



Dad's Class

Talk with other dads and learn practical baby care. For expecting dads, and dads with babies up to 6 weeks old. Learn how to be an involved father, Shaken Baby Prevention, handling the stress of becoming a father during pregnancy and after, How to manage pre-deployment and post deployment, and family and parenting issues.

Free T-Shirt and free educational materials.

Every other month on a Thursday @1330.

Call 653-3880 To Register.

Capt Ramona.Hunter@nellis.af.mil
SSgt Anthony.Rector@nellis.af.mil
Sra Ryan.Clark@nellis.af.mil

Shoot us an e-mail!
We'll add you to our DISTRO list
Get updates on classes, events, and
more!

Avoid Falling for a Jerk/Jerkette

Learn how to follow your heart without losing your mind. This class will teach you how to balance your heart and your head when starting a new relationship, as well as how to determine if you are compatible. (*Offered quarterly*) **Call us to register, or follow the Registration link.**

L. I. N. K. S.

Lasting Intimacy through Nurturing Knowledge and Skills— The program discusses romantic love, sexual intimacy, marital satisfaction, and much more. Fridays @ 1330. **Call us to register, or follow the Registration link.**

Parenting Project

Let us help you be the best parent you can be! New topics each class, from discipline to raising teenagers. Third Monday of the Month. **Call to find out the next topic!**

Stress and Anger Management

Learn to deal with stress & anger in this 4-week course. Wednesdays @ 1330 **Call us to register, or follow the Registration link.**

Register for Classes here!

<https://akfm.wpafb.af.mil/community/views/home.aspx?Filter=28059>