

Home Skills: everyday skills needed to maintain and enhance an individual's life.

- Sewing Classes (FRC)
- Meals in Minutes (AWC)
- Winter Driving Course (Safety)
- Motorcycle Safety (Safety)
- Snow Blower Safety (Safety)
- Active Shooter Training (DES)
- Cooking on a Shoestring Budget (FRC)
- Putting It In Perspective (R2)*
- Real Time Resilience (R2)*
- Activating Events, Thoughts and Consequences (R2)*

**Additional programs
(not part of Round Robin)**

- Commissary Tour (Nutrition)

Professional & Educational: skills needed to enhance and improve an individual's professional life; including educational and professional needs.

- Briefer/Instructor/Facilitator Course (FRC)
- Resume Building (SFL-TAP)
- Dressing for Success (SFL-TAP)
- Academic Performance Training (R2)
- Goal Setting (R2)*
- Real Time Resilience (R2)*
- Low Risk Drinking Training (ASAP)

Contact information for Prevention Programing

Family Resource Center (FRC)

Phone: (315) 772-6556

Army Substance Abuse Program (ASAP)

Phone: (315) 772-6704

Family Advocacy Program (FAP)

Phone: (315) 772-5914

Nutrition Clinic

Phone: (315) 772-6404

Army Wellness Center (AWC)

Phone: (315) 772-4608 or (315) 772-4528

R2 Performance Center

Phone: (315) 772-4928 or (315) 774-2321

Department of Behavioral Health (DBH) is located at multiple sites throughout post. Contact DBH for locations.
Phone: (315) 772-7144

Soldier for Life - Transition Assistance Program

Employment Readiness Program (ERP)

Phone: (315) 772-9611

Garrison Safety Office - Accident Prevention and Risk Management (Safety)

Phone: (315) 772-5352

Military Family Life Counselors (MFLC)

Phone: (315) 350-5605 / 315-481-8878

Religious Support

Phone: Religious Support Office: (315) 772-5591

Division Chaplain's Office: (315) 772-6905

*** To allow for training to meet 350-1 training requirements additional time will be required.**



**Fort Drum
Prevention Programs
Presents**

**Work/Life Balance & Life Skills
Trainings**



Enclosed is a Comprehensive list of prevention trainings designed to enhance life skills, foster resilience and build Family and Soldier fitness.

Choose from the menu of classes broken up into six life skill bins: Parenting; Finance; Relationship; Personal; Home skills and Professional/Educational.

For customized trainings based on unit needs and risk factors; Contact the ASAP



Parenting: promoting and supporting physical, emotional, social, financial and intellectual development of a child from birth to 18 years of age.

- Healthy Eating for Kids (Nutrition)
- Healthy Habits, Healthy Families (Nutrition)
- Age Appropriate Discipline (FAP SFRC)
- 4th Trimester/Newborn Safety (FAP SFRC)
- Creating a Kid Friendly, Healthy & Safe Living Environment (FAP SFRC)
- Parenting After Separation or Divorce (FAP SFRC)
- Active Parenting Teens (FAP SFRC)
- Child Abuse Education (FAP SFRC)
- Conflict Resolution (FAP SFRC)
- Information for Dealing with Tweens/Teens (FAP SFRC)
- Suicidal Behavior/Ideations (ASAP)
- How Alcohol & Substance Abuse Affects Parenting Skills Training (ASAP)
- Information on Co-dependency (ASAP)
- Active Constructive Responding (R2)*
- Avoiding Thinking Traps (R2)*
- Activating Events, Thoughts and Consequences (R2)*

**Additional programs
(not part of Round Robin)**

- Playgroups (FAP SFRC)
- Scream Free Parenting (FAP SFRC)
- Desk side Dad's (FAP SFRC)
- Family Life Chaplain (Religious Support)

Finance: using knowledge and skills to manage financial resources effectively for a lifetime of financial well-being.

- Budgeting for Your Goals (FRC)
- Home Buying (FRC)
- Power Pay: Improve Credit & Eliminate Debt (FRC)
- Car Buying 101 (FRC)
- Preventing Identity Theft & Avoid Scams (FRC)
- Manage Banking (Checking) (FRC)
- TSP Investing In Your Future (FRC)
- Investing Basics (FRC)
- Goal Setting (R2)*
- Problem Solving (R2)*

**Additional programs
(not part of Round Robin)**

- Operation Helping Hands (Religious Support)

Relationship: communicating and interacting with individuals and groups.

- Assertive Communication (R2)*
- Activating Events, Thoughts & Consequences (R2)*
- Active Constructive Responding (R2)*
- Avoid Thinking Traps(R2)*
- Conflict Resolution (FAP SFRC)
- Team Building Events (Religious Support)
- Alcohol & Domestic Violence Training (ASAP)
- Communication for All (FAP SFRC)

**Additional programs
(not part of Round Robin)**

- Family Life Chaplain (Religious Support)
- Scream Free Marriage (FAP SFRC)
- ASIST T2T Gatekeeper Training (ASAP)
- Ask, Care, Escort (ACE) (ASAP)
- ACE-Suicide Intervention (ACE-SI) (ASAP)
- Strong Bonds (Religious Support)
- Bystander Intervention Training (SHARP)

Personal: coping skills, handling life's ups and downs.

- Healthy Nutrition (Nutrition)
- Stress Management (FAP SFRC) (AWC)
- Anger Management (FAP SFRC)
- Army Family Team Building Classes (FRC)
- ACE or ACE-SI (ASAP)
- Team Building events (Religious Support)
- Building Confidence (R2)
- Activating Events, Thoughts and Consequences (R2)*
- Problem Solving (Religious Support)
- Family Life Chaplain (Religious Support)
- Identify Character Strengths in Self & Others (R2)
- Healthy Sleep Habits (AWC)
- Low Risk Drinking Training (ASAP)
- Alcohol & Domestic Violence Training (ASAP)
- Effective Communication (Religious Support)

Additional programs (not part of Round Robin)

- ASIST T2T Gatekeeper Training (ASAP)
- Counseling (Religious Support)
- Weight Management classes (Nutrition)

*** For more information or to schedule a class, please contact the agency from the POC list ***