



April - June
2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Family Advocacy Program Life Skills Classes

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.



Anger Management

Apr 6 - 9am - 1pm
May 4 - 9am - 1pm
Jun 1 - 9am - 1pm



Stress Management

Apr 7 - 9am - 11am
May 5 - 9am - 11am
Jun 2 - 9am - 11am



Couples Communication

Apr 21 - 9am - 4pm
May 19 - 9am - 4pm
Jun 16 - 9am - 4pm



Radical Dad 101

Apr 27 - 9am - 11am
May 25 - 9am - 11am
Jun 29 - 9am - 11am



To register for classes, scan this QR code or visit the website below.



FortBraggACSFAP.TimeTap.com

Facebook.com/FortBraggACSFAP

Twitter and Instagram @FortBraggACS

Bragg.ArmyMWR.com/Programs/ACS

"Fort Bragg ACS" mobile App (Android/iOS)

ACS Family Advocacy Program Class Descriptions

Life-Skills Classes

Anger Management — Length: 3 hours *(Participants must complete all three 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.

Living with Anger — Length: 3 hours *(Participants must complete all three hours for credit)*

Attendees can expect to build upon the skills learned in the Anger Management workshop by taking a personalized approach to behavior and personality management. By obtaining a deeper understanding of the root of their anger, attendees will be empowered to create and maintain more peaceful environments.

Stress Management — Length: 2 hours *(Participants must complete both hours for credit)*

Identify stressors and symptoms of stress as well as how to select and implement stress management skills to overcome stressors of any kind. Learn how to take control of yourself by learning to control your stress, instead of allowing the stress to control you.

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.

Marriage 102 — Length: 3 hours

A beginner's guide to a successful military marriage - is a newlywed's guide to building a strong foundation and adjusting to military marriage. Marcus and Ashley Kuis book “First Year of Marriage” provides an outline for building a strong foundation and adjusting to married life.

Radical Dad 101 — Length: 2 hours

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.

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 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!