

# March 2013

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

**1**  
 Teen Dating Safety Class  
 1530-1630  
 Health & Wellness Center  
 Call 385-2349 to sign up!

New Dad's Class  
 1100-1200  
 Health & Wellness Center

**2**

**3**

**4**

**5**  
 Stress Management Class  
 1100-1200  
 Health & Wellness Center  
 Call 385-2349 to sign up!

**6**

Parent Support Play Group- Ages 0-3  
 0930-1130  
 Call 385-3488 for more info!

**7**

1,2,3 Magic Parenting Class  
 1400-1600  
 Health & Wellness Center  
 Call 385-3486 to sign up!

**8**

New Dad's Class  
 1100-1200  
 Health & Wellness Center  
 Call 385-3486 to sign up

**9**

**10**

**11**

**12**  
 Stress Management Class  
 1100-1200  
 Health & Wellness Center  
 Call 385-2349 to sign up!

**13**

Parent Support Play Group- Ages 0-3  
 0930-1130  
 Call 385-3488 for more info!

**14**

1,2,3 Magic Parenting Class  
 1400-1600  
 Health & Wellness Center  
 Call 385-3486 to sign up!

**15**

New Dad's Class  
 1100-1200  
 Health & Wellness Center  
 Call 385-3486 to sign up

**16**

**17**

**18**

**19**  
 Stress Management Class  
 1100-1200  
 Health & Wellness Center  
 Call 385-2349 to sign up!

**20**

Parent Support Play Group- Ages 0-3  
 0930-1130  
 Call 385-3488 for more info!

**21**

1,2,3 Magic Parenting Class  
 1400-1600  
 Health & Wellness Center  
 Call 385-3486 to sign up!

**22**

Anger Management Class  
 1100-1200  
 Health & Wellness Center  
 Call 385-2349 to sign up!

**23**

**24**

**25**

**26**  
 Stress Management Class  
 1100-1200  
 Health & Wellness Center  
 Call 385-2349 to sign up!

**27**

Parent Support Play Group- Ages 0-3  
 0930-1130  
 Call 385-3488 for more info!

**28**

**29**

**30**

**31**

**1-2-3 Magic Parenting Class-** Focuses on simple techniques to manage difficult behavior in children & promote better behavior, independence & self-esteem. Contact Lee Sasse at 385-3486 to sign up!

**How to Avoid Dating a Jerk/Jerkette-** Dating education course that explores the things you need to know & practice before committing to a serious relationship. Uses humor and useful information you can actually apply to choose a compatible life-long companion. Contact Lee Sasse at 385-3486 to sign up!

**New Dad's Class-** Provides brand-new & soon-to-be dads with valuable information to help them bond with & effectively handle infants. Also includes techniques for calming crying babies & getting them to sleep quickly. Contact Lee Sasse at 385-3486 to sign up!

**Baby on the Way Class-** A class developed for first time parents. It is a fun interactive class that explores your expectations and suggests ways to decrease the stresses of new parenting. Learn and practice great techniques to calm your baby. Class meets quarterly. Contact Patty at 385-3150 to sign up!

**Prepared Siblings Class-** Worried about how your child will react to the arrival of your new baby? This is a one-on-one class especially designed with the "Big Brother/Sister" in mind. Contact Helen at 385-3488 to sign up!

**Teen Dating Safety Class-** This class looks at red flags for unhealthy relationships, what you can do to safely avoid them, and lots of tips on how to choose a healthier partner. Class is geared to teenage dependents of Active Duty, ages 14-17.

**Marriage LINKS-**Marriage enrichment course for couples that explores the things you need to know and practice to save and/or maintain a happy and healthy marriage. Uses humor and real-life useful information you can actually apply to improve communication and happiness in your marriage.

**Love & Logic Parenting Class-** Love and Logic is a philosophy of raising and teaching children which allows adults to be happier, empowered, and more skilled in the interactions with children. The methods put parents back in control and teach children to be responsible.

**Active Parenting of Teens-** Parents learn skills for: communicating effectively with their teens; preventing the use of alcohol, tobacco and other drugs; disciplining while teaching responsibility; encouraging the development of self-esteem and character; redirecting misbehavior; encouraging nonviolent conflict resolution.

**Anger and Stress Classes at the HAWC-** These classes are general education on how stress and anger affect the body and how you can control these effects in a positive way to reduce negative impacts on your relationships and career.

**Pre-Deployment and Reintegration Briefings at the Airman and Family Readiness Center-** These briefings provide valuable data for you before deploying and upon return to successfully prepare for the stresses of deployment and the smooth transition back home with friends, family, and loved ones. Pre-Deployment briefings are given every Tuesday at 1230 and reintegration briefings are given every Tuesday and Friday at 1330. Both are held in the Airman & Family Readiness Center. Call 385-4663 for more information.

**MilitaryOneSource-** Military OneSource is provided by the Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families. It is a virtual extension of installation services. See number and web address below.

#### **Other Available Resources**

**Military & Family Life Consultants (MFLC)-** Provides non-medical, short term, situational, problem-solving counseling services to address issues that occur across the military lifestyle & help Service members & their families cope with normal reactions to the stressful & often adverse situations created by deployments & reintegration. No records are maintained of services provided; anonymity is maintained with the exception of duty to warn cases.

**PCS Childcare-** Families are entitled to 20 hours/child of childcare in the Family Child Care Program to assist them during PCS moves. They can use up to 20 hours at the base of departure & 20 hours at the new base. A certificate for this care can be picked up at the Airman and Family Readiness Center.

**Premarital Counseling-** Provided by chaplains. Protestants require 3 months & Catholics require 6 months before the wedding. Please contact Base Chapel at 385-1598 for more information.

**Marital Counseling-** Provided by chaplains. Please contact Base Chapel at 385-1598 for more information.

**Returning Home Care-** Available for 16 hours/child when a military member returns from a deployment. Contact Lee Curtis at the Family Child Care Office at 385-4270 or Angela at 385-4330 for information & to schedule this care.

**Drug Demand Reduction Program-** Prevention information for you and your family related to recognizing and preventing substance abuse.

**United Through Reading-** Offered continuously. Deployed Parents can record themselves reading a book to their kids which can be played during the deployment. Call the Airman and Family Readiness Center at 385-4663 for more info.

**Airman & Family Readiness Center-**  
385-4663

**Family Advocacy Prevention Program-**  
385-3486

**Sexual Assault Prevention & Response-**  
24/7 Helpline: 385-7272

**Suicide Hotline:**  
385-HELP(4357)

**Military and Family Life Consultant-**  
Adult Issues: 605-430-0332  
Child Issues: 605-415-2923

**MilitaryOne Source-**  
1-800-342-9647  
[www.militaryonesource.com](http://www.militaryonesource.com)

**Drug Demand Reduction Program-**  
385-3671/3231

**Chaplains**  
385-1598