



FAMILY ADVOCACY

Building Stronger Relationships!

October	MON	TUE	WED	THU	FRI
					1 Playgroup 1000 - 1100
	4	5	6 Playgroup 1000 - 1100 Childbirth Education #4 1830 - 2030	7	8
	11	12	13 Playgroup 1000 - 1100 Childbirth Education #5 1830 - 2030	14	15
	18	19	20 Playgroup 1000 - 1100 Childbirth Education #6 1830 - 2030	21 Perils of Relationships 1130 - 1230	22 Playgroup 1000 - 1100
25	26	27 Playgroup 1000 - 1100 Potty Training 101 1830 - 2030	28	29 Playgroup 1000 - 1100	

Playgroup: A much needed social and fun environment for parents, childcare providers, and children. No registration required. Join us at the Child Development Center, Building 1776.

Childbirth Education: A six week course designed to help parents prepare for childbirth and parenting. Relaxation and other coping techniques will be presented, along with the basic anatomy and physiology of the birth process, pain relief, and hospital procedures. Classes are located at the Community Support Center, Building 1520.

November	MON	TUE	WED	THU	FRI
	1	2	3 Playgroup 1000 - 1100	4	5 Playgroup 1000 - 1100
	8	9	10 Playgroup 1000 - 1100	11	12 Playgroup 1000 - 1100
	15	16	17 Playgroup 1000 - 1100 CPR 1830 - 2000	18	19 Playgroup 1000 - 1100
	22	23	24	25	26

The Perils of Relationships: A lunchtime seminar that teaches women how to recognize a potentially controlling and unhealthy relationship. Lunch will be provided. Registration required. Located in the Community Support Center, Building 1520, Blue and Gray Conference Room.

Potty Training 101: A class designed to teach parents what signals toddlers give that indicate they are ready for this all important step. Class is located at the Chapel and childcare is provided free of charge with pre-registration.

December	MON	TUE	WED	THU	FRI
			1 Playgroup 1000 - 1100	2	3 Playgroup 1000 - 1100
	6	7	8 Playgroup 1000 - 1100	9	10 Playgroup 1000 - 1100
	13	14	15 Playgroup 1000 - 1100	16	17 Playgroup 1000 - 1100
	20	21	22 Playgroup 1000 - 1100	23	24
27	28	29	30		

Infant/Child CPR: A class to teach parents and/or caregivers the basics of administering CPR in an emergency. This class does not offer certification. Class is located at the Chapel and childcare is provided free of charge with pre-registration.

Cell Phone Collection: October is Domestic Violence Awareness Month and Family Advocacy will be collecting used cell phones to give victims. Cell phones should be small and include a battery pack that can plug into the wall. Phones should be placed in designated boxes in Building 1520, Community Support Center and Building 810, USAG Headquarters, during the month of October. For more information, contact Becky Myers at 301-619-2408.

For more information and to register for classes, call 301-619-3404.

All programs are open to military and civilian employees. Participants who attend any of the classes can receive up to a 10 percent discount on their monthly childcare fees at the Child Development Center and School Age/Youth Services. Active duty military personnel may be eligible to receive credit toward promotion points for class participation. Registration is required for all classes unless otherwise specified.

www.detrick.army.mil/wellbeing

