



Family Advocacy Program

Our program offers prevention & education classes, including workshops to strengthen Family relationships using education, information & referral.



Jan. - Jun. 2023

Register for classes at
<https://jblmfamilyadvocacy.timetap.com>

All Classes held at 2013-A N. 3rd St., JBLM (Lewis-Main)



You've Got Personality

Jan. 10 | 11am - 12pm
Mar. 7 · Jul. 11 | 5-6 pm
May 9 | 3-4 pm

Learn to understand what different personality types to solve problems and/or avoid conflict.



Recipe for a Healthy Relationship

Apr. 12 | 5-6:30 pm

This class helps participants identify the communication danger signs, and provides skills on how to avoid negative conflict.



Problem Solving

Feb. 16 | 5-6 pm

Practice safe ways of talking and solving problems - big and small - on a regular basis, to release negative energy naturally built up in the regular maintenance of a relationship.



Anger & Stress Management

Jan. 5 | 9-10 am
Feb. 6 · Mar. 9 · May 23 · Jun. 5 | 1-2 pm
Apr. 3 | 5-6 pm

Learn the brain science of stress & anger and explore how unmanaged stress can impact relationships



Emotional Response Training: From Understanding to Coping

Eight 2-Hour sessions

9-11 am

All sessions must be attended for a certificate of completion.

For Men

- Jan 4, 9, 11, 18, 23, 25, 30, Feb 1
- Feb 27, Mar 1, 6, 8, 13, 15, 20, 22
- Mar 27, 29, Apr 3, 5, 12, 17, 19, 24
- May 1, 3, 8, 10, 15, 17, 22, 24
- May 31, Jun 5, 7, 12, 14, 21, 26, 28

For Women

- Feb 2, 7, 9, 14, 16, 21, 23, 28
- May 2, 4, 9, 11, 16, 18, 23, 25
- Jun 6, 8, 13, 15, 20, 22, 27, 29

For questions or registration assistance, call (253) 967-5901

If you or someone you know is experiencing abuse, contact the JBLM Safeline
253-966-SAFE (7233) • 24 Hours / 7 Days a Week

Joint Base Lewis-McChord
Directorate of Human Resources

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jblmDHR



New Parent Support Program

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Jan. - Jun. 2023

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In-person classes held at 2013-A N. 3rd St., JBLM (Lewis-Main)

Baby Boot Camp

Jan. 9 · Mar. 16 · May 1 | 9 - 11 am

Learn how to take care of a newborn, understand developmental stages, and care for a sick child in this interactive class

1-2-3 Magic for Ages 0-3

Jan. 10 · Feb. 7 · Mar. 7 · Apr. 4

May 2 · Jun. 6 | 1-3 pm

Who's in charge at your house? Learn how to discipline without yelling or spanking

24/7 Dad

Jan. 20 · Feb. 10 · Mar. 10 · Apr. 21

May 2 · Jun. 6 | 11 am - 1 pm

Calling all Dads! Attend this workshop to increase fatherhood skills

Common Sense Parenting

Feb. 3 · Apr. 14 · Jun. 2 | 11 am - 1 pm

Tried and true strategies to become a more confident parent

The Fourth Trimester

Jan. 5 · Mar. 2 · May 4 | 9-11 am

All your questions about the first three months with your baby...answered!

Breastfeeding Basics

Feb. 14 · Apr. 11 · Jun. 13 | 9-11 am

Valuable information to help new moms feel more confident and ready to start their breastfeeding journey

Health and Safety for Infants & Toddlers

Jan. 23 · Mar. 20 · May 15 | 9-11 am

In this class you'll learn some great strategies for keeping your little one healthy and safe.

5 Love Languages for Children

Feb. 13 | 10-11 am

Learn your child's love language and how to speak it to build a solid foundation for your child to trust you and flourish.



Preparing for Birth

Jan. 19 · Mar. 16 · May 18 | 9 - 11 am

Learn the basics: stges of labor, comfort strategies, and what to expect when you are delivering a baby

Support Groups

"All About That Bump" Pregnancy Support Group

1-2 pm

First Wednesday each month

Join us to learn about local resources, pregnancy tips, and staying informed. Facilitated by a NPSP professional

Miscarriage and Infant Loss

12 - 2 pm

Second Thursday of each month

Pregnancy loss is devastating at any stage but with education and proper support, the grieving process can be more manageable.

Virtual Classes - Additional information provided upon registration

Nutrition for Infants & Toddlers

Jan. 17 · Mar. 14 · May 9 | 12 - 2 pm

Learn the basic nutritional needs for children 0-3 and how to establish and/or continue lifelong healthy eating habits

Ditch the Diaper:

Potty Training Tips & Tricks

Feb. 6 · Apr. 3 · Jun. 5 | 9-11 am

Learn how to begin the process step by step, deal with setbacks, and celebrate successes. Supply and tool box suggestions are given.

Emotion Coaching for Parents

Jan. 12 · Mar. 9 · May 11 | 6-8 pm

Learn to deal with your little one's big emotions with compassion and confidence.

Mindfulness Parenting

Feb. 1 · Apr. 5 · Jun. 7 | 9-11 am

Learn how to live in the present moment to decrease stress and "mind clutter"

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