



Family Advocacy Program July 2012

243 Curtiss Rd
Barksdale AFB, LA 71110
Comm: (318) 456-6595
DSN: 781-6595
Fax: (318) 456-6830
0730 to 1630 Mon-Fri

Monday

Tuesday

Wednesday

Thursday

Friday

2	3	4	5	6
9	10	11	12	13
	0900 OB Class 	2000 Parents Playgroup 		
16	17	18	19	20
	1330 FASES 	0930 Breastfeeding Class 2000 Parents Playgroup	1400 Anger Mgt 	1330 When Duct Tape Won't Work
23	24	25	26	27
	0900 OB Class 1400 Stress Mgt 	2000 Parents Playgroup	1400 How to Avoid Dating a Jerk(ette) 	
30	31			

Primary Prevention classes that are offered monthly

Self Care:

Anger Management: Learn basic strategies to reduce both the emotional and physical responses that anger can cause. Improve the quality of your health and your life and reduce negative effects of anger through behavioral change and relaxation techniques. Class is offered the third Thur of every month. One session, 1-2 hour class.

How to Avoid dating a Jerk(ette): Keep your head and heart in balance. Charge your relationship GPS because love is not blind. Come learn relationship skills that will lead to satisfying relationships. This class is for singles and people in dating relationships. Based on the "How to Avoid Falling for a Jerk/Jerkette" curriculum because good hearted people are most at risk for falling for a *jerk/jerkette*. Class is offered the fourth Thursday of every month. One session, 1-2 hour class.

Stress Management: This workshop is focused on learning how to effectively deal with stress and discussing protective factors and the skill sets needed to build resiliency. Class is offered the fourth Tuesday of every month. One session, 1-2 hours.

FASES: A three-hour educational seminar, offered on the third Tuesday of each month at Family Advocacy. Topics to be discussed include anger management, stress and relaxation, communication, deployment concerns, parenting strategies and community resources.

Parenting Classes:

Parent's Playgroup: Moms, Dads, and kids up to age 5 are welcome to join our interactive playgroup. This is a casual opportunity to meet and play with other families, hear speakers, and share parent-child activities. Parents help lead crafts, music, and other fun activities. Every Wed at Chapel II from 1000-1130.

Breastfeeding Class: A "how-to" on breastfeeding your new baby offered every third Wednesday of the month from 9:30-11:00 a.m.

OB Class: This class is held for all new pregnant women/couples. It includes policies and services of the OB and Family Practice clinics. Representatives from the Dental Clinic, Nutrition Clinic, New Parent Support Program and Tricare also speak to patients about what to expect during pregnancy. Class is offered the second and fourth Tuesday of every month from 0900-1100 a.m.

When Duct Tape Won't Work: With helpful, practical topics and a fun, engaging format, When Duct Tape Won't Work builds new fathers' health literacy as they learn important child health and safety information and skills. Class is offered the third Friday of every month. One session, 1-2 hours.