



DPFR

Your Community Navigator

Jan. - Jun. 2021

JBLM | Directorate of Personnel & Family Readiness

Family Advocacy Program

Supports CHPC Priority: Strengthen Individual Life Skills & Resiliency

Our program offers prevention & education classes, including workshops to strengthen Family relationships using education, information & referral.

Register for classes at www.fb.com/jblmdpfr

Click the blue "BOOK NOW" button under the cover photo for options.



#Adulthood

Four 2-Hour sessions

Mar. 2, 4, 9, 11 | Jun. 1, 3, 8, 10
12-2 pm · Rm. 102

This class covers a variety of topics needed to successfully make your way through adulthood

Anger Control Training

Eight 2-Hour sessions

9-11 am · Rm. 102.

All sessions must be attended for a certificate of completion.

ACT for Men

· Jan. 4, 6, 11, 13, 20, 25, 27 Feb. 1
· Mar. 1, 3, 8, 10, 15, 17, 22, 24
· May 3, 5, 10, 12, 17, 19, 24, 26

ACT for Women

· Feb. 2, 4, 9, 11, 16, 18, 23, 25
· May 4, 6, 11, 13, 18, 20, 25, 27

Anger & Stress

Jun. 9 · 9-11 am · Rm. 102

Learn the brain science of stress & anger and explore how unmanaged stress and stress can impact relationships

Detecting Icebergs

Mar. 3 | Jun. 2 · 12-2 pm · Rm. 102

Identify your core beliefs and values to gain control over your emotions & reactions

Expectation Management

Jan. 13 | Apr. 14 · 9-11 am · Rm. 101

Learn how to lessen the power that unmet expectations can have over a relationship

Events, Issues & Hidden Issues

Feb. 24 | May 26 · 9-11 am · Rm. 101

Find out how to understand and manage the layers of conflict in order to move past superficial arguments

Healthy Communication

Jan. 19 | Apr. 13 · 9-11 am · Rm. 111

This class helps identify danger signs when communicating, and provides skills on how to avoid negative conflict

Making Intercultural Marriage Work

Jun. 17 · 11:30 am - 1:30 pm · Rm. 111

Discuss cultural barriers that may arise in an intercultural marriage to work towards finding balance and contentment

Problem Solving

Feb. 2 | May 4 · 12-2 pm · Rm. 102

Learn and practice safe ways of taking and solving problems, big and small, as a team in your relationships

Recipe to a Healthy Relationship

Feb. 25 | 11:30 am - 1:30 pm · Rm. 101

This class helps participants identify the communication danger signs, and provides skills on how to avoid negative conflict

Relationship Thinking Traps

Jan. 27 | Apr. 28 · 9-11 am · Rm. 101

Identify thought barriers and get the tools needed to foster healthy relationships

Five Love Languages

2-4 pm · Rm. 102

Identify your personal love language as well as understand the love language of the important people in your life

for Men

Jan. 26

for Children

Apr. 27

for Couples

Feb. 23

for Parents of Teens

May 25

for Singles

Mar. 23

for Teens

Jun. 22

Real Time Resilience

Jan. 7 | Apr. 1 · 12-2 pm · Rm. 102

Discover how to shut down counterproductive thinking and increase focus on desired tasks

Within Our Reach

Four 2-Hour Sessions

Apr. 13, 15, 20 & 22 · 12-2 pm · Rm. 102

Build on existing strengths while adding critical life & relationship skills to create safer, more stable unions

You've Got Personality

Feb. 16 | May 18 · 12-2 pm · Rm. 102

Learn to understand what different personality types to more easily solve problems or avoid conflict

What to Expect Before Marriage

Jan. 12, 14 | 11:30 am - 1:30 pm · Rm. 102

Dating/Engaged couples learn tips to develop a loving, successful marriage

All classes above are located at Bldg. 2013: 2013-A N. 3rd St. (Lewis Main)

If you or someone you know is experiencing abuse, contact the JBLM Safeline
253-966-SAFE (7233) · 24 Hours / 7 Days a Week

DPFR Directorate of Personnel
& Family Readiness
jblmdpfr.com (253) 967-5901
Your Community Navigator

JBLM DPFR Marketing | Dec. 2020



DPFR

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Classes & Support for Parents

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1-2-3 Magic

Two 2-Hour Sessions

2-4 pm · Rm. 101

Jan. 4 & 6 | Mar. 1 & 3 | May 3 & 5 | Jun. 28 & 30

Who's in charge at your house? Learn how to discipline without yelling or spanking

24/7 Dad

Two 2-Hour Sessions

10 am - 12 pm · RRC

Feb. 9 & 16 | Apr. 13 & 20 | Jun. 8 & 15

Calling all Dads! Attend this workshop to increase fatherhood skills



"All About That Bump" Pregnancy Support Group

1-2 pm · RRC

Every Other Wednesday (Except Federal Holidays)

Join us to learn about local resources, pregnancy tips, and staying informed. Facilitated by a NPSP professional

Baby Boot Camp

Jan. 25 | Mar. 29 | May 24 · 1-4 pm · Rm. 111

Learn how to take care of a newborn, understand developmental stages, and care for a sick child in this interactive class

Common Sense Parenting

Two 2-Hour Sessions

1-3 pm · Rm. 101

Feb. 22 & 24 | Apr. 19 & 21 | Jun. 21 & 23

Tried and true strategies to become a more confident parent

The Fourth Trimester

Feb. 22 | Apr. 19 | Jun. 21 · 1-4 pm · RRC

All your questions about the first three months with your baby...answered!

Mindfulness Parenting

Two 2-Hour Sessions

12-2pm · Rm. 101

Feb. 8 & 10 | Apr. 12 & 14 | Jun. 7 & 9

Learn how to live in the present moment to decrease stress and "mind clutter"

Miscarriage and Infant Loss

Jan. 21 | Mar. 18 | May 20 · 12-2 pm · Rm. 101

Pregnancy loss at any stage is devastating, but with education, proper support, and healthy coping, the grieving process can be more manageable

Nutrition for Infants & Toddlers

Feb. 9 | Apr. 6 | Jun. 8 · 9-11 am · Rm. 111

Learn the basic nutritional needs for children 0-3 and how to establish and/or continue lifelong healthy eating habits

Real Talk: Talking to Kids

About Difficult Topics

Mar. 22 | Jun. 21 · 9-11 am · Rm. 101

Learn ways to bring up difficult subjects, answer questions, and implement safeguards to streamline conversations

Recipe for Positive Parenting

2-4 pm · Rm. 101

Jan. 14 | Mar. 11 | May 13

Discover the tools needed to be a confident parent based on your child's developmental age and needs

Stepparenting: Keeping it Sane!

Two 2-Hour Sessions

2-4 pm · Rm. 102

Feb. 8 & 10 | May 17 & 19

Learn skills to build a successful stepfamily

Crossroads of Parenting & Divorce

Virtual Seminar

9am - 1 pm: Jan. 6 | Feb. 17

Mar. 26 | Apr. 21 | May 21 | Jun. 18

12-4 pm: Jan. 20 | Mar. 10 | Apr. 9 | Jun. 2

4:30-8:30 pm: Feb. 3 | May 5

Approved by the Superior Court of the State of Washington, this five step seminar provides tools to prevent divorce abuse

Class Locations

Rm 101, 102, & 111: Bldg. 2013: 2013-A N. 3rd St. (Lewis Main)

RRC: Raptor Resilience Center: 3201 2nd Division Dr. (Lewis Main)



Joint Base Lewis-McChord
Directorate of Personnel
& Family Readiness
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FAP (253) 967-5901
[jblmdpfr.com](https://www.jblmdpfr.com) | (253) 967-7166

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