

Parent Education

Active Parenting

Learn methods of respectful discipline, concrete strategies to prevent risky behavior, how to be an encouraging parent, and skills for clear, honest communication

For parents of children 10-17 years of age.

Please contact FAP for information on classes.

All classes are held virtually due to

COVID-19

Ft. Eustis

757-314-7998

Langley

757-764-2427

Love & Logic Parenting

Effective parenting without the power struggles.

Put the fun back into parenting!

For parents of children 2 to 10 years of age.

Please contact FAP for information on classes.

All classes are held virtually due to

COVID-19

Ft. Eustis

757-314-7998

Langley

757-764-2427

Parenting Education

Baby & Me Play Group

Playgroup is partnering with Healthy Families of Hampton VA virtual playgroup on Wednesday at 1030a.m.

Virtual Playgroup Zoom Meeting ID: 922 4926 1064

Password: play

Bundles for Babies

This course is facilitated every other month on the 3rd Wednesday (1430-1600) at Langley Airmen & Family Readiness Center

To sign up call: 757-764-3990

BABY BASICS

For new and expecting parents: learn what to expect when you or your partner is expecting, how to soothe a crying baby, where to get help when you need it, and more.

This class is currently suspended due to COVID-19

New Parent Support Program

New Parent Support Program provides support to new and expecting parents and military families with children from 0 to 3 years of age.

For More Information Call:

Langley 764-2427

Ft Eustis 314-7998

Family Advocacy Program Joint Base Langley-Eustis

Domestic Violence Victim Advocate Available
24hrs/7days a week @ 757-846-1777
Langley: 757-764-2427 Eustis: 757-314-7998



October,
November,
December
2020

Quarterly Offerings



For more information or to sign-up, please call

Langley 764-2427
Ft. Eustis 314-7998

Safety Education

FAP works to prevent family violence through public awareness campaigns, leadership training, and community education. This includes parenting classes, couples' workshops, marriage enrichment, and anger management classes. For more information on classes, unit trainings, and other resources for Active Duty Members and families, please call.

Langley 757-764-2427

Ft. Eustis 757-314-7998

Upon Request:

True Colors

Healthy Relationship Skills

Conflict Resolution (at home and work)

Stress Management & Relaxation Strategies

Unit Trainings

Do you struggle to be heard? Do you ever feel like your point is not being received effectively? Do you find that discussing even simple issues leads to arguments?

Contact FAP to participate in our new Communication Workshop and become a more effective communicator in your personal life, professional life and/or home life.

Please contact FAP for information on the class.

Ft. Eustis 757-314-7998

Langley 757-764-2427

Self-Enrichment

Anger Management

Anger is a normal healthy emotion, but it's important to deal with it in a positive way. Uncontrolled anger can take a toll on both your health and your relationships. Are you ready to get your anger under control?



All classes will be conducted virtually at this time due to COVID-19

Tuesdays 1300-1430
Next 6 Week clinical series will begin:
29 September -3 November
17 November- 22 December

All classes/trainings are offered **free** to anyone *age 18 or above* who has access to the installation (to include: ADMs, their spouses and age appropriate dependents, GS and contract employees, and retirees).

Flexible scheduling is available for those unable to attend all class dates and/or times as scheduled.

All topics listed in this brochure (and many more) are also available as in-unit trainings or as independent sessions, subject to staff availability.

Relationship Enrichment

PREP 8.0

PREP is for couples who want to make their relationship the best it can be. It will challenge you to think about things you have never thought about before and help you to see yourself, your partner, and your relationship in a whole new light.

Please contact FAP for information on classes.

All classes are held virtually due to COVID-19

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Family Advocacy Strength-based Therapy (FAST)

This program is available for military families who are at-risk for family violence. If you are experiencing severe issues in your relationship, if you are a single parent experiencing significant stress, or if you have children and you fear you may lose control, you may be eligible for FAST.

**For more information, call:
Ft. Eustis 314-7998
Langley 764-2427**