

# Family Advocacy Program Family 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.

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						

## Active Parenting First Five Years

**Apr 19 & 20** - 9am - 12pm

**May 9 & 10** - 9am - 12pm

**Jun 6 & 7** - 1pm - 4pm

## Active Parenting of Teens

**Apr 19 & 20** - 1pm - 4pm

**May 23 & 24** - 1pm - 4pm

## ScreamFree Parenting

**Apr 6 & 7** - 1:15pm - 4:30pm

**May 12 & 13** - 9am - 1pm

**Jun 9 & 10** - 9am - 1pm

## Co-Parenting Children of Divorce and Custody

**Apr 11 & 12** - 1pm - 4pm

**May 3 & 4** - 1pm - 4pm

**May 26 & 27** - 9am - 12pm

**Jun 6 & 7** - 9am - 12pm

**Jun 22 & 23** - 1pm - 4pm

## Positive Discipline

**Apr 11 & 12** - 9am - 12pm

**May 12 & 13** - 9am - 12pm

**May 23 & 24** - 9am - 12pm

**Jun 1 & 2** - 1pm - 4pm

**Jun 21 & 22** - 9am - 12pm

## Dating Matters

**Apr 26, 27, & 28** - 1pm - 4pm

**May 16, 18, & 20** - 9am - 12pm

**Jun 13, 14, & 15** - 9am - 12pm



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

## Family Skills Classes

### **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.

### **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.

### **ScreamFree Parenting** — Length: 8 hours *(Participants must complete all 8 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.

### **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.

### **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.

### **Stewards of Children** — Length: 2 hours — If your group or unit is interested, call the Child Advocacy Center at (910) 486-9700.

This nationally recognized prevention training program teaches adults how to prevent, recognize and react responsibly to child sexual abuse. The program is designed for organizations that serve youth and for those concerned about the safety of children. For more information about the training, visit [www.D2L.org](http://www.D2L.org). To request a training for your group or unit, fill out the form at <https://goo.gl/forms/iwucEcmSdzBQEkpn1>.

### **Dating Matters** — Length: 9 hours *(Participants must complete all 9 hours for credit)*

Dating Matters is a comprehensive teen dating violence prevention model developed by CDC to stop teen dating violence before it starts. Dating Matters is an evidence-based teen dating violence prevention model that includes prevention strategies for individuals, peers, families, schools, and neighborhoods. It focuses on teaching 11–14-year-olds healthy relationship skills before they start dating and reducing behaviors that increase the risk for dating violence, like substance abuse and sexual risk-taking.

## 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!*