

Additional FAP Workshops

Scream Free Marriage

Learn to develop your 'I' in your marriage, and champion your spouse to do the same, leading to a new kind of 'Wii' in your relationship. We encourage you to attend with your spouse.

9:00am-3:00pm at ACS

Mar 1 June 14 Sept 14 Dec 14

Stress Management

Designed to help participants recognize and understand the stressors in their lives and how to minimize the effects of those stressors in a positive and healthy manner.

1:30pm-3:30pm at ACS

Jan 19 Feb 16 Mar 16 Apr 20 May 18 June 22
July 20 Aug 17 Sept 14 Oct 19 Nov 9 Dec 7

Anger Management

Designed to teach participants the process of learning to recognize signs and triggers that they are becoming angry, and give them the tools to take action to calm down and deal with the situation in a positive, healthy manner.

1:30pm-3:30pm at ACS

Jan 26 Feb 23 Mar 23 Apr 27 May 25 June 29
July 27 Aug 24 Sept 28 Oct 26 Nov 16 Dec 14

FAP Book Club

9:30am-11:30am at SFAC

Jan 6 Feb 3 Mar 3 Apr 7 May 5 June 2
Sept 8 Oct 13 Nov 3 Dec 1

Are you a new Parent? Or the Parent of a 0-3 year old toddler?

Contact New Parent Support home visitor program for information and support with your young growing family!

315-772-1234/0748/4070

Fort Drum Child Abuse/Domestic Violence Reporting

Call Military Police 315-772-5156 or Child Abuse Hotline: 1-800-342-3720

To speak with a Victim Advocate regarding domestic violence issues call the 24/7 hotline at 315-955-4321

Fort Drum Family Advocacy Program

2017 Workshop Schedule



Register online

<http://fortdrumacs.checkappointments.com>

or call 315-772-5914 for more information

Army Community Service/Family Advocacy Program

4330 Conway Road

Fort Drum, New York 13602

Find us on Facebook — www.facebook.com/FtdrumFAP



2017 Parenting Workshop Schedule

4th Trimester/Newborn Safety

A program for new parents of children (**birth to 1 year old**) to gain information needed to raise healthy and happy children through a variety of community agency presentations.

10:00am-11:30am at ACS

Jan 20 Feb 10 Mar 17 Apr 21 May 19 June 9
July 21 Aug 18 Sept 15 Oct 20 Nov 17 Dec 15

Terrific Toddler

A **three session** program for families of children (**0-4 years**) that encourages positive family interactions and offers effective parenting strategies; must complete all 3 sessions for certificate.

1:30pm-3:30pm at ACS

Jan 30, 31, Feb 1 Mar 6, 7, 8 May 22, 23, 24
Aug 28, 29, 30 Oct 16, 17, 18

Middle Years

A **three session** program for families of children (**5-10 years**) that encourages positive family interactions and offers parenting strategies that work; must complete all 3 sessions for certificate.

1:30pm-3:30pm at ACS

Feb 7, 8, 9 June 19, 20, 21 Sept 18, 19, 20 Dec 4, 5, 6

Active Parenting Teens

This program is a video-based, interactive learning experience for parents with teens and preteens. The topics include: parenting in a democratic society; understanding parenting styles; brain research on teen development; character development to help teens; survive and thrive into adulthood; discipline and communication strategies; how to apply strategies to issues related to risk behaviors such as drug use, sexuality and violence; must complete all 6 sessions for certificate.

5:30pm-7:30pm at Monument Ridge Community Center

May 1, 8, 15, 22 & June 5, 12 Sept 11, 18, 25 & Oct 2, 16, 23

Scream Free Parenting

Moving beyond many of the child-centered, technique-based approaches, the Scream Free way compels you to focus on yourself, grow yourself up, and calm yourself down. By staying both calm and connected with your kids, you begin to operate less out of your deepest fears and more out of your highest principles, revolutionizing your relationships.

8:30am-3:00pm at ACS

Jan 26-27 April 12-13 Jul 13-14 Oct 25-26

Parenting After Separation of Divorce (PASD)

Class is designed to assist parents in helping their children adjust to parental separation or divorce. Topics include identifying parent/child reactions to divorce, developing skills for helping children cope, post-separation parenting, co-parenting versus parallel parenting, communicating effectively between households, and identifying and managing stress for parents and children.

1:00pm-4:00pm at ACS

Jan 25 Feb 22 Mar 22 Apr 26 May 17 June 7
July 26 Aug 9 Sept 6 Oct 11 Nov 15

The program is designed to help parents: Identify strategies to improve your home environment and build a strong family going forward. **Target audience:** parents needing assistance with improving their home environment to ensure it is clean and safe for their children.

Creating a Kid Friendly Healthy & Safe Living Environment

1:00pm-3:00pm at ACS

Jan 18 Mar 15 May 31 July 19 Sept 13 Nov 1

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315-772-0748/4070

Playgroups for children 0-3 years of age

From 10:00 am - 11:30 am

Connect-The-Tots Playgroup

Tuesday's

at SFAC Bdg. 11042

Fort Drum

and

Little Eagles Playgroup

Thursday's

at Eagle Ridge Community Center

Calcium

Baby Palooza - Save the Date

April 25, 2017

9:00am-12:00pm

The Commons

P4350 Euphrates River Valley Rd.

Pick up your 'Baby Bundle' at ACS, if you didn't receive one in the hospital - call 315-772-5914 for more information