

# Family Advocacy Program Class Calendar

2023



**To register for classes, please call  
(910) 396-5521.**

**Facebook.com/FortBraggACSFAP  
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Bragg.ArmyMWR.com/Programs/ACS**

## January

## February

## March

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

Jan 9 & 10 - 9am - 12pm  
Jan 25 & 27 - 1pm - 4pm

### **Active Parenting of Teens**

Jan 9 & 11 - 1pm - 4pm

### **Anger Management**

Jan 4 - 9am - 1pm

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

Jan 18 & 20 - 9am - 12pm  
Jan 23 & 24 - 1pm - 4pm

### **Couples Communication**

Jan 26 - 9am - 4pm

### **Internet Safety**

Jan 23 - 9am - 12pm

### **Positive Discipline**

Jan 17 & 19 - 9am - 12pm

### **ScreamFree Parenting**

Jan 18 & 20 - 1pm - 5pm

### **Radical Dad 101**

Jan 19 - 1pm - 4pm

### **Stress Management**

Jan 12 - 9am - 11am

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

Feb 2 & 3 - 9am - 12pm  
Feb 22 & 23 - 1pm - 4pm

### **Active Parenting of Teens**

Feb 2 & 3 - 1pm - 4pm

### **Anger Management**

Feb 1 - 9am - 1pm  
Feb 16 - 12pm - 4pm

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

Feb 14 - 2pm - 4pm

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

Feb 7 & 8 - 9am - 12pm  
Feb 13 & 15 - 1pm - 4pm

### **Couples Communication**

Feb 10 - 9am - 4pm  
Feb 21 - 9am - 4pm

### **Internet Safety**

Feb 17 - 9am - 12pm

### **Positive Discipline**

Feb 22 & 23 - 9am - 12pm

### **ScreamFree Parenting**

Feb 7 & 9 - 1pm - 5pm  
Feb 13, 15, & 17 - 9am - 1pm

### **Stress Management**

Feb 8 - 1pm - 3pm

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

Mar 6 & 7 - 1pm - 4pm

### **Active Parenting of Teens**

Mar 22 & 24 - 9am - 12pm

### **Anger Management**

Mar 1 - 9am - 1pm  
Mar 16 - 12pm - 4pm

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

Mar 10 - 9am - 11am

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

Mar 13 & 15 - 1pm - 4pm  
Mar 20 & 21 - 9am - 12pm

### **Couples Communication**

Mar 2 - 9am - 4pm  
Mar 23 - 9am - 4pm

### **Internet Safety**

Mar 14 - 1pm - 4pm

### **Parents Matter! for Dating Matters**

Mar 13, 15, & 17 - 9am - 12pm

### **Positive Discipline**

Mar 7 & 9 - 9am - 12pm

### **ScreamFree Parenting**

Mar 27, 29, & 31 - 9am - 1pm

### **Radical Dad 101**

Mar 14 - 9am - 12pm

### **Stress Management**

Mar 8 - 1pm - 3pm



# 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. 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.

## **Couples Communication – Length: 7 hours (Participants must complete all seven hours for credit.)**

Avoid destructive patterns that prevent you from building and maintaining a healthy, loving, and compassionate relationship with your significant other. Participants explore how to move from constantly playing the "blame game" to using constructive problem-solving methods and effective non-verbal communication together to establish trust and support within a loving relationship.

## **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 including pornography, predators, cyberbullies and threats related to online gaming, social networking and mobile devices.

## **Parents Matter! for Dating Matters – Length: 9 hours (Participants must complete all 9 hours for credit.)**

Parents Matter! for Dating Matters educates parents and caregivers of 11-to-14-year-olds on the issues their children face. Parents are provided tips and techniques to help improve communication with their children about dating and sexuality. These positive techniques can help decrease the likelihood of their children being exposed to unhealthy relationships.

## **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.

## **Radical Dad 101 – Length: 3 hours (Participants must complete all three hours for credit.)**

This interactive workshop is for new and expecting fathers, facilitated by experienced, battle-tested fathers. Roll up your sleeves, take off the gloves and strap yourself in for a no-holds barred, interactive discussion of the following critical topics and questions: The crying baby, what is sudden infant death syndrome and how do we avoid it? What exactly is a Safe Sleep environment for baby? Why Co-Sleeping with your baby can be lethal, what's so important about hygiene? Tips for child-proofing the man cave (and she shed), what's the deal with Post-Partum Depression? Caregivers, babysitters and daycare tips, breast feeding, vaccinations: are they safe and necessary? Positive discipline tips, and more.

## **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: 2 hours (Participants must complete both 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.

## **Additional Resources**

**Military Family Life Counselors (MFLCs)** – Provides short-term, situational, problem solving, counseling services, and one-on-one life skills and guidance. (910) 391-9171

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

*Classes are held at the Soldier Support Center on the 3rd floor. For more information, call (910) 396-5521. Childcare vouchers are available for free CYS hourly care. Children must be registered through CYS and have up-to-date flu vaccination. Parents must make reservations in advance for care. 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! Join us to discover new ways to improve your relationships. Sometimes a new perspective can make all the difference!*