

# Make Every Day Your Best!

## 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. 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.

(9 am - 12 pm)  
Aug 19 & 21  
Oct 21 & 23  
Dec 16 & 18

(1 - 4 pm)  
Jul 15 & 17  
Sep 16 & 18  
Nov 18 & 20

## Anger Management

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

(9 am - 12 pm)  
Sep 4  
Nov 13

(1 - 4 pm)  
Aug 19  
Oct 29  
Dec 9

## Stress Management

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.

(9 am - 12 pm)  
Jul 2  
Aug 21  
Oct 15  
Dec 11

(1 - 4 pm)  
Sep 9  
Nov 4

## Couples Communication

Designed to promote healthy connections, this course helps attendees learn to respect boundaries, how to use and reinforce talking listening skills, and how to respond more effectively – while aligning with values, needs, and goals for your relationship. Attendees will learn to anticipate and take steps that will lead to a more supportive, engaging, and loving relationship.

(9 am - 12 pm)  
Sep 17 & 18  
Dec 3 & 4

(1 - 4 pm)  
Jul 23 & 24  
Oct 8 & 9

## Command/Senior NCO Training

Per AR 608-18, unit commanders and senior enlisted advisors must complete a mandatory FAP briefing within 90 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.

(10 - 11 am)  
Jul 22  
Aug 26  
Sep 23

Oct 28  
Nov 25

## Additional Resources

### Military Family Life Counselors (MFLCs)

Short-term, situational, problem-solving counseling services, and one-on-one life-skills guidance.  
(910) 391-9171

### Fort Bragg 24/7 Family Abuse Hotline

(910) 322-3418

