

# Family Advocacy Program Class Calendar

2024



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*Classes are free and available to all DoD ID cardholders and their Families on a voluntary and confidential basis.  
Dress is casual, no uniforms necessary!*

## April

### **Active Parenting First Five Years**

Apr 2 & 4 - 9am - 12pm

### **Anger Management**

Apr 3 - 9am - 1pm

### **Child Abuse Education for Parents**

Apr 23 - 9am - 11am

### **Command/Senior NCO Training**

Apr 17 - 10am - 11am

### **Co-Parenting Children of Divorce and Custody**

Apr 9 & 11 - 9am - 12pm

### **Couples Communication**

Apr 24 & 25 - 9am - 1pm

### **Internet Safety**

Apr 16 - 1pm - 4pm

### **Positive Discipline**

Apr 16 & 18 - 9am - 12pm

### **Stress Management**

Apr 11 - 1pm - 4pm

## May

### **Active Parenting First Five Years**

May 7 & 9 - 1pm - 4pm  
May 20 & 21 - 9am - 12pm

### **Anger Management**

May 1 - 9am - 1pm

### **Child Abuse Education for Parents**

May 7 - 9am - 11am

### **Command/Senior NCO Training**

May 15 - 10am - 11am

### **Co-Parenting Children of Divorce and Custody**

May 14 & 16 - 1pm - 4pm  
May 28 & 30 - 9am - 12pm

### **Couples Communication**

May 22 & 23 - 9am - 1pm

### **Internet Safety**

May 30 - 1pm - 4pm

### **Positive Discipline**

May 14 & 16 - 9am - 12pm

### **ScreamFree Parenting**

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

### **Stress Management**

May 9 - 9am - 12pm

### **What is PSB-CY? (For Parents)**

May 29 - 1pm - 4pm

### **What is PSB-CY? (For Professionals)**

May 29 - 9am - 12pm

## June

### **Active Parenting First Five Years**

Jun 11 & 13 - 9am - 12pm  
Jun 24 & 25 - 1pm - 4pm

### **Anger Management**

Jun 6 - 9am - 1pm

### **Child Abuse Education for Parents**

Jun 25 - 9am - 11am

### **Command/Senior NCO Training**

Jun 11 - 10am - 11am

### **Co-Parenting Children of Divorce and Custody**

Jun 17 & 18 - 1pm - 4pm

### **Couples Communication**

Jun 26 & 27 - 9am - 1pm

### **Internet Safety**

Jun 13 - 1pm - 4pm

### **Positive Discipline**

Jun 18 & 20 - 9am - 12pm

### **ScreamFree Parenting**

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

### **Stress Management**

Jun 12 - 1pm - 4pm

### **What is PSB-CY? (For Parents)**

Jun 10 - 1pm - 4pm

### **What is PSB-CY? (For Professionals)**

Jun 10 - 9am - 12pm

# 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.

**Anger Management – Length: 4 hours (Participants must complete all four hours for credit.)**

This one-session class provides attendees with the skills necessary to help evaluate, understand and control their anger. Learn to control your response to any situation by taking control of your emotions.

**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. In this class 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.

**Command/Senior NCO Training – Length: 1 hour**

Per AR 608-18, unit commanders and senior enlisted advisors must complete a mandatory FAP briefing within 45 days of appointment to a command position. This training fulfills that requirement and provides an essential guide on how to prevent and handle incidents of family violence, reporting procedures and the IDC process.

**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.

**Couples Communication – Length: 8 hours (Participants must complete all eight hours for credit.)**

Couples Communication is designed to promote healthy connections by learning to respect boundaries, how to use and reinforce talking-listening skills, and how to respond more effectively while aligning these skills with your values, needs, and goals for your relationship. You will learn to anticipate and take steps that will lead to a more supportive, engaging, and loving relationship with your significant other.

**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.

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

Identify stressors and symptoms of stress while learning how to select and implement techniques to manage and overcome them. Learn how to take control of yourself by learning to control your stress, instead of allowing the stress to control you.

**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**

*Classes are held at the Soldier Support Center on the 3rd floor. Children are not allowed to be present during the class. For more information, call (910) 396-5521. Join us to discover new ways to improve your relationships. Sometimes a new perspective can make all the difference!*