

MENU OF INSTALLATION TRAINING COURSES

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MENU OF INSTALLATION TRAINING COURSES

The Army promotes resiliency through the Ready and Resiliency Campaign. The Campaign integrates and synchronizes multiple efforts and initiatives to improve the readiness and resilience of the Total Army-Soldiers (active duty, Reserve, National Guard), Army civilians and Families. Ready and Resilient will build upon mental, physical, emotional, behavioral and spiritual resilience in our Soldiers, Families and Civilians to enhance their ability to manage the rigors and challenges of a demanding profession. At the heart of this initiative is a focus on building the personal as an enabler to achieving enhanced performance, which directly links to the increased readiness of the individual, their unit and the Total Army.

The Fort Rucker Family Resiliency Working Group created the Menu of Training Courses to provide a comprehensive guide to all the training opportunities on the Installation. This guide will provide basic information for courses such as course description, who can take the course, how long the course lasts and points of contact for each course. Our hope is that if you identify a need in your life that can be addressed through one of these courses, that you will contact the organization and sign up for one of our many training opportunities here on Fort Rucker.

ARMY FAMILY TEAM BUILDING

Military Knowledge (K) Level Course Descriptions:

Name of Course: K.1: Military Life . . . What Does It Mean?

Description of Course: The learner will understand the mission, commitment required, and challenges of military life in order to define realistic expectations to positively impact their military experience.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: K.2: Military Acronyms and Terms

Description of Course: The learner will be able to communicate by employing military specific language, terms, acronyms and time with Army personnel, DA Civilians, and contractors in a military environment.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

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Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: K.3: Chain of Command

Description of Course: The learner will comprehend military structure including rank, chain of command, and basic unit organization to successfully interact within the military community.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: K.4: Customs, Courtesies, Ceremonies and Traditions

Description of Course: The learner will understand and exhibit appropriate behavior in accordance with proper military customs, courtesies and protocol in daily military life leading to personal satisfaction and a sense of belonging.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: K.5: Military Social Functions

Description of Course: The learner will apply the skills needed to assist in feeling comfortable with social aspects of the military lifestyle.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: K.6: Military Benefits and Entitlements

Description of Course: The learner will differentiate between available benefits and provided entitlements to select the most favorable to meet individual needs.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: K.7: Introduction to Military and Civilian Community Resources

Description of Course: The learner will be able to describe and select military and community resources appropriate to meet various life situations.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: K.8: Introduction to Family Readiness Groups

Description of Course: The learner will understand the mission; structure and purpose of the Family Readiness Group identifying the benefits FRGs bring to the Total Military Community.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: K.9: Military Family Preparedness

Description of Course: The learner will discuss the importance of family preparedness including legal preparation, financial preparation, preparing for emergencies and maintaining accurate record keeping of important documents.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: Get REAL (Rucker Experience Army Living)

Description of Course: This AFTB Concept block will give participants an abbreviated look at AFTB Knowledge Level and encourage them to take part in more classes

Who is eligible to attend course: Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 6 hours

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Schedule of course offering: These sessions are offered on a quarterly basis.
Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.
Contact information: 334-255-1429

Personal Growth (G) Level Course Descriptions:

Name of Course: G.1: Learn to Communicate

Description of Course: The learner will employ effective skills and develop communication strategies for their personal and professional lives.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: G.2: Conflict Management

Description of Course: The learner will appraise conflict and employ respectful conflict management techniques in personal and professional lives.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: G.3: Problem Solving Strategies

Description of Course: The learner will be able to evaluate problem-solving strategies and generate effective solutions in their personal and professional lives.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: G.4: Exploring Personality Traits

Description of Course: The learner will differentiate personality traits to discover effective ways to interact with peers, co-workers, friends and family.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: G.5: Improving Personal Relationships

Description of Course: The learner will be able to discuss how to develop and maintain healthy personal relationships and identify the benefits of being a supportive group member. The learner will also identify the impact of self-esteem on building relationships as well as the benefits of networking.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: G.6: Successful Team Dynamics

Description of Course: The learner will appraise relationships and interpret healthy personal and professional relationships.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: G.7: Growing Through Change

Description of Course: The learner will examine change and determine strategies for positively managing change in their personal and professional lives.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: G.8: Resiliency During Crisis and Grief

Description of Course: The learner will be able to define resiliency during crisis and grief and understand the stages of the grieving process. They will also examine and determine appropriate coping strategies as well as identify resources within their own personal, military, local, and community environments.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: G.9: Overcoming Stress

Description of Course: The learner will examine stress and employ stress reduction techniques to increase resiliency and reduce the effects of stress within their personal and professional lives.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: G.10: Winning at Time Management

Description of Course: The learner will acquire time management skills and techniques to prioritize activities in their personal and professional lives.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: G.11: The Volunteer Experience

Description of Course: The learner will explore the importance of volunteerism within the military and civilian communities and the benefits to both the volunteer and the organizations they serve. They will also examine the documentation required to validate the volunteer service as well as the organization served.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: G.12: Heading Toward Leadership

Description of Course: The learner will distinguish various leadership characteristics and examine leader-follower relationships in their personal and professional groups.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Leadership Development (L) Level Course Descriptions:

Name of Course: L.1: Leadership Through Understanding Needs

Description of Course: The learner will analyze the behaviors associated with Maslow's Hierarchy of Needs and identify motivational strategies to help fulfill those needs. The learner will also evaluate the importance of group needs and create a personal action plan to meet both individual and group needs.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: L.2: Examining Your Leadership Style

Description of Course: The learner will identify their innate leadership approach and examine the alternative styles of others in order to incorporate various approaches into their personal and professional lives.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: L.3: Effective Communication for Leaders

Description of Course: The learner will construct communication strategies to successfully convey information as leaders to teams or individuals.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: L.4: Developing Great Meetings

Description of Course: The learner will select elements and techniques needed to successfully develop and conduct meetings in personal and professional venues.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: L.5: Establishing Team Dynamics

Description of Course: The learner will discuss ways leaders can build strong and cohesive teams, by capitalizing on a positive attitude, understanding their role in the stages of team development, building commitment within the team, and being aware of the characteristics of an effective team.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: L.6: Resolving Conflict

Description of Course: The learner will explore causes and benefits of conflict and will develop approaches to conflict management. Through practical exercises the learner will apply conflict management approaches.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: L.7: Supporting Others Through Coaching and Mentoring

Description of Course: The learner will differentiate between the role of a coach and the role of a mentor, assess his/her strengths and challenges as a coach and as a mentor, examine behaviors of a leader as a coach and as a mentor, and identify effective feedback techniques to incorporate into his/her leadership repertoire to enhance his/her effectiveness in leadership roles.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

Name of Course: L.8: Virtual Meetings: Tips and Techniques

Description of Course: The learner will identify key elements to conduct a virtual meeting and devise strategies to effectively manage a virtual meeting.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 45 minutes

Schedule of course offering: These sessions are offered per request

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants.

Contact information: 334-255-1429

EMPLOYMENT

Name of Course: Employment Readiness Workshop

Description of Course: This session is designed to introduce participants/attendees to the various services offered by the Employment Readiness Program, to include: the job hunt (basics), NAF/AF employment opportunities (where to look), the steps in the job search (a la ERP), and the basics of résumé preparation and job interview strategies. This is rounded-out with a basic Q&A session with the attendees.

Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: 2 hours

Schedule of course offering: These sessions are offered on a bi-weekly basis.

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants. Participation in this session establishes attendees as ERP Clients.

Contact information: 334-255-2594

Name of Course: “Ten Steps to a Federal Job®” Workshop

Description of Course: This informative and interactive workshop focuses on the ten basic steps federal jobseekers should follow to land that “best fit” civil service or NAF job, minimizing frustration in the process. Starting with a flyover of occupational specialties found with federal government agencies, the workshop moves to a discussion of keyword usage, the development of an “outline format” USAJOBS.gov résumé, navigating the USAJOBS.gov application “maze”, follow-up of an application packet, and is capped-off with an interviewing skills and strategies overview/refresher. The workshop concludes with a Q&A session with participants.

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Who is eligible to attend course: AD Soldiers (AD/NG/Reserve), Military Spouses, Retirees, Military Dependents, and Civil Servants

Length of course: Approximately 3 hours

Schedule of course offering: These workshops are offered on a monthly basis

Any responsibilities incurred by completion of course: There are no responsibilities incurred by session participants; participants are free to contact the ERP Manager for further assistance with their USAJOBS.gov résumés and/or federal career counseling.

Contact information: 334-255-2594

FINANCE

Name of Course: Financial Peace University

Description of Course: A biblically based training series for adults that integrates video teaching, class discussions, and small group activities. Some topics covered in the series are cash flow planning, investing, saving, credit, retirement, and giving.

Who is eligible to attend course: Military Couples

Length of course: 9 weeks

Schedule of course offering: Semesters: fall/spring. Contact your unit Chaplain.
<http://www.daveramsey.com/fpu>

Any responsibilities incurred by completion of course: None

Contact information: Contact your unit Chaplain

Name of Course: Financial Well-Being

Description of Course: This interactive presentation will provide attendees with an opportunity to discuss selected personal financial management topics with an accredited financial counselor. Topics include: Definition of “Financial Well-Being”, the Four Elements of “Financial Well-Being”, Living Within One’s Means, Attitudes Towards Money, Financial Goals, Peer Influence and Marketing Related to Spending , Needs Versus Wants, Willingness to Delay Purchases, and Willingness to Invest for the Future.

Who is eligible to attend course: Anyone

Length of course: Less than 2 hours

Schedule of course offering (monthly/quarterly/by request): By request

Any responsibilities incurred by completion of course: None

Contact information: 334-255-9631

MOBILIZATION AND DEPLOYMENT

Ready Essentials for Army Leaders (R.E.A.L.) Training:

Name of Course: Family Readiness Group (FRG) R.E.A.L. Foundations

Description of Course: This module of training is intended to help individuals gain a good understanding about the role of the Family Readiness Group or FRG. FRGs play a

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vital role in Family Readiness and assisting units with preparing Family members for military life. Regardless of a unit's deployment status, the FRG assists in ensuring that members have the resources they need to be self-reliant in an ever changing military environment.

Who is eligible to attend course: Anyone eligible for ACS services per AR 608-1

Length of course: 1.5 hours

Schedule of course offering (monthly/quarterly/by request): Quarterly

Any responsibilities incurred by completion of course: None

Contact information: 334-255-9578

Name of Course: Family Readiness Liaison (FRL) R.E.A.L. Training

Description of Course: This module is intended to help individuals gain a good understanding about the role of the FRG. FRGs play a vital role in Family Readiness and assisting units with preparing the Family for military life. Regardless of a unit's deployment status, the FRG assists in ensuring that members have the resources they need to be self-reliant in an ever-changing military environment.

Who is eligible to attend course: Anyone eligible for ACS services per AR 608-1

Length of course: 6.5 hours

Schedule of course offering (monthly/quarterly/by request): Quarterly

Any responsibilities incurred by completion of course: None

Contact information: 334-255-9578

Name of Course: Family Readiness Group (FRG) R.E.A.L. Informal Fund Custodian Training

Description of Course: This module of training will discuss the standards that provide guidance for the FRG mission, the FRG informal fund and the roles and responsibilities of the commander, funds custodian and alternate funds custodian when dealing with FRG funds.

Who is eligible to attend course: Anyone eligible for ACS services per AR 608-1

Length of course: 2 hours

Schedule of course offering (monthly/quarterly/by request): Quarterly

Any responsibilities incurred by completion of course: None

Contact information: 334-255-9578

Name of Course: Family Readiness Group (FRG) R.E.A.L. Key Contact Training

Description of Course: This module of training will discuss the standards that provide guidance for FRG operations; the FRG mission, and the various FRG roles and their responsibilities.

Who is eligible to attend course: Anyone eligible for ACS services per AR 608-1

Length of course: 2 hours

Schedule of course offering (monthly/quarterly/by request): Quarterly

Any responsibilities incurred by completion of course: None

Contact information: 334-255-9578

Name of Course: Family Readiness Group (FRG) R.E.A.L. Leader Training

Description of Course: This module of training is intended to help individuals gain a good understanding about the role of the FRG. FRGs play a vital role in Family Readiness

and assisting units with preparing the Family for military life. Regardless of a unit's deployment status, the FRG assists in ensuring that members have the resources they need to be self-reliant in an ever-changing military environment.

Who is eligible to attend course: Anyone eligible for ACS services per AR 608-1

Length of course: 5 hours

Schedule of course offering (monthly/quarterly/by request): Quarterly

Any responsibilities incurred by completion of course: None

Contact information: 334-255-9578



RESILIENCY

Name of Course: Family Resilience Training

Description of Course: Comprehensive Soldier and Family Fitness seeks to educate Soldiers, Family members and DA civilians to overcome hardships and adverse events, bounce back and grow stronger in the process. Offers tools and resources to members of the Total Army to help them be more self-aware; thus providing the ability for self-development and self-improvement.

Who is eligible to attend course: Family members and Civilians plus Soldiers on a space available basis, may attend the training.

Length of course: Mini-workshops: 1 ½ hrs; Quarterly Full Training: 12-16 hrs

Schedule of course offering: By request

Any responsibilities incurred by completion of course: No responsibilities incurred by participants.

Contact information: 334-255-3735

1. Name of Course: Family Resilience Training: Resilience, MRT Competencies & Hunt the Good Stuff

Description of course: Grow and thrive in the face of challenges and bounce back from adversity. Build core competencies that enable mental toughness, optimal performance, strong leadership, and goal achievement. Counter the negativity bias, create positive emotion, and notice and analyze what is good.

2. Name of Course: Family Resilience Training: Goal Setting

Description of course: Understand the key components of the 7-step goal setting process and practice the skill so it can be used independently to plan for achieving personal and career goals.

3. Name of Course: Activating Events, Thoughts & Consequences (ATC)

Description of course: Identify your thoughts about activating event and the consequences of those thoughts.

4. Name of Course: Avoiding Thinking Traps

Description of course: Identify and correct counterproductive patterns in thinking through the use of Critical Questions.

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5. Name of Course: Detecting Icebergs

Description of Course: Identify deep beliefs and core values that fuel out-of-proportion emotion and elevate the accuracy and usefulness of these beliefs.

6. Name of Course: Problem Solving

Description of Course: Accurately identify what caused the problem and identify solution strategies.

7. Name of Course: Put It In Perspective (PIIP)

Description of Course: Stop catastrophic thinking, reduce anxiety and improve problem solving by identifying the worst, best and most likely outcomes of a situation.

8. Name of Course: Identify Strengths in Self & Others / Challenges & Leadership

Description of Course: Participants will identify their top strengths and top strengths of others and learn to use these strengths to overcome challenges and build effective teams. Identify Character Strengths in yourself and in others to improve teamwork, overcome challenges, and to be the most effective leader you can be.

9. Name of Course: Assertive Communication

Description of Course: Communicate clearly and with respect. Use the IDEAL model to communicate in confident, clear and controlled manner.

10. Name of Course: Active Constructive Responding (ACR) & Praise

Description of Course: Respond to others to build strong relationships and use praise to build mastery and winning streaks.



RELOCATION READINESS

Name of course: Overseas Workshops

Description of course: This class prepares Soldiers and Families who will be making a permanent change of station move to Korea/Alaska/Germany/Hawaii/Japan.

Who is eligible to attend course: Soldiers, Family members and Civilians may attend the training.

Length of course: By request on Wednesdays at 1000 or 1430: 1 hr

Any responsibilities incurred by completion of course: No responsibilities incurred by participants.

Contact information: 334-255-3735

Name of course: Sponsor Training

Description of course: This class prepares Soldiers, Civilians and spouses who will serve as sponsors for arriving Soldiers, Civilians and Families. Participants will learn how to make a newcomer feel welcome and a part of the team. Soldiers will learn what their responsibilities are as a sponsor according to AR 600-8-8. Participants will learn what their role as a sponsor is before, during and after the newcomer has arrived.

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Who is eligible to attend course: Soldiers, Civilians and Family members may attend the training.

Length of course: 45 minutes

Schedule of course offering: Every Wednesday at 0900 in Bldg 5700 RM 371B

Any responsibilities incurred by completion of course: Soldiers will be assigned an inbound Soldier; Civilians will be assigned an inbound civilian; families may volunteer to sponsor an inbound Family member. Newcomers are assigned sponsors from their units/organizations.

Contact information: 334-255-3735



RELATIONSHIPS/ MARRIAGE

Name of course: Oxygen for Your Relationships

Description of course: Oxygen for Your Relationships is a marriage-saving program that brings these two vital elements to a couple. Our desire is to stem the tide of destructive relationships and develop an environment where children can flourish.

Who is eligible to attend course: Military couples

Length of course: One and two trainings are available.

Schedule of course offering (monthly/quarterly/by request): See your Unit Chaplain.
<http://www.oxygenforyourrelationships.com/>

Any responsibilities incurred by completion of course: None

Contact information: Contact your Unit Chaplain

Name of Course: ScreamFree Classes

Description of course: ScreamFree is directed by IMCOM OPORD 13-086: Parenting-Healthy Marriage Training. ScreamFree classes are 90 minute classes to Soldiers, Family Members and Installation Staff on tools and skills to help build stronger, more resilient Families. For example, ScreamFree Parenting classes will assist participants in developing communication skills to assist in the reductions of child abuse incidents installation wide. ScreamFree classes will connect Soldiers and Family members to resources on the installation to continue their education on developing and maintaining a healthy family; including take home curriculum material. Plus, the Parenting Your Teenager component will equip parents with the knowledge and skills to effectively prepare their teenagers for the transition into adulthood. It can also assist parents in becoming calm authorities in the home and enhance the leadership and relationships skills of Army Families currently raising teenaged children. ScreamFree Marriage can help to decrease tension-filled arguments and domestic violence.

1. **ScreamFree Marriage** (This is also offered through the Chaplains and ASAP)
2. **ScreamFree Parenting**
3. **ScreamFree Parenting Your Teenager**

Who is eligible to attend course: Family members, Civilians and Soldiers may attend the training.

Length of course: 90 minutes

Schedule of course offering: By request

Any responsibilities incurred by completion of course: No responsibilities incurred by participants.

Contact information: 334-255-3246 or contact your Unit Chaplain

Name of Course: Strong Bonds

Description of course: Strong Bonds is a unit-based, Chaplain-led program which assists commanders in building individual resiliency by strengthening the Army Family. The core mission of the Strong Bonds program is to increase individual Soldier and Family member readiness through relationship education and skills training. Chaplains are trained on a variety of subjects:

- **The Five Love Languages**
- **Family Wellness**
- **PREP, Got Your Back**
- **PREP, Fearless Marriage**
- **LINKS Marriage**
- **PICK, How to Avoid Falling for a Jerk or Jerkette**
- **PREP for Strong Bonds Marriage**
- **7 Habits of Highly Effective Military Families**

Who is eligible to attend course: Soldiers, Spouses and Family members. Type of training (Singles, Couples and Families) determines who can attend.

Length of course: One and two day programs are available.

Schedule of course offering: See your Unit Chaplain. <https://www.strongbonds.org>

Any responsibilities incurred by completion of course: None

Contact information: Contact your Unit Chaplain



PARENTING

New Parent Support offers the following classes on a regular basis (registration is required and can be completed by calling New Parent Support at 334-255-9647/3359/9805):

Course name: Baby Led Weaning

Course Description: This course is designed to teach participants nutrition guidance for nursing mothers, how to introduce solids foods, baby led weaning (BLW), gentle weaning tips, and how to introduce your baby to solid foods in a natural way, skipping mushy baby foods and giving them table food right from the start.

Who is eligible to attend this course: Expectant parents and those with young children are invited to attend this course. The course is open to Soldiers, Retirees, Civilian employees, and their Family members.

Length of course: 2 hours.

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Schedule of course offering: 2 times a year

Responsibilities incurred in completion of course: There are no responsibilities incurred as a result of course completion.

Name of course: Feeding Your Child (Birth to Age 5)

Description of course: Participants will learn what, when, and where to feed your child to prevent mealtime struggles and how to promote a lifetime of healthy eating. Specific topics include tips for developing healthy eating habits, converting picky eaters, how to avoid food battles, and recipes. Free take home items are provided. Registration is required.

Who is eligible to attend the course: Expectant parents and those with children age 5 and younger. The course is open to Soldiers, Retirees, Civilian employees, and their Family members.

Length of course: 2 hours

Schedule of course offering: 2 times a year

Responsibilities incurred by course completion: There are no responsibilities incurred as a result of course completion.

Name of course: Infant and Child CPR

Description of course: This course offers training in CPR specifically targeted to save the lives of infants and children. It is presented by New Parent Support in collaboration with the American Red Cross. The course is free, but registration is required.

Who is eligible to attend the course: All parents and those desiring to work with children or infants. The course is open to Soldiers, Retirees, Civilian employees, and their Family members. Limited to the first 12 enrollees. American Red Cross Card is optional and costs \$19.00

Length of course: 4 hours

Schedule of course offering: Quarterly

Responsibilities incurred by course completion: There are no responsibilities incurred as a result of course completion.

Name of course: Infant Massage

Description of course: Attendees will learn techniques that promote stronger bonding and attachment between the parent and their baby, how to enhance sense of love, respect, and trust among family members, how parents can better read infant cues, how to increase your confidence in parenting, how to increase communication between you and your baby, how to strengthen your parenting skills, and how to build a stronger family foundation through understanding, positive communications, and touch. Babies who receive massage will do better on neurological assessment scales, experience improved growth and development, experience reduced stress and improved relaxation, and strengthen their digestive, circulatory, and gastrointestinal systems which can lead to weight gain. They will also experience reduced blood pressure, and improved muscle tone and coordination. Class size is limited. Registration is required.

Who is eligible to attend the course: Recommended for parents of children 2 years and younger as well as expectant parents. The course is open to Soldiers, Retirees, Civilian employees, and their Family members.

Length of course: 2 hours

Schedule of course offering: Quarterly

Responsibilities incurred by course completion: There are no responsibilities incurred as a result of course completion.

Name of course: Baby Sign Language

Description of course: Attendees will be taught how to communicate with their child and avoid frustrations associated with language development.

Who is eligible to attend the course: All Soldiers, Retirees, Civilian employees and their Family members

Length of course: 2 hours

Schedule of course offering: 2 times a year

Responsibilities incurred by course completion: There are no responsibilities incurred as a result of course completion.

Name of course: Car Seat Safety

Description of course: The New Parent Support Program (NPSP), along with a Certified Child Passenger Safety Technician (CPST), will conduct a Car Seat Safety Class. This is to provide parents with car seat safety information, address regulations regarding weight/height restrictions and age limits on car seats. CPST will also instruct on how to properly install each car seat for maximum safety.

Who is eligible to attend the course: Expectant parents and those with young children are invited to attend this course. The course is open to Soldiers, Retirees, Civilian employees, and their Family members.

Length of course: 1 hour

Schedule of course offering: Quarterly

Responsibilities incurred by course completion: There are no responsibilities incurred as a result of course completion.

Name of course: Expectant Parent

Description of course: Attendees will participate in a 3 part series class. The first class will cover labor and delivery. The second class will cover breastfeeding and the third class will cover newborn care. Fathers and Partners are encouraged to attend.

Who is eligible to attend the course: Expectant parents are invited to attend this course. The course is open to Soldiers, Retirees, Civilian employees, and their Family members.

Length of course: 2 hours a day for 3 sessions

Schedule of course offering: 2 times a year

Responsibilities incurred by course completion: There are no responsibilities incurred as a result of course completion.



MENTAL AND PHYSICAL HEALTH
LYSTER ARMY HEALTH CLINIC CLASSES

Name of course: Cognitive Sleep Therapy Program

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Description of course: For those having difficulty falling, staying, initiating sleep, do not feel rested upon awakening or feel sleepy throughout the day. Three session times are offered the 1st and 4th week of the month.

Who is eligible to attend course: Active Duty Soldiers, Family, Civilians, and Retirees

Length of course: 4 weeks

Schedule of course offering: 1st week – M, W, or F 0800-0930

4th week- M, W or F 1400-1530 (Lyster Army Health Clinic)

Contact information: LAHC 334-255-7028

Name of Course: ACE-SI –Ask, Care, Escort-Suicide Intervention

Description of course: This training is a once in a career course for all Junior Leaders and first line supervisors. ACE-SI focuses on early detection of the warning signs and risk factors as well as resources in order to make appropriate referrals

Who is eligible to attend course: Soldiers and Civilians

Length of course: 4 hours

Schedule of course offering: Each class will be at the Commons BLDG 8950 from 0800-1200, civilian clothing preferred.

Contact information: 334-255-7919

Name of Course: ASIST-Applied Suicide Intervention Skills Training (ASIST)

Description of course: This training is for Gatekeepers and is offered quarterly. Gatekeepers are defined as individuals who through their daily position are most likely to come in contact with a person at risk for suicide. ASIST better prepares individuals to respond to the immediate needs of a person at risk.

Who is eligible to attend course: Soldiers and Civilians

Schedule of course offering: Each class will be at the Commons BLDG 8950 from 0800-1200, civilian clothing preferred.

Contact information: 334-255-7919

Name of Course: Diabetes Basic Program

Description of course: The program consists of four education classes in which you will learn to identify your individual focus areas needed to control your diabetes, to manage your glucose, to decrease complications related to abnormal glucose, and to update you on the newest diabetes care guidelines. The four lessons are taken over a 2 to 4 month period

Who is eligible to attend course: Active Duty, Retirees and Family members

Schedule of course offering: Thursdays 900-1200 (Lyster Army Health Clinic)

Contact information: 334-255-7986

Name of course: Healthy Heart Classes

Description of course: It is one 2-hour class that focuses on goals for blood pressure and lipids and controlling fat and sodium in the diet.

Who is eligible to attend course: It is for patients with hypertension and/or dyslipidemia (high cholesterol/high triglycerides).

Schedule of course offering: Second Wednesday of each month 9:00-11:00am.

Contact information: 334-255-7986

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Name of course: Mindfulness Based Stress Reduction (MBSR)

Behavioral Health Department

Description of course: Designed for anyone seeking a sense of calm, and to learn to quiet the mind. MBSR is a blend of meditation, body awareness, and yoga; learning through practice and study how your body handles (and can resolve) stress neurologically. Through this MBSR course, an individual will learn skills that can increase their ability to: cope with stress, pain, and the challenges of everyday life, deal with disturbing events with grace and compassion, and be fully present and alive in this moment. Consists of four weekly sessions each month. Each class is approximately one hour.

Who is eligible to attend the course: Active Duty, Retirees and Family members and Civilians

Length of course: 8 week course

Contact information: 334-255-7028

Name of course: Tobacco Cessation Program

Who is eligible to attend course: Active Duty, Retirees and Family members and Civilians

Schedule of course offering: Tuesdays at 1400

Contact information: 334-255-7930

Name of course: Yoga

Who is eligible to attend the course: open to all (free)

Schedule of course offering: Lyster J-100 Activity Room
Mondays, Wednesdays and Thursdays at 1145

Name of course: Fit for Performance

Description of course: This is a weight control program that consists of six sessions taken over a 6 to 12 week period. Attending one session every 1-2 weeks is recommended. Patients must attend session 1 first and session 6 last. All other sessions may be taken in any order. At least one individual visit with a Registered Dietitian is also included in this program. Private weight and body composition measurements will be obtained at each class. Measuring will begin 30 min before each class.

Who is eligible to attend course: Active Duty, retirees and family members

Schedule of course offering: Tuesdays at 0900-1100 or 1300-1500 (Lyster Army Health Clinic)

Contact information: 334-255-7986

MILITARY FAMILY LIFE COUNSELOR (MFLC) COURSES
(By Request)

Contact Information: ACS 334-441-9369

110th AVN BDE 334-379-6429

WOCC 334-379-6453

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EGLIN RESOURCES

Eglin Airman & Family Readiness Center (A&FRC)

www.eglinforcesupport.com or Facebook: Eglin Airman & Family Readiness Center

Call (850) 882-9060/61 to register or for assistance

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