

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

29 Apr 09

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
Evening BEAMS #1 1730-1900 	HUGS (Playgroup) 0900 – 1100 BEAMS #5 1100 – 1230 Basics of Breastfeeding 1230-1400 Evening BEAMS #2 1730-1900	Nurturing Parenting Early Childhood #11 0900 – 1200 Truth or Consequences? #1 1700 – 1830	Infant Massage #2 1000-1130 Active Step Families #5 1100 – 1230	Getting Ready for Childbirth 1300 – 1600 ACS Walk In Movie Night 2000-2200	ACS Walk In Movie Night 2000-2200
8	9	10	11	12	13
Dad's Difference #1 1100—1230 Evening BEAMS #3 1730-1900	H.U.G.S. (Playgroup) 0900 – 1100 BEAMS #6 1100 – 1230 Evening BEAMS #4 1730-1900	You and Your Baby 0800 – 1200 Nurturing Parenting Early Childhood #12 0900 - 1200 Single Parenting #1 1100 – 1230 Truth or Consequences? #2 1700 – 1830	Commander's Training 0800 – 1000 Infant Massage #3 1000-1130 Active Step Families #6 1100 – 1230		14 Flag Day 
15	16	17	18	19	20
Dad's Difference #2 1100 – 1230 Evening BEAMS #5 1730-1900	H.U.G.S. (Playgroup) 0900 – 1100 Evening BEAMS #6 1730-1900 Women Encouraging Women 1200-1300	Single Parenting #2 1100-1230 Stress Management 1300 - 1430 Truth or Consequences? #3 1700 – 1830 Getting Ready for Child Birth 1730 - 2030	Infant Massage #4 1000 – 1130 STEP School Age #1 1100 - 1230	ACS Walk In Movie Night 2000-2200	ACS Walk In Movie Night 2000-2200 21 Father's Day 
22	23	24	25	26	27
Dad's Difference #3 1100 – 1230	H.U.G.S. (Playgroup) 0900 – 1100 BEAMS #1 1100 - 1230	You and Your Baby#2 0800-1200 Deployed Parenting 1100 – 1230 Truth or Consequences? #4 1700 – 1830	Infant Massage #5 1000-1130 STEP School Age #2 1100 - 1230		
29	30				
Sibling Rivalry 1600 - 1730	H.U.G.S. (Playgroup) 0900 – 1100 BEAMS #2 1100 – 1230 Women Encouraging Women 1200-1300				

Call 221-0349/221-2418 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 June 2009

Active Parenting for Step Families – 4 & 11 June (Sessions 5 & 6 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: Army Community Service, Bldg 2797)

Basics of Breastfeeding: 2 June 1230 – 1400 - This relevant class provides current information and tips to make the early days of breastfeeding a positive experience. Attendants will receive a copy of The Womanly Art of Breastfeeding. (Facilitator: Sonia Greer) (Location: ACS, Building 2797)

B.E.A.M.S. AM (Building Effective Anger Management Skills): 2 & 9 June (Sessions 5 & 6 of six part series); 23 & 30 June (Sessions 1 & 2 of six part series) 1100 - 1230 – 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, Building 2650)

B.E.A.M.S. PM (Building Effective Anger Management Skills): 1, 2, 8, 9, 15, & 16 June (Sessions 1-6 of six part series) 1730 - 1900 – This class helps to identify strategies to more effectively handle anger, resentment and frustration in your personal and professional life. (Facilitator: Adolfo Hernandez) (Location: ACS, Building 2797)

Commander's Training: 11 June 0800 - 1000 – 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 abuse. Examine leadership roles and discover how to report abuse and prepare for the Case Review Committee to support Soldiers and their Family members. (Facilitator: Marjorie C. Loya) (Location: ACS, Building 2797)

Dad's Difference: 8, 15, & 22 June (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, Building 2650)

Deployment & Related Parenting Challenges: 24 June 1100 - 1230- This class will focus on the emotional challenges and transitions of military members through the deployment cycle. Learn ways to provide children with reassurance, maintain a normal routine, and improve parenting skills during family separation. (Facilitator: Stephanie Clavenna) (Location: ACS, Bldg 2797)

Getting Ready for Childbirth: 5 June 1300 – 1600 or 17 June 1730 - 2030 – This class will provide women and their partners with research-based information that will prepare them for the childbirth experience. A copy of Prepared Childbirth, The Family Way, will be given to participants, when available. (Facilitator: Sonia Greer) (Location: ACS, Building 2797)

Helping Us Grow Securely (H.U.G.S.) Playgroup: 2, 9, 16, 23, & 30 June (ongoing group) 0900 - 1100 – Join this weekly interactive fun playgroup for parents and children ages 0-5 years. No need to register for this class- please join us at Dodd Field Chapel! (Facilitator: Sonia Greer) (Location: Dodd Field Chapel, Building 1721)

Infant Massage AM: 4, 11, 18, 25 June (Sessions 2-5 of five part series) 1000 – 1130 - This relaxes the child and helps decrease stress for you and your baby. Relieves discomfort from constipation, gas, and colic. Helps normalize muscle tone and improve blood circulation. Helps baby sleep better. Stimulates brain development and improves sensory awareness. (Facilitator: Mary Scott and Wendy Schuelke) (Location: Dodd Field Chapel, Building 1721)

Nurturing Early Childhood: 3, 10 June (Sessions 11 & 12 of twelve part series) 0900 - 1200 - A nationally recognized program where parents learn age appropriate expectations, growth and development issues, and empathy. Childcare is available. (Facilitators: Adolfo Hernandez, Ashley Duran, Mary Scott, & Chandra Peterson,) (Location: Dodd Field Chapel, Building 1721)

Sibling Rivalry: 29 June 1600 - 1730- This class will discuss how parents can deal with challenges between siblings and how to encourage good feelings between them. (Facilitator: Stephanie Clavenna) (Location: ACS, Building 2797).

Single Parenting: 10 & 17 June (Sessions 1 & 2 of two part series) 1100 - 1230 – This parenting class provides skills uniquely designed for single parents. Topics include: dating, children, separation and much more. (Facilitator: Stephanie Clavenna) (Location: ACS, Building 2797)

Stress Management: 17 June 1300 - 1430- This class provides valuable tips to manage your stress. (Facilitator: Chandra Peterson) (Location: Red Cross, Building 2650)

Systematic Training for Effective Parenting (STEP) School Age Children: 18 & 25 June (Sessions 1 & 2 of four part series) 1100 - 1230- This program focuses on assisting parents of school age children address numerous issues and challenges. (Facilitator: Chandra Peterson) (Location: ACS, Building 2797)

Truth Or Consequences?: 3, 10, 17, 24 June (Sessions 1-4 of four-part series) 1700 - 1830 – This four-part series helps teens with anger, conflict, decision making, self-esteem and setting goals. (Facilitator: Adolfo Hernandez) (Location: Red Cross, Building 2650)

Women Encouraging Women – 16 & 30 June 1200 – 1300 – Topics: 16-Tips for Moms to Support Dads; 30-Love Languages for Women. Monthly support group that discusses issues facing women in today's society. (Facilitator: Angela Swain) (Location: Army Community Services, Bldg 2797)

You & Your Baby: 10 & 24 June (Sessions 1 & 2 of two part series) 0800 - 1200 – Come join this all day session 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 welcomed and encouraged to attend. Receive a Duffle Bag with a layette and a copy of What to Expect the First Years, when available, upon completion of this class. (Facilitator: Sonia Greer) (Location: Red Cross, Building 2650)