



The Family Life Program will provide enrichment services for military members and their Families through enhancement programs relating to couple's relationships, new perspectives in parenting, techniques in stress reduction, and finding new means of enjoying military life.

- FAMILY LIFE PROGRAM MISSION STATEMENT



FAMILIES



LIFE SKILLS



UNITS

# FAMILIES COUPLES ▶▶

These programs include:

- Scream Free Marriage
- The 5 Love Languages
- PREP



## SCREAM FREE MARRIAGE:

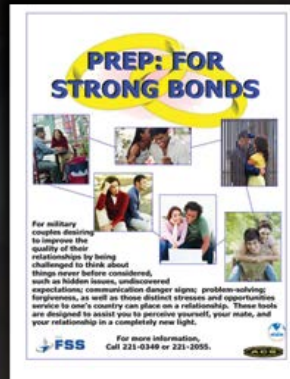
This four-part workshop offers the opportunity to challenge previous notions about what marriage should be and learning to appreciate all that is right now and what will be in the future.

For more information or to sign up, Call 221-0349 or 295-0313.



## 5 LOVE LANGUAGES

Learn your partner's love language in this two-session class. Improve your understanding of each other and explore your communication styles in depth.



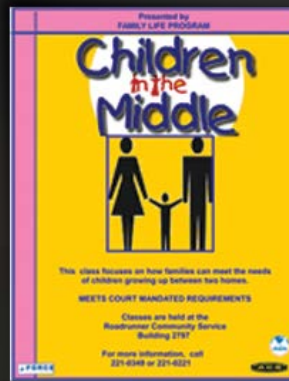
## PREP: FOR STRONG BONDS

For military couples desiring to improve the quality of their relationships by being challenged to think about things you may never before considered.

# FAMILIES PARENTING ▶▶

These programs include:

- Children in the Middle
- Man of the house
- HUGS
- Scream Free Parenting
- Deployed Parenting



## CHILDREN IN THE MIDDLE

This class focuses on how families can meet the needs of children growing up between two homes.



## SCREAM FREE PARENTING

A principle not technique based parenting approach that focuses on “parents” not “kids”.



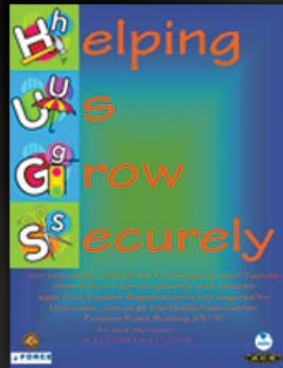
## DEPLOYED PARENTING

A focus on the emotional challenges and transitions of military members and their families through the deployment cycle.



## 5 LOVE LANGUAGES OF TEENS

Learn how to identify and fluently speak your teen’s primary love language. Teens, learn how to demonstrate and express love to your parents and more.



## HUGS

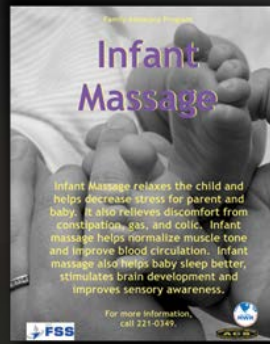
Helping Us Grow Securely. A weekly fun interactive playgroup on Tuesdays from 9-11.

# FAMILIES

## NEW PARENTING ►►

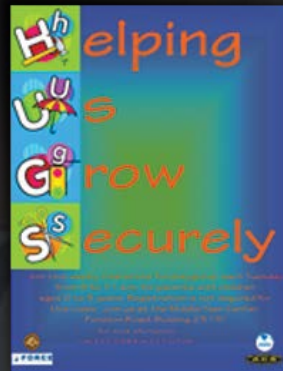
These programs include:

- Infant Massages
- Hugs Playgroup
- Positive Parenting Enrichment Class
- 24/7 Dads
- Bringing Home Baby
- Safety Seat Clinic



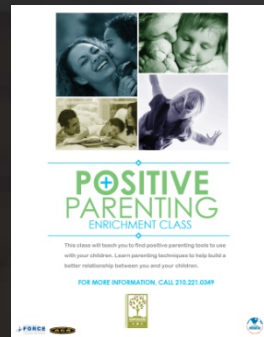
## INFANT MASSAGE

Infant Massage relaxes the child and helps decrease stress for parent and baby. It also helps normalize muscle tone and improve blood circulation.



## HUGS

Helping Us Grow Securely. A weekly fun interactive playgroup on Tuesdays from 9-11.



## POSITIVE PARENTING ENRICHMENT CLASS

This class will teach you to find the perfect parenting tools to use with your children.



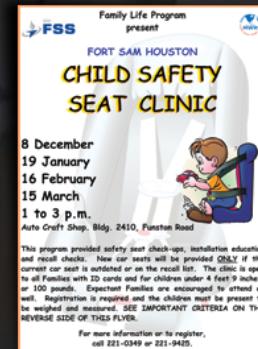
## 24/7 DADS

This four part series will address parenting skills, role modeling, providing, making tough decisions and nurturing. Men Only.



## BRINGING HOME BABY

Moms and Dads join this two part class to learn how to care for your newborn baby.



## SAFETY SEAT CLINIC

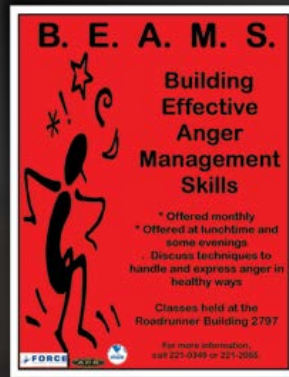
This program provides safety seat check-ups, and recall checks.

Please call the Warfighter Family Life Program for more information or to register for a class at 221-0349/ 221-2418.

# LIFE SKILLS COMMUNITY

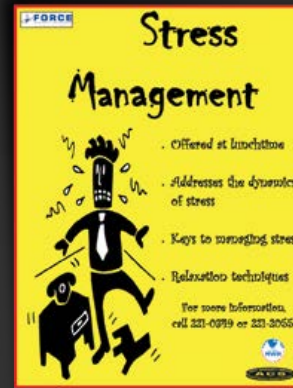
These programs include:

- B.E.A.M.S.
- Negotiating Conflict
- Talk / Communication is Cheap
- Stress Management
- Women Encouraging Women



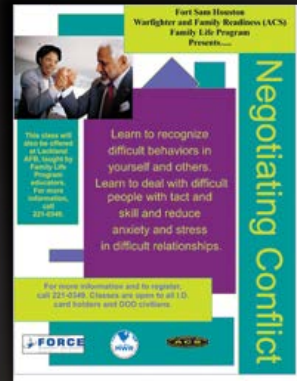
## B.E.A.M.S.

Building effective anger management skills. Discussing techniques to handle and express anger in healthy ways.



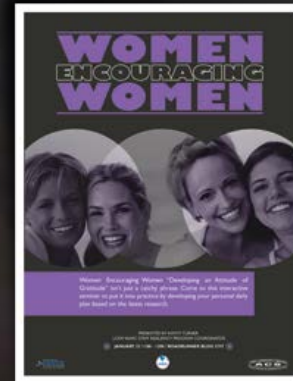
## STRESS MANAGEMENT

Addresses the dynamics of stress, keys to managing stress, and relaxation techniques.



## NEGOTIATING CONFLICT

Learn to recognize difficult behaviors in yourself and others. Learn to deal with difficult people with tact.



## WOMEN ENCOURAGING WOMEN

Building effective anger management skills. Discussing techniques to handle and express anger in healthy ways.



## TALK /COMMUNICATION IS CHEAP

This class will focus on the dynamics of communication styles.

# UNITS

MILITARY, DOD CIVILIANS  
& RETIRES

## SPOUSE ABUSE AND CHILD ABUSE TRAINING

Required Training AR 608-18 Para. 3-2b Commander Education Program and Para 3-2c Troop education program. This consists of annual troop education by FAP personnel for all Soldiers on the Family dynamics of spouse and child abuse, the availability of prevention and treatment services, and the Army's policies regarding Family violence.

Family Life Program Classes available to the units by request.

**Please contact 221-0349 for more information.**



# CONTACT

FOR MORE INFORMATION