

Family Advocacy Program Class Calendar

2024



To register for classes, scan this QR code
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*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!*

April

Active Parenting First Five Years
Apr 2 & 4 - 9am - 12pm

Anger Management
Apr 3 - 9am - 1pm

Child Abuse Education for Parents
Apr 23 - 9am - 11am

Command/Senior NCO Training
Apr 17 - 10am - 11am

**Co-Parenting Children of
Divorce and Custody**
Apr 9 & 11 - 9am - 12pm

Couples Communication
Apr 24 & 25 - 9am - 1pm

Internet Safety
Apr 16 - 1pm - 4pm

Positive Discipline
Apr 16 & 18 - 9am - 12pm

Stress Management
Apr 11 - 1pm - 4pm

May

Active Parenting First Five Years
May 7 & 9 - 1pm - 4pm
May 20 & 21 - 9am - 12pm

Anger Management
May 1 - 9am - 1pm

Child Abuse Education for Parents
May 7 - 9am - 11am

Command/Senior NCO Training
May 15 - 10am - 11am

**Co-Parenting Children of
Divorce and Custody**
May 14 & 16 - 1pm - 4pm
May 28 & 30 - 9am - 12pm

Couples Communication
May 22 & 23 - 9am - 1pm

Internet Safety
May 30 - 1pm - 4pm

Positive Discipline
May 14 & 16 - 9am - 12pm

ScreamFree Parenting
May 13, 15, & 17 - 9am - 1pm

Stress Management
May 9 - 9am - 12pm

What is PSB-CY? (For Parents)
May 29 - 1pm - 4pm

What is PSB-CY? (For Professionals)
May 29 - 9am - 12pm

June

Active Parenting First Five Years
Jun 11 & 13 - 9am - 12pm
Jun 24 & 25 - 1pm - 4pm

Anger Management
Jun 6 - 9am - 1pm

Child Abuse Education for Parents
Jun 25 - 9am - 11am

Command/Senior NCO Training
Jun 11 - 10am - 11am

**Co-Parenting Children of
Divorce and Custody**
Jun 17 & 18 - 1pm - 4pm

Couples Communication
Jun 26 & 27 - 9am - 1pm

Internet Safety
Jun 13 - 1pm - 4pm

Positive Discipline
Jun 18 & 20 - 9am - 12pm

ScreamFree Parenting
Jun 3, 5, & 7 - 9am - 1pm

Stress Management
Jun 12 - 1pm - 4pm

What is PSB-CY? (For Parents)
Jun 10 - 1pm - 4pm

What is PSB-CY? (For Professionals)
Jun 10 - 9am - 12pm

ACS Family Advocacy Program Class Descriptions

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.

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.

Anger Management – Length: 4 hours (Participants must complete all four 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.

Child Abuse Education for Parents – Length: 2 hours (Participants must complete both hours for credit.)

Everyone plays an important part in the effort to eliminate the abuse and neglect of children. In this class you will learn to better recognize the indicators of abuse and neglect, understand your role in responsible reporting, and identify the groups of children that may be at a higher risk of being abused or neglected.

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 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.

Couples Communication – Length: 8 hours (Participants must complete all eight 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.

Internet Safety – Length: 3 hours (Participants must complete all three hours for credit.)

Internet Safety 101 for parents is designed to educate, equip and empower parents, educators and other adults with the knowledge and resources needed to protect children from internet dangers to include pornography, predators, cyberbullies and threats related to online gaming, social networking and mobile devices.

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 or 12 hours depending on dates selected (Participants must complete all eight or twelve 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.

Stress Management – Length: 3 hours (Participants must complete all three 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.

What is PSB-CY? – Length: 3 hours (Participants must complete all three hours for credit.)

Learn to recognize behaviors considered "normal" vs what may be cause for concern in children. We will discuss common misconceptions about the topic, and how parents of both the impacted and exhibiting child can successfully move forward. This class also explains how the Family Advocacy Program can be used as a resource for all Families involved. This class has different sessions available, one for parents and the other for professionals.

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 Liberty 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!