

# Fort Campbell Family Advocacy Program

## Virtual Offerings: January 2021

Growing and developing into a Strong, Healthy and Resilient Military Family is not always easy! **ACS Family Advocacy** has your building blocks in making Army Family life easier!



### New Parent Support

#### Virtual Play Morning:

7, 14, 21, 28 Jan 10:30 – 11:30

#### Expectant Parent Workshop:

20 Jan 10:00 – 11:00



### Thursday Talks: Conversations with a Specific Focus

7 Jan 10:00 – 10:30— **Parenting**

14 Jan 10:00 – 10:30— **Relationships**

21 Jan 10:00 – 10:30— **Child Safety and Supervision**

28 Jan 10:00 – 10:30— **Blended and Step Families**



### Family Life:

6 Jan 6:00 p.m. – 7:00 p.m.— **Connecting Through Communication**

11 Jan 9:30 – 12:30— **Co-Parenting/Children in the Middle**

12 Jan 9:30 – 10:30— **Effective Discipline**

13 Jan 10:00 – 11:00— **Screamfree Parenting (Principle 1&2)**

25 Jan 9:30 – 12:30— **Co-Parenting/Children in the Middle**

26 Jan 9:30 – 12:30— **Anger Management**

27 Jan 10:00 – 11:00— **Screamfree Parenting (Principle 3&4)**



### REGISTRATION DETAILS:

To register contact us at 270-412-5500. Upon registration attendees will receive a confirmation email with training instructor's point of contact information.

Approximately two days prior to the event, class registrants will receive an email informing them of how to access the class virtually.

Immediately following the course, participants will be asked to complete a 5-7 question course evaluation.

Unless other specified, all classes are held in the a.m.

Visit <https://www.facebook.com/FortCampbellACS/> for additional learning opportunities.



## January 2021 Course Offerings:

### New Parent Support Events and Descriptions:

**New Parent Support Program (NPSP) Play Morning:** (Weekly) Playgroup for parents and children 0-3 years of age that involves free play, singing time, and craft/activity.

**Expectant Parent Workshop:** (Monthly) Interactive workshop for parents expecting a child to learn what to expect and resources available in the community when school is in session.

### Family Life:

**Anger Management:** Learn the basics of anger and the skills that will enable you to effectively manage your anger. Reduce conflict and recognize that your thoughts determine your anger, control your thinking, and maintain composure and perspective when dealing with anger. Pre-registration required.

**Conflict Management/Resolution:** Learn to fluidly communicate through conflict. Identify your style for communicating and your “go to” for how you handle conflict. Apply the five styles of communication to handle conflict with ease. Pre-registration required.

**Connecting Through Communication:** Join us for a fun, casual class and learn ways to enhance your relationship and strengthen your connection. We will have an open and honest discussion about communication during conflict and learn how values and beliefs impact effective communication. Pre-registration required.

**Co-Parenting / Children in the Middle:** A parent education program for divorced, separated, living apart parents, step-parents and other caregivers. Reduce family conflict with healthy communications. Pre-registration required.

**Effective Discipline:** A single session class that focus on how parents can incorporate, “discipline that teaches responsibility.” The session covers proper use of communication techniques; and the use of natural and logical consequences. The learning process incorporates watch and learn vignettes; group discussion and some relevant activities. Pre-registration required.

**ScreamFree Parenting:** Screamfree parenting is learning to relate with others in a cool, calm, and connected way taking hold of your own emotional responses no matter how anyone else choose to behave; learning to focus on yourself and take care of yourself for the world’s benefit.

**Principle 1 & 2:** Parenting is not about the kids; it’s about parenting. What every child really needs are parents who are able to keep their cool no matter what. Our biggest enemy as parents is our own emotional reactivity. Pre-registration required.

**Principle 3 & 4:** If you're not in control, then you cannot be in charge. Your calming presence empowers you to become more available as an inspiration to your child, which engenders profound levels of trust and influence. It’s all about beginning with the end in mind. Pre-registration Required.

**Thursday Talks:** Thursday talks is an open forum conversation with a specific focus centered on the following topics: Parenting, Relationships, Child Safety and Supervision and Blended and Step Families. Program educators are available to provide support and address any questions or concerns you may have. Pre-registration required.