

2024



Family Advocacy Program DSS Class Calendar

To register for classes, scan
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FortLibertyACSFAP.TimeTap.com



Cumberland County Department of Social Services
1225 Ramsey St, Fayetteville, NC
Instagram: @FortLibertyACS
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Liberty.ArmyMWR.com/Programs/ACS

April

**Active Parenting First
Five Years**
Apr 1 & 3 - 1pm - 4pm

**Co-Parenting Children of
Divorce and Custody**
Apr 15 & 17 - 9am - 12pm

Internet Safety
Apr 16 - 1pm - 4pm

Positive Discipline
Apr 2 & 4 - 9am - 12pm

May

**Active Parenting First
Five Years**
May 14 & 16 - 1pm - 4pm

**Child Abuse Education for
Parents**
May 28 - 9am - 11am

**Co-Parenting Children of
Divorce and Custody**
May 1 & 3 - 9am - 12pm
May 20 & 22 - 1pm - 4pm

Internet Safety
May 29 - 9am - 12pm

Positive Discipline
May 7 & 9 - 9am - 12pm

ScreamFree Parenting
May 13, 15, & 17 - 9am - 1pm

What is PSB-CY (For Parents)
May 21 - 9am - 12pm

June

**Active Parenting First
Five Years**
Jun 18 & 20 - 9am - 12pm

**Child Abuse Education for
Parents**
Jun 25 - 9am - 11am

**Co-Parenting Children of
Divorce and Custody**
Jun 11 & 13 - 9am - 12pm
Jun 24 & 26 - 1pm - 4pm

Internet Safety
Jun 17 - 1pm - 4pm

Positive Discipline
Jun 4 & 6 - 9am - 12pm

ScreamFree Parenting
Jun 3, 5, & 7 - 9am - 1pm

**What is PSB-CY
(For Professionals)**
Jun 10 - 1pm - 4pm

ACS Family Advocacy Program Class Descriptions

Active Parenting First Five Years – Length: 6 hours (*Participants must complete all six hours for credit.*)

Your child's first years are so important, don't you agree? This class will help you make the most of them by showing you ways to nurture your child with a combination of freedom and nonviolent discipline. This course looks at each stage of development and how you can better interact and understand your child's natural curiosity and creativity at each stage. The course also covers understanding tantrums, encouraging good behavior, instilling consequences and how to prepare your children for school success.

Active Parenting of Teens – Length: 6 hours (*Participants must complete all six hours for credit.*)

The challenge of successfully ushering children through their teen years has always been among parents' hardest-won achievements. Active Parenting of Teens provides the guidance and support necessary to turn those challenges into opportunities for growth. In the class participants will learn methods of discipline, skills for clear, honest communication, concrete strategies to prevent risky behavior and how to be an encouraging parent.

Child Abuse Education for Parents – Length: 2 hours (*Participants must complete both hours for credit.*)

Everyone plays an important part in the effort to eliminate the abuse and neglect of children. You will learn to better recognize the indicators of abuse and neglect, understand your role in responsible reporting, and identify the groups of children that may be at a higher risk of being abused or neglected.

Co-Parenting Children of Divorce and Custody – Length: 6 hours (*Participants must complete all six hours for credit.*)

This two-session course teaches parents who reside separately how to raise their children cooperatively and more effectively with one another by focusing on the best interests of the children. Attendees will learn the benefits of separating personal conflicts from their role as parents and discuss visitation boundaries, the economic impact and responsibility of co-parenting as well as how to talk to children about divorce and separation.

Internet Safety – Length: 3 hours (*Participants must complete all three hours for credit.*)

Internet Safety 101 for parents is designed to educate, equip and empower parents, educators and other adults with the knowledge and resources needed to protect children from internet dangers to include pornography, predators, cyberbullies and threats related to online gaming, social networking and mobile devices.

Positive Discipline – Length: 6 hours (*Participants must complete all six hours for credit.*)

This class teaches parents to help their children develop a sense of responsibility, self-discipline, creative cooperation and problem-solving skills. Attendees learn how to defuse power struggles, promote open communication and empower their children to be accountable for their own actions and choices.

ScreamFree Parenting – Length: 8 or 12 hours depending on dates selected (*Participants must complete all eight or twelve hours for credit.*)

ScreamFree Parenting is not just about lowering your voice but also raising your integrity as a parent. It's about learning to calm your emotional response and focus on your own behavior. By staying cool, calm and connected with your children, you begin to operate less through emotions and more from values and principles.

What is PSB-CY? – Length: 3 hours (*Participants must complete all three hours for credit.*)

Learn to recognize behaviors considered "normal" vs what may be cause for concern in children. We will discuss common misconceptions about the topic, and how parents of both the impacted and exhibiting child can successfully move forward. This class also explains how the Family Advocacy Program can be used as a resource for all Families involved. This class has different sessions available, one for parents and the other for professionals.

Additional Resources

Military Family Life Counselors – (910) 432-3742

Provide short-term, situational, problem solving, counseling services, and one-on-one life skills and guidance.

Fort Liberty 24/7 Family Abuse Hotline – (910) 322-3418