

90TH MDG RESILIENCY CLINIC

FEBRUARY RESILIENCY CLASSES

Parenting Class Targeting Ages 2 –12: This is a 3 week class offered on **Mondays, Feb 4th, 11th & 25th from 1300 - 1500** at the Mental Health Clinic. The class starts on the 14th and parents should plan on attending all 3 sessions. Learn (1) how to set healthy limits with your child, (2) how to deal with misbehavior and (3) how to build independence and self-confidence. Call 773-2998 to RSVP.

New Father's Class: This two (2) hour class offered on **Feb 6th from 1400 -1600** hours is for new father's with an infant under the age of one year old or for father's expecting within the next 3 months. Learn how a child impacts your relationship. Participants receive a variety of information for future use. Call 773-4228 to RSVP.

Anger Management: This class is offered on **Feb 12th from 1300 - 1530** hours at the Mental Health clinic. This class is for adults who are struggling to understand and overcome anger. Triggers, risk factors and coping skills are taught in a group format. Please call 773-2998 to RSVP.

Military Strong Bonds Relationship Class: This is a 4 week class offered on **Thursdays, Feb 7th, 14th, 21st & 28th from 1300 - 1500** at the Mental Health Clinic. The class starts on the 5th and couples should plan on attending all 3 sessions. Learn (1) what a healthy relationship involves (2) how to deal with stress and military life and (3) how to build strong bonds and enhance communication. Call 773-2998 to RSVP. **(Squadrons may have this class offered on site).**

What is a Healthy Relationship Class: This is an informative and educational class geared toward young men and women who are considering getting into a relationship in the future. The goal is to teach members the important things to look for in a mate and how to recognize unhealthy and destructive character patterns. The class is offered on **Feb 8th from 1130 – 1300 hours** in the Mental Health conference room. Please feel free to bring your lunch and your online dating profile. Call 773-4228 to RSVP.

Stress Management/Building Resiliency Class: This is a prevention class for AD members and other interested adults. It is **offered at Fall Hall on Feb 13th & 26th from 1130 – 1300 hours**. This 90 minute workshop is focused on learning how to deal with stress and discussing protective factors and the skill sets needed to build resiliency. Please call 773-2998 to RSVP.

Substance Abuse Awareness Seminar (SAAS): ADAPT is offering this seminar (SAAS) aimed at educating base personnel on the consequences and physical dangers associated with alcohol use. **The class will be offered twice a month on an as needed basis** in the Mental Health Clinic training room. Squadrons are encouraged to use the SAAS class as an early intervention for at risk airman and for supervisors to learn about how alcohol impacts mission readiness. Please call 773-2998/3182 to sign up for the class.

Sleep Clinic: This weekly seminar is offered every **Friday from 1300-1500** for military members who are experiencing sleep issues due to deployment or post-traumatic stress. Members learn coping skills as well as strategies to overcome the thoughts impacting sleep. Please call 773-2998 to RSVP.

