

ARMY COMMUNITY SERVICE (ACS) FAMILY ADVOCACY PROGRAM CLASS CALENDAR JULY 2009

6 May 09

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
		Active Parenting for Stepfamilies #1 11:00 am – 1:00 pm	S.T.E.P. #3 (Parents of School Age) 11:00 am – 12:30 pm		
6	7	8	9	10	11
	H.U.G.S. (Playgroup) 9:00 am – 11:00 am Women Encouraging Women 12:00 pm – 1:00 pm B.E.A.M.S. #3 11:00 am – 12:30 pm	Active Parenting for Stepfamilies #2 11:00 am – 1:00 pm	Commander Training 8:00 am – 10:00 am S.T.E.P. #4 (Parents of School Age) 11:00 am – 12:30 pm		
13	14	15	16	17	18
Dad Difference #1 11:00 am – 12:30 pm 1234 Padres-En Espanol 12:00 pm – 1:30 pm B.E.A.M.S. #1 5:30 pm – 7:00 pm	H.U.G.S. (Playgroup) 9:00 am – 11:00 am B.E.A.M.S. #4 11:00 am – 12:30 pm B.E.A.M.S. #2 5:30 pm – 7:00 pm	Active Parenting for Stepfamilies #3 11:00 am – 1:00 pm Getting Ready for Childbirth 5:30 pm – 8:30 pm	S.T.E.P. #1 (Early Childhood) 11:00 am – 12:30 pm Negotiating Conflict 11:00 am – 12:30 pm		
20	21	22	23	24	25
Dad Difference #2 11:00 am – 12:30 pm 1234 Padres-En Espanol 12:00 – 1:30 pm B.E.A.M.S. #3 5:30 pm - 7:00 pm	H.U.G.S. (Playgroup) 9:00 am – 11:00 am B.E.A.M.S. #5 11:00 am – 12:30 pm Women Encouraging Women 12:00 pm – 1:00 pm B.E.A.M.S. #4 5:30 pm – 7:00 pm	You and Your Baby #1 8:00 am – 12:00 pm Active Parenting for Stepfamilies #4 11:00 am – 1:00 pm	S.T.E.P. #2 (Early Childhood) 11:00 am – 12:30 pm Stress Management 11:00 am – 12:30 pm Couples Enrichment #1 5:30 pm – 7:00 pm		
27	28	29	30	31	
Dad Difference #3 11:00 am – 12:30 pm 1234 Padres-En Espanol 12:00 pm – 1:30 pm B.E.A.M.S. #5 5:30 pm – 7:00 pm	H.U.G.S. (Playgroup) 9:00 am – 11:00 am B.E.A.M.S. #6 11:00 am – 12:30 pm B.E.A.M.S. #6 5:30 pm – 7:00 pm	You and Your Baby #2 8:00 am – 12:00 pm Active Parenting for Stepfamilies #5 11:00 am – 1:00 pm	S.T.E.P. #3 (Early Childhood) 11:00 am – 12:30 pm Couples Enrichment #2 5:30 pm – 7:00 pm		

Call 221-0349/221-2418 or access our website at www.fortsamhoustonmwr.com /Soldier & Family Services/Family Advocacy Program for information and to register for classes. Classes are open to all Military, their Family members, and DoD Civilian ID cardholders. You are welcome to bring a lunch for all our lunchtime classes.

ACS Family Advocacy Program Class Calendar for July 2009

1, 2, 3, 4 PADRES! En Español – 13, 20, 27 Jul / 12:00p – 1:30p (sesiones 1-3) Este programa es una gran fuente de apoyo para todos los padres con niños de Uno a cuatro años. Una clase de liderazgo que les mostrara videos muy útiles y guiara a los padres a través de grupos de discusión. Padres aprenderán que es un comportamiento normal en cada etapa de desarrollo y como ayudar con el crecimiento y desarrollo de sus niños durante estos cambios. (Facilitador: Adolfo Hernández) (Locación: Red Cross, Bldg 2650)

Active Parenting for Step Families – 1, 8, 15, 22, 29 Jul (Sessions 1 - 5 of six part series) 1100 – 1230 – The step family can be complex when it comes to family relationships, so come join us to discuss changing family dynamics, evolving roles, and the joys that can come from a step-family. (Facilitator: Chandra Peterson) (Location: Red Cross, Bldg 2650)

B.E.A.M.S.- AM (Building Effective Anger Management Skills) – 7, 14, 21, 28 Jul (Sessions 3-6 of six part series) 11:00am - 12:30pm – This class helps to identify strategies to more effectively handle anger, resentment, and frustration in your personal and professional life. (Facilitator: Chandra Peterson) (Location: Red Cross, Bldg 2650)

B.E.A.M.S. -PM (Building Effective Anger Management Skills) – 6, 7, 13, 14, 20, 21 Jul (Sessions 1-6 of six part series) 5:30pm - 7:00pm – This class helps to identify strategies to more effectively handle anger, resentment, and frustration in your personal and professional life. (Facilitator: Adolfo Hernandez) (Location: Red Cross, Bldg 2650)

Commander's Training – 9 Jul/8:00am – 10:00am – This mandatory FAP training IAW AR 608-18 is required for commanders and first sergeants within 45 days following assumption of command. This training provides a FAP overview and insight about the command role in reporting domestic violence. Examine leadership roles and discover how to report abuse and prepare for the Case Review Committee to support Soldiers and their Family members. (Facilitator: Bob Harry) (Location: Army Community Service, Bldg 2797)

Couple's Enrichment – 23, 30 Jul (Sessions 1 & 2 of three part series) 5:30pm - 7:00pm – This three part class centers on reconnecting with your partner. Part one will discuss gender differences and communicating effectively, part two focuses on commitment, and part three strives to enhance intimacy. (Facilitator: Stephanie Clavenna) (Location: Army Community Service, Bldg 2797)

Dad's Difference: 6, 13, 20 Jul (Sessions 1-3 of three part series) 1100 - 1230– This class shows dads how to be involved with their babies from pregnancy to age five with practical tips to become more connected with their child and supportive to Mom. (Facilitator: Adolfo Hernandez) (Location: Red Cross, Bldg 2650)

Getting Ready for Childbirth –15 Jul/5:30 pm – 8:30 pm – This class will provide women and their partners with research-based information that will prepare them for the childbirth experience. Informative resources will be available to participants, when available. (Facilitator: Sonia Greer) (Location: Army Community Service, Bldg 2797)

Helping Us Grow Securely (H.U.G.S.) Playgroup – 7, 14, 21, 28 Jul/9:00am - 11:00am – Join this weekly interactive fun playgroup for parents and children ages 0 - 5 years. (Facilitator: Sonia Greer) (Location: Dodd Field Chapel, Bldg 1721)

Negotiating Conflict-16 Jul/11:00 am - 12:30 pm – Discussions center on tips to handle difficult people and situations in your life. (Facilitator: Stephanie Clavenna) (Location: Army Community Service, Building 2797)

S.T.E.P. Program for Parents: School Age – 2, 9 Jul (Sessions 3 and 4 of four- part series) 11:00am - 12:30pm – Systematic Training of Effective Parenting. Parents discover specific skills to deal with real childhood issues and to communicate with children more effectively. (Facilitator: Chandra Peterson) (Location: Army Community Service, Building 2797)

S.T.E.P. Program for Parents: Early Childhood – 16, 23, 30 Jul (Sessions 1-3 of four- part series) 11:00am - 12:30pm – Systematic Training of Effective Parenting. Parents discover specific skills to deal with real early childhood issues. (Facilitator: Sonia Greer) (Location: Dodd Field Chapel, Building 1721)

Stress Management – 23 Jul/11:00 am - 12:30 pm - This class provides valuable tips to help you manage your stress. (Facilitator: Chandra Peterson) (Location: Red Cross, Building 2650)

Women Encouraging Women – 7, 21 Jul 1200 – 1300 – Topics: 7th – Developing an Assertive Body Image Pt. I; 21st – Who's Filling Your Gas Tank? Monthly support group that discusses issues facing women in today's society. (Facilitator: Angela Swain) (Location: Army Community Services, Bldg 2797)

You & Your Baby – 22, 29 Jul/8:00am - 12:00pm – Come join this 2 part series on how to learn how to care for your newborn baby. Our goal is to prepare you for your baby's homecoming and provide you with information on infant care, infant safety and more. Dads are welcome and encouraged to attend. Receive a Duffle Bag with a layette and informative resources when available, upon completion of this class. (Facilitator: Sonia Greer) (Location: Red Cross, Building 2650)

Happy 4th of July!