



FORT CAMPBELL FAMILY ADVOCACY PROGRAM

1501 WILLIAM C. LEE ROAD, FORT CAMPBELL, KY

MARCH 2023



Growing and developing into a Strong, Healthy, and Resilient Military Family is not always easy! ACS Family Advocacy has the building blocks to make Army Family life easy!

FAMILY LIFE (PLEASE PRE-REGISTER FOR CLASSES)

- 2 March 9:30am – 11:00am – ScreamFree Parenting
- 9 March 9:30am – 11:00am – Keeping Your Cool When Things Get Heated
- 9 March 9:30am – 11:30am – Co-Parenting: Children In The Middle (Session 1)
- 16 March 9:30am – 11:30am – Co-Parenting: Children In The Middle (Session 2)
- 22 March 6:00pm – 7:30pm – Keeping It REAL (Relationships Embracing Army Life)

PARENTING TALK: SUPPORT GROUP FOR PARENTS WITH CHILDREN UNDER 4 OR EXPECTANT PARENTS

9 March 10:30 – 11:30

EXPECTANT PARENT WORKSHOP

15 March 10:00 – 11:30

Upon class registration attendees will receive a confirmation email with training facilitator's information. All classes are held during the business day, unless otherwise noted. Visit <https://www.facebook.com/FortCampbellACS/> for additional learning opportunities.



To register or for information about additional classes please call 270.412.5500.

March Course Offerings

New Parent Support Events and Descriptions:

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.

Parenting Talk: Support Group for Parents with children 4 and under or Expectant Parents: A Support Group to connect and share parenting experience on coping mechanisms, military life and to establish a support network.

Family Life:

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. Pre-registration required.

Keeping Your Cool When Things Get Heated: 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.

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.

Keeping It REAL (Relationships Embracing Army Life): A class designed to teach resilience, ways to embrace the challenges of Army life and to grow stronger as a couple. Pre-registration required.