

Active Parenting of Teens

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

For parents of children ages 2 to 10.

Learn to be an effective parent without power struggles. Put the fun back into parenting!

Please contact FAP for information on classes.

All classes are held virtually due to COVID-19
Ft. Eustis
757-314-7998
Langley

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: 757-764-3998

Play Group

Ft. Eustis
2nd & 4th Wednesday
1000-1100
Youth Services Gym 1102 Pershing Ave
To register call: 757-878-3638

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

New Parent Support Program (NPSP)

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
or
Ft Eustis 314-7998

Joint Base Langley-Eustis

Family Advocacy Program



Domestic Abuse Victim Advocates
Available 24hrs/7days a week @ 846-1777
Referral Line:
Langley 764-2427 Ft. Eustis 314-7998

July, August, September 2020



FAP works to prevent family violence through public awareness campaigns, leadership training, and community education.

We offer parenting classes, relationship enrichment workshops, stress & anger management classes, and so much more.

For information on classes, unit trainings, and other resources available through the Family Advocacy Program or to sign-up for classes, please call

Langley 764-2427

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 begins:
16 June-21 July
11 August- 15 September

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've 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

Ft. Eustis
757-314-7998

Langley
757-764-2427

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 764-2427

Ft. Eustis 314-7998



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.

Upon

Keeping your love strong requires ongoing communication and thoughtful consideration of your relationship. You will gain skills for communication, conflict resolution, forgiveness, rebuilding trust, and identifying & satisfying personal needs.

Family Advocacy Strength-based Therapy (FAST)

This program is available for military families who may be 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 services.