

2026 Calendar of Classes

All classes held at the Soldier Support Center, 3rd floor (4-2843 Normandy Drive) unless otherwise noted.

Parenting Isn't Easy!

Co-Parenting Children of Divorce and Custody

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

(9 am - 12 pm)

Oct 20 and 22

(1 - 4 pm)

Aug 25 and 27

Dec 8 and 10

Active Parenting the First Five Years

This two-session will help you make the most of them by showing you ways to nurture your child with a combination of freedom and non-violent discipline. This course looks at each stage of development and how you can better interact with and understand your child's natural curiosity and creativity at each stage. This course also covers understanding tantrums, encouraging good behavior, instilling consequences and how to prepare your children for school successes.

(9 am - 12 pm)

Sep 1 and 3

(1 - 4 pm)

Nov 3 and 5

Positive Discipline

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

(9 am - 12 pm)

Sep 15 and 17

(1 - 4 pm)

Nov 10 and 12

Preparing for Parenthood: Newborn Care and Childbirth Education (5 - 7 pm)

Held the first three Tuesdays of every month at
Weaver Auditorium (Womack Army Medical Center)

Topics: safety, birth/postpartum,
and infant care.

Call (910) 396-7951 for details.



Life Skills Classes

Anger Management

Gain skills necessary to help evaluate, understand and control your anger.

(9 am - 12 pm)

First Tuesday monthly

If you would like information on life-skills classes, ways to manage stress, workshops for couples, and other beneficial resources, check out the opportunities presented by these great organizations!

Army Substance Abuse Program (ASAP)

910-396-4100

<https://home.army.mil/bragg/services/all-services/army-substance-abuse-program>

Military Family Life Counselor (MFLC)

910-610-3246

910-489-5528

<https://bragg.armymwr.com/programs/mflc>

Watters Family Life Center

910-396-6564

<https://home.army.mil/bragg/about/garrison/religious-services>

Command/Senior NCO Training

Commanders have the overriding responsibility for the response to domestic abuse/child abuse and reporting all known or suspected incidents to the FAP for assessment and appropriate services, following local policy Letters (IPL) 40, IPL 42, and Garrison Policy Letter (GPL) 10.

Commanders and senior enlisted advisors to commanding officers are to be briefed on the FAP within 90 days prior to or following assumption of command, as well as annually. This consists of annual troop education by FAP personnel for all Soldiers on the Family dynamics of spouse and child abuse, the availability of prevention and treatment services, and the Army's policies regarding Family violence.

(2 - 3 pm)

Second and fourth Thursday monthly

To register
for classes and
workshops, scan
this QR code!



Family Advocacy Program
(910) 396-5521

