

THE ARMY FAMILY ADVOCACY PROGRAM LIFE SKILLS PROGRAM



FAP INVITES YOU TO PARTICIPATE IN THEIR LIFE SKILLS PROGRAMS!

Couple's Communication

Enrich Your Relationship

Learn the essentials of a Healthy Relationship, including the Five Love Languages, Effective Communication, Conflict Resolution, and how to comfortably discuss financial issues as a couple.

Anger Management

Alternatives to "Seeing Red"

Learn how to recognize what "normal" anger is and how to healthily express it, to identify what triggers anger or provokes you, and learn anger management techniques and coping skills.

Parenting

Embracing the Complexities of Parenthood

Learn how to balance discipline with affection, minimize parent/child tension, reduce problem behaviors, and determine the difference between discipline and punishment. Plus, learn about blended families, childhood developmental landmarks, parenting teens, and more.

Stress Management

Wind Down What Keeps You High-Strung

De-stress your life by learning the origins of stress, the different types of stress, the emotional and physical effects of stress, and daily steps to minimize the impact of stress on your life, including different relaxation techniques (also offered to Units on the Installation).

Life Skills sessions are currently offered on an individual basis. Each program consists of 4-6 sessions of 1-2 hours each, located at Army Community Service (Building 622).

ALL SESSIONS ARE FREE! CERTIFICATES OF COMPLETION ARE AVAILABLE.

For more info and to register, contact the FAP Manager at (845) 938-0633/4621.



For more info, visit our Facebook page
[@westpointarmycommunityservice](https://www.facebook.com/westpointarmycommunityservice)
or go to westpoint.armymwr.com

