

# FAMILY ADVOCACY PROGRAM



## 2019 TRAINING SCHEDULE

All trainings are **FREE** and held in the **ACS Annex** (FAP Conference Room) unless otherwise stated.



### \*STRESS MANAGEMENT

**Stress Management Class** consists of a one-session class that identifies stressors and symptoms of stress. Learn how to select and implement effective stress management skills. Participants are welcome to bring their lunch. **Classes are held 12 - 1 p.m. on the following dates:**

**JAN 8, APR 9, JUL 9 & OCT 8**



### \*ANGER MANAGEMENT

**Anger Management Class** consists of a one-session class that teaches the skills to help evaluate, understand and control anger. Learn how to control and implement effective anger management skills. Participants are welcome to bring their lunch. **Classes are held 12 - 1 p.m. on the following dates:**

**FEB 12, MAY 14, AUG 13 & NOV 12**



### \*TALK ABOUT IT THURSDAY

**Lunch and Learn** consists of various relationship topics in an open discussion forum to provide options to build healthier relationships. Participants are welcome to bring their lunch. **Classes are held 11:30 a.m. - 1 p.m. on the following dates:**

**JAN 10, FEB 7, MAR 7, APR 4, MAY 2, JUN 6  
JUL 11, AUG 1, SEP 5, NOV 7 & DEC 5**



### \*WHAT TO EXPECT NOW THAT YOU'RE EXPECTING

This class discusses topics, such as, body changes during pregnancy, family financial considerations/communication/changes, post partum depression, Shaken Baby Syndrome and childbirth labor & delivery. In addition, Dads' need to know and how to support mom during pregnancy will be discussed. **Classes start at 1 p.m. on the following dates:**

**FEB 6, MAR 6, APR 3, MAY 1, JUN 5  
JUL 3, AUG 7, SEP 4, OCT 2, NOV 6 & DEC 4**



### \*BABY BASICS

This class covers baby basics care, such as, newborn care, bathing, diapering, calming a baby, breastfeeding, Shaken Baby Syndrome, baby's appearance at birth and infant safety.

**Classes start at 1 p.m. on the following dates:**

**JAN 9, FEB 13, MAR 13, APR 10, MAY 8, JUN 12  
JUL 10, AUG 14, SEP 11, OCT 9, NOV 13 & DEC 11**



### \*COUPLES COMMUNICATION

This class assists couples to improve communication in their relationships. Each couple will learn to speak clearly, constructively and listen accurately, enabling them to transform potential conflict into collaboration. **Classes start at 1 p.m. on the following dates:**

**JAN 8, APR 9  
JUL 9, OCT 8**



**\*Registration is required** to attend classes.  
To register, call (804) 734-6381.

