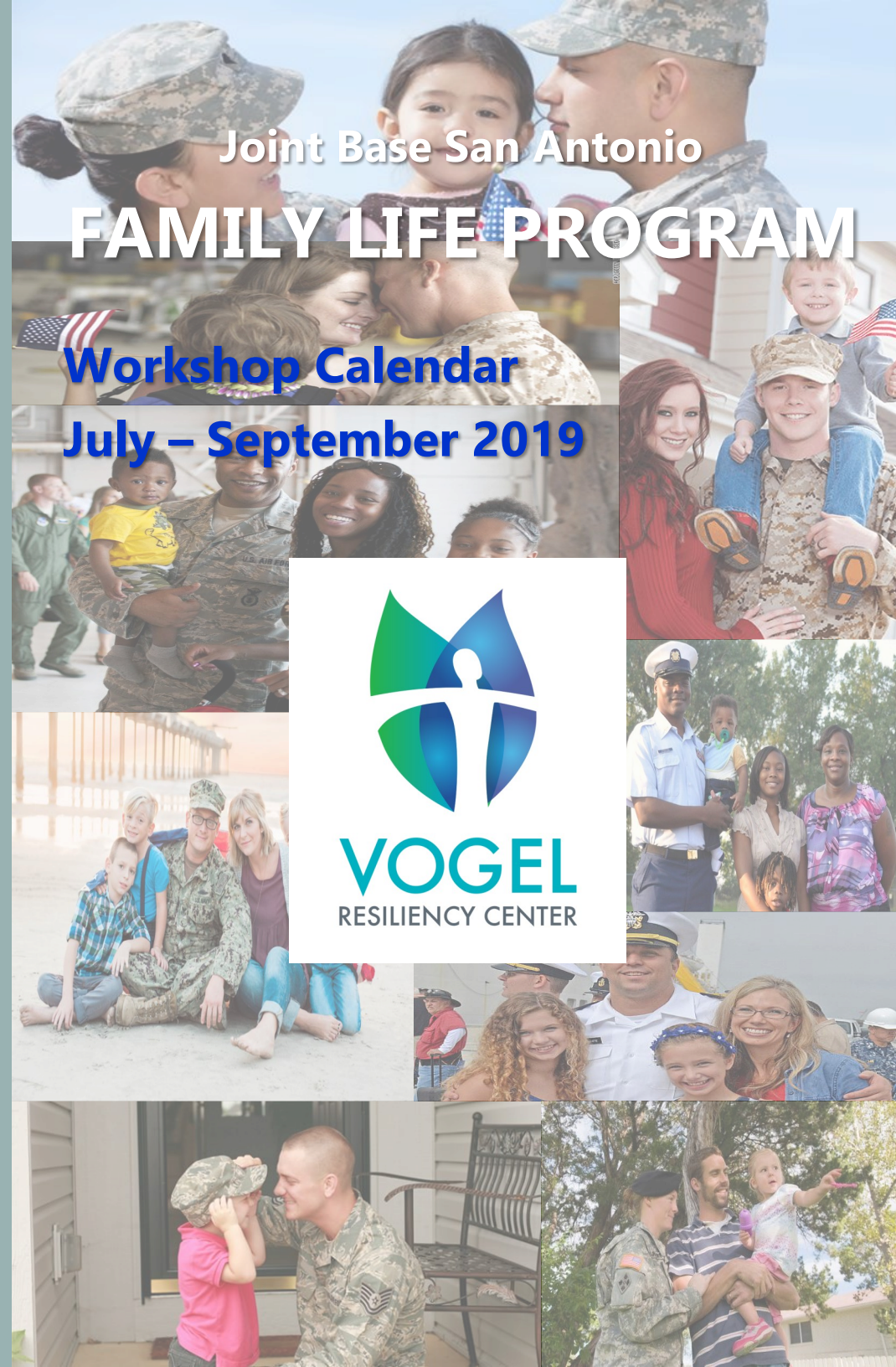
In pursuit of epic well-being



Vogel Resiliency Center
2490 Stanley Road, Bldg. 367
JBSA-Fort Sam Houston, TX 78234
210-539-1281/1282

Register for a workshop today!
Call the Family Life Program at 210-221-0349

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



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 July - September 2019.

To register or get more information call 210-221-0349.

HELPING US GROW SAFELY (HUGS): Tuesdays, 10:00 a.m. - 12:00 p.m.

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. As requested, a second day of the week may be added this fall. Call for information. ● ●

BRINGING BABY HOME: July 5 & 12, 9:00 a.m. - 12:00 p.m.

August 1 & 8, 9:00 a.m. - 12:00 p.m.

September 5 & 12, 9:00 a.m. - 12:00 p.m.

Two part workshop where we discuss what happens when you add a baby to your family. Topics include relationship impact, finances, feeding your baby, fears, and many others. Dads are encouraged to attend. ● ●



ANGER AWARENESS: August 6, 2:00 p.m. - 3:30 p.m.

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

INFANT MASSAGE: July 19, 26, August 2, 09, 9:00 a.m. - 11:00 a.m.

August 23, 30, September 6, 13, 9:00 a.m. - 11:00 a.m.

September 27, October 4, 11, 18, 9 a.m. - 11a.m.

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

FIVE LOVE LANGUAGES OF COUPLES: July 24, 12:00 p.m. - 1:00 p.m.

Learn your love language and how to identify your partner's love language. Learn to effectively communicate in a way that will make your partner feel loved in a way they understand. ● ●

FIVE LOVE LANGUAGES OF CHILDREN: July 3, 12:00 p.m. - 1:00 p.m.

August 12, 10:00 a.m. - 11:30 a.m.

Understand your child's emotional needs and build a stronger bond by learning about the Five Love Languages of Children. Bring your lunch. ● ●

STRESS MANAGEMENT: August 13, 2:00 p.m. - 3:30 p.m.

September 4, 10:00 a.m. - 11:30 a.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. ● ● ●

CONFLICT RESOLUTION (Brown Bag): August 28,

12:00 p.m. - 1:00 p.m. Define conflict, common causes, and steps to resolve personal and situational contentions. Bring your lunch. ● ●



WHAT'S YOUR MINDSET?: July 31, 12:00 p.m. - 1:00 p.m.

When you are faced with challenges, struggling with change, or unpredictable circumstances this class will help you learn ways to examine these situations with a positive mindset that will cause you to grow. Bring your lunch! ● ● ●

POSITIVE PARENTING: September 30, 10:00 a.m. - 11:30 a.m.

Learn about parenting styles and positive ways to discipline children. ● ●

SINGLE PARENTING: September 25 10:00 a.m. - 11:30 a.m.

Recognize the unique aspects of single parenting and learn tips to improve parenting. ● ●

ARMY UNIT FAMILY ADVOCACY PROGRAM (FAP) TRAINING:*

July 17, August 21, September 18

9:00 a.m. - 10:00 a.m. and 1:00 p.m. - 2:00 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. ●

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

DOMAIN KEY:

Physical ● Social ● Psychological ● Spiritual ●