

Parenting and Life Skills Fall Classes (Oct - Dec 2021)

Family Advocacy Program Soldier Support Center, 3rd Floor

For questions, please 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.

Parenting Insights Classes

Active Parenting First Five Years

Oct 5 and 7: 1pm - 4pm
Nov 10 and 12: 1pm - 4pm
Dec 7 and 9: 1pm - 4pm
Dec 20 and 22: 9am - 12pm

Radical Dad 101

Oct 27: 9am - 11am
Nov 24: 9am - 11am
Dec 29: 9am - 11am

ScreamFree Parenting

Oct 25, 27, and 29: 9am - 1pm
Nov 15, 17, and 19: 9am - 1pm

Active Parenting of Teens

Oct 12 and 14: 9am - 12pm

Positive Discipline

Oct 5 and 7: 9am - 12pm;
Oct 19 and 21: 1pm - 4pm
Nov 2 and 4: 9am - 12pm;
Nov 22 and 24: 1pm - 4pm
Dec 13 and 15: 1pm - 4pm

Co-Parenting Children of Divorce and Custody

Oct 18 and 20: 9am - 12pm
Nov 16 and 18: 1pm - 4pm
Dec 14 and 16: 1pm - 4pm

Life-Skills Classes

Stress Management

Oct 14: 9am - 11am
Dec 9: 9am - 11am

Couples Communication

Oct 28: 9am - 4pm
Nov 30: 9am - 4pm
Dec 30: 9am - 4pm

Anger Management

Oct 6: 9am - 1pm
Nov 3: 9am - 1pm
Dec 1: 9am - 1pm

To ensure the safety of staff and guests, all individuals, regardless of vaccination status, must wear facial coverings while in our facilities.

Register by scanning the QR code or
visiting the link provided.



FortBraggACSFAP.TimeTap.com

Facebook.com/FortBraggFAP

Twitter and Instagram @FortBraggACS

Bragg.ArmyMWR.com/Programs/ACS

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



ACS Family Advocacy Program Class Descriptions

Classes are held on the third floor of the Soldier Support Center, Building #4-2843, Normandy Drive

Parenting 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: 12 hours *(Participants must complete all 12 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. To request a training for your group or unit, fill out the form at <https://goo.gl/forms/iwucEcmSdzBQEkpn1>.

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.

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.

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!