

Family Advocacy Program

Jan-Mar 2025 Class Calendar

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

January

Co-Parenting Children of Divorce and Custody
Jan 30 and 31, 1 pm - 4 pm

Couples Communication
Jan 28 and 29, 9 am - 1 pm

February

Active Parenting First Five Years
Feb 24 and 26, 1 pm - 4 pm

Anger Management
Feb 20, 9 am - 12 pm

Command/Senior NCO Training
Feb 26, 10 am - 11 am

Co-Parenting Children of Divorce and Custody
Feb 25 and 27, 1 pm - 4 pm

Positive Discipline
Feb 10 and 12, 1 pm - 4 pm

Class descriptions on back!

March

Active Parenting First Five Years
Mar 4 and 6, 9 am - 12 pm

Anger Management
Mar 5, 9 am - 12 pm

Co-Parenting Children of Divorce and Custody
Mar 25 and 27, 1 pm - 4 pm

Couples Communication
Mar 12 and 13, 1 pm - 4 pm

Positive Discipline
Mar 4 and 6, 1 pm - 4 pm

Stress Management
Mar 26, 1 pm - 4 pm



**For more information and to register, call
(910) 396-5521**

Bragg.ArmyMWR.com/Programs/ACS

ACS Family Advocacy Program Class Descriptions

Active Parenting First Five Years – Length: 6 hours (Participants must complete all 6 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.

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

This one-session class provides attendees with the skills necessary to help evaluate, understand and control their anger. Learn to control

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 6 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 8 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.

Positive Discipline – Length: 6 hours (Participants must complete all 6 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.

Stress Management – Length: 3 hours (Participants must complete all 3 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 – (910) 432-3742

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

Fort Bragg 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!