

# TEEN DATING VIOLENCE AWARENESS MONTH



## CLASS CALENDAR FEBRUARY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Change Step 0900 Anger Management 1300	4	5 Resiliency 5k 0700 No More Silence 0900 Teen Dodgeball Tournament 1800	6
7	8 Love and Logic Parenting 1300	9 FASES 0800-1200	10 Change Step 0900 Anger Management 1300	11 Active Teen Parenting Lunch and Learn 1200-1300	12 No More Silence 0900 Dad's Class 0900-1600 BX display 1000-1400	13
14 	15 	16 Love and Logic Parenting 1000 (YMCA)	17 Change Step 0900 Anger Management 1300	18	19 No More Silence 0900	20
21	22	23	24 Change Step 0900 Anger Management 1300	25	26 No More Silence 0900	27
28	29				 <p>Call 653- 3880 or DSN 348-3880 for more information on any of Family Advocacy's classes or groups &amp; to sign up! Also visit us on the web at: <a href="http://www.nellis.af.mil/eventcalendars.asp">http://www.nellis.af.mil/eventcalendars.asp</a></p>	

<p><b>L.I.N.K.S.:</b>          Lasting Intimacy through Nurturing, Knowledge, &amp; Skills          Discusses increasing marital satisfaction, effective communication skills, romantic love, sexual intimacy, &amp; much more.</p> <p>5 sessions-offered quarterly          Next Class March 2016          Call 653-3880</p>	<p><b>Dad's class:</b>          For expectant dads &amp; dads with babies up to 6 weeks old. Learn to be an involved father and how to manage stress during/after the pregnancy; manage deployments and parenting issues. Class held in Mental Health.</p> <p>1 session- offered monthly          Friday 0900-1600          Call 653-3880 to sign up</p>
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<p><b>Change Step Men's Group:</b>          Education about physical and verbal aggression, power &amp; control, boundaries, communication styles is the focus of this group for men only. This group can be attended by referral only.          Wednesdays 0900          Call 653-3880 for a referral</p>	<p><b>Active Parenting of Teens:</b>          Learn how to increase communication with your teen, get direction with discipline, and gain insight into today's teen issues.          February's Lunch and Learn topic-"Drugs, Sexuality and Violence: Reducing the Risks"          4 sessions-Thursdays-offered quarterly          Call 653-3880 to register</p>
<p><b>No More Silence Women's Group:</b>          This group can be attended by referral only &amp; addresses issues such as effective communication, relationship effectiveness, domestic violence, boundaries.          Fridays 0900-1000          Call 653-3880 for referral</p>	<p><b>Anger &amp; Stress Management:</b>          Learn to deal with stress and anger by identifying and managing triggers and increasing self-awareness</p> <p>Wednesdays 1300-1500          Call 653-3880 for more information</p>
<p><b>Parenting with Love &amp; Logic:</b> Learn skills to make parenting fun &amp; rewarding while achieving healthy, respectful relationships with your children.          Centennial Hills YMCA: Tuesdays 1000          Nellis: Mondays 1300          Offered quarterly-Call 653-3880 to register</p>	<p><b>Sleep Hygiene:</b> Learn skills to help you develop and maintain healthy sleep habits.</p> <p>Call 653-3880 for more information</p>

