

## Free Family Advocacy Classes

Please call the Family Advocacy Program at (937) 257- 4608/6429 for more information or to register for a class.

- **Managing Anger for Healthier Relationships:** This four-week class teaches healthier ways of expressing and reducing feelings of anger. Practice techniques to help deal with stress, and learn how unproductive thinking patterns may have been causing problems in your relationship.

- **PREP 8.0** (Prevention Relationship Enhancement Program): This 4-week class has couples learning how to communicate effectively, work as a team to solve problems, manage conflicts without damaging closeness, and preserve and enhance commitment and friendship.

- **Dads 101:** This 3-hour class workshop is a fun and interactive class where expectant fathers learn information on the physical and emotional aspects of pregnancy, what to expect during labor and delivery and how to help, as well as, newborn care and their new role as a dad from experienced fathers. Taught by an active duty seasoned father.

- **Active Parenting of Teens:** This four-week class will give parents the guidance and support needed to turn the challenges of raising a teenager into opportunities for growth.

- **Parenting with Love & Logic:** This four-week class is for parents of children ages 6-12. Techniques that are learned: are simple and easy to learn; teach responsibility and character; lower the parents' stress level; have immediate positive effects. Up the odds that you will enjoy lifelong positive relationships with your kids.

