

Offense

Keys to Managing Stress

This class teaches skills to identify stress triggers, methods to manage emotions, and positive communication techniques for dealing with anger. Learn how to focus energy on those things that matter while letting go of the others.

Check Yourself Before your Wreck Yourself (Anger Management)

Don't let your anger build up. Learn positive communication techniques for dealing with anger whether it's yours or someone else's.

Can We Talk?

Learn the dynamics of domestic violence, how to get help, and/or help someone you suspect is being abused.

Silence is NOT Golden

This class will educate Soldiers and Family Members on how to stay safe and enlighten them on what to do if sexually assaulted.



Risk Management for Leaders

This class assists junior and senior leaders with being able to identify Soldiers and Families who are at risk while educating them on the resources available to assist them.

Mandatory Commander/Senior Leader Briefing

For commanders at all levels and senior leaders. This training must be completed 45 days before or after assuming command IAW AR 608-18. Senior Leaders (E7 and above) are also required to attend this training.

Resources

Family Advocacy Program
912-767-2882

Military Family Life Consultants
912-432-8980

Social Work Services
Fort Stewart: 912-435-6779
Hunter Army Airfield: 912-315-5236

Division Mental Health
Fort Stewart: 912-767-7301
Hunter Army Airfield: 912-315-5718

Behavioral Health
Fort Stewart: 912-435-6100
Hunter Army Airfield: 912-315-5236

Family Life Chaplain
Fort Stewart: 912-767-7301
Hunter Army Airfield: 912-315-5515

Legal Assistance
Fort Stewart: 912-767-8809/8819
Hunter Army Airfield: 912-315-5115

National Domestic Violence Hotline
1-800-799-SAFE

National Sexual Assault Hotline
1-800-656-HOPE

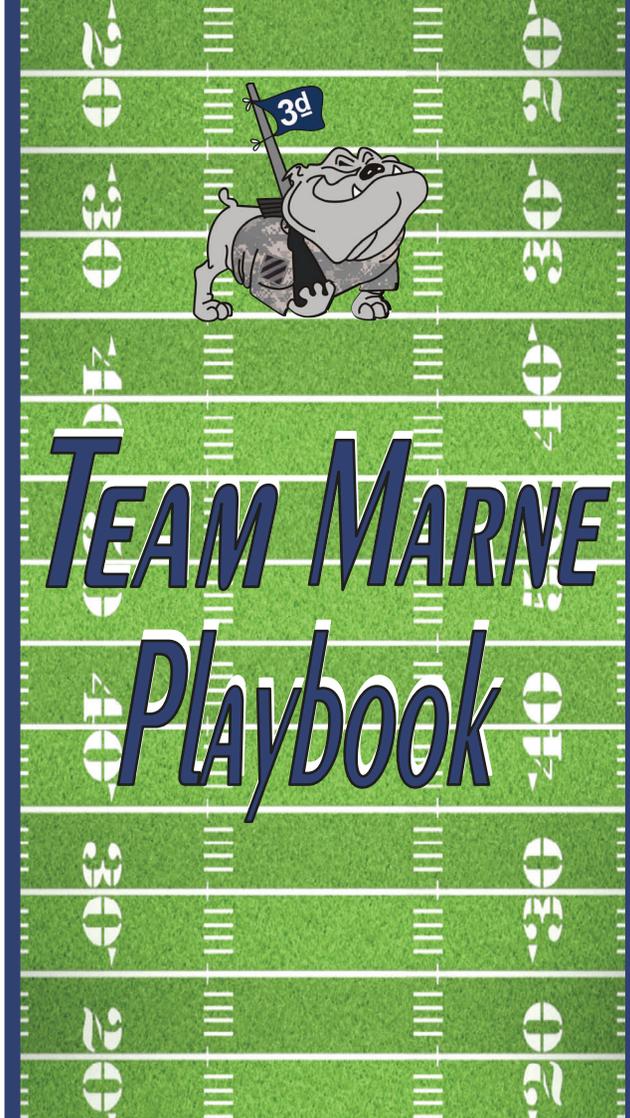
Army OneSource
<http://www.myarmyonesource.com>
1-800-342-9647

Army Sexual Assault Prevention and
Response Website
www.sexualassault.army.mil

National Suicide Hotline
1-800-273-8255



Family Advocacy PROGRAM



ACS-Stewart
201 Lindquist Ave
Bldg 82 & 86
912-767-5058/2882
Open 0730-1630 M-F

ACS-Hunter
171 Haley Ave
Bldg 1286
912-315-6816
Open 0730-1630 M-F



Kick Off



Bully Proof your Kids

This class teaches kids and parents the understanding of the bullying dynamic. Explore and discuss bully types and expose the reasons why kids become bullies, targets, or bystanders. "Lets stomp bullying out once and for all."

Parent Power Hour

This course is designed for parents with children 0-5. Topics discussed assist parents in dealing with common problems and concerns and real life solutions concerning parenting and military life.

Baby Bargains

A baby class that answers the big question about having a baby: how am I going to afford all this? With the average cost of a baby topping \$7,000 for just the first year alone, you receive creative solutions and innovative ideas to navigate the consumer maze that confronts all parents- to be.

Infant Care

A hands-on workshop that provides and strengthens the basic skills that are vital for newborn care.

Life & Children After Divorce

This class provides information to parents facing divorce or legal separation.

Daddy Boot Camp

Dads learn tips and tricks on how to take care of your half pint.

Field Goal

Infant Massage

Parents learn infant massage and techniques that you and baby will both enjoy. Benefits include improving sleep, boosting baby's immune system, and relieving teething pains. Bring Dads along.

Chasing Toddlers (ages 1-4)

This class provides insight and pointers on developmental stages, applying appropriate discipline, and how to establish routines for your active Preschooler. "Make life in you home a bit easier."

Before Baby Arrives

A course specifically designed to foster strong bonds between both parents and their unborn child. It provides pregnant women with the tools to have a healthy life style and ultimately, a more healthy baby.

Ten Tools for your Parent Toolbox (ages 5-12)

Parents discover ways to promote positive discipline, improve communication, and encourage children to the sweetest they can be.

When Jr. Knows Best and Parents Know Less (ages 13-18)

A 2-session class that address common n issues in parenting children between the ages of 13-17. this class discusses misbehavior, independence, discipline, communication, and problem solving.

Family Enrichment Workshop

A week long training that provides education and incentives for Families. Training covers anger/ stress management, building/maintaining healthy relationships, couples communication, parenting, resiliency overview and building/maintaining a healthy home environment.

Classes are regularly scheduled at ACS or at your organization. If you need something not on the program, call the Family Advocacy Program.

(Stewart) 912-767-2882

(Hunter) 912-315-6816

Tackle

Fly Lady

FlyLady is a support and self-help class/group that offers advice, tips and humor to assist people in keeping their homes tidier, especially for those suffering from "CHAOS" (Can't Have Anyone Over Syndrome). Subjects covered by FlyLady include clutter, routines, weekly cleaning with focus on the zone of the week, self-esteem, and letting go of perfectionism.

The Five Love Languages

Couples learn how to communicate better, process anger, resolve conflicts, appreciate their differences, and balance their busy lifestyles through dating.



How to Avoid Marrying a Jerk or Jerkette

Are you thinking about popping the question? This class will show you how to use your head and heart when choosing your life long partner.

10 Great Dates

Couples learn how to communicate better, process anger, resolve conflicts, appreciate their differences, and balance their busy lifestyles through dating.

Yours, Mine, and Ours- Parenting for stepfamilies

This class addresses the unique challenges that blended Families might face, such as; adapting to change, expectations and relationship-building methods.