

# Family Advocacy

March 2011

## New Parent Support Group

The New Parent Support Group gives moms and dads an opportunity to discuss and share ideas about newborn care, the taming of toddlers, and patience with the precocious preschooler. This support group is for parents of children age newborn to age three.

When: March 9th and 23rd  
Time: 1230-1330  
Where: ACS Building  
2915, Room 312, Panzer

For more information please call us at CIV 07031-15-3353 or DSN 431-3353 or e-mail [laura.natusch@eur.army.mil](mailto:laura.natusch@eur.army.mil)



“GOOD LUCK  
BEATS EARLY RISING.  
-IRISH SAYING”

## \*NEW\* Resilience Training



Life often presents us with many challenges. Being resilient is more than just being physically fit. The Resilience Training offers Family members and civilians an opportunity to learn the skills they need to strengthen relationships and bounce back from adversity. Join us as we learn these useful skills!

When: Every 1st Wednesday of the month  
Time: 1100-1300 (Bring Your Lunch)  
Where: ACS Room 222, Building 2915, Panzer

For more information please call CIV 07031-15-3362 or DSN 431-3362 or e-mail [monica.sadler@eur.army.mil](mailto:monica.sadler@eur.army.mil)

## Adoption Support Group



We know how the ups and downs of the adoption process can leave new parents feeling exhausted and frustrated. When you finally meet your child, talking to someone who understands the exhilarating- and sometimes overwhelming- feelings adoption brings up can be helpful. Please join and

share your thoughts, feelings, uncertainties, and joys with as you bring your new child into your family.

When: March 17th  
Time: 1830-1930  
Where: Building 2949  
Room 010, Panzer

For more information please call CIV 07031-15-3362 or DSN 431-3362 or e-mail [monica.sadler@eur.army.mil](mailto:monica.sadler@eur.army.mil)



## \*NEW\* Comfort Measures Class

Pregnant? Bring your partner to this hands on class to learn some very useful comfort measures for before and during labor.

When: March 23rd  
Time: 0900-1100  
Where: Wellness Center, Patch Barracks

For more information please call CIV 07031-15-3340 or DSN 431-3340 or e-mail [lisa.d.phelps@eur.army.mil](mailto:lisa.d.phelps@eur.army.mil)



## Post Natal Fitness Group



Have you found it difficult to find time to burn off that baby weight? Come and join us as we encourage and assist new parents with their work out.

When: Every Thursday  
Time: 1000-1200  
Where: Patch Gym, Family Room

For more information please call CIV 07031-15-3326 or DSN 431-3326 or e-mail [laura.natusch@eur.army.mil](mailto:laura.natusch@eur.army.mil)



## Pregnancy Support Group

Are you pregnant or planning to be? Please join us and share your thoughts, feelings, uncertainties, and joys with other women as you bring a new baby into your family. This support group is also a great place to learn more about giving birth overseas.

When: March 2nd, 16th & 30th  
Time: 1230-1330  
Where: ACS Building 2915, Room 312 Panzer  
For more information please call CIV 07031-15-3340 or DSN 431-3340 or e-mail [lisa.d.phelps@eur.army.mil](mailto:lisa.d.phelps@eur.army.mil)



## Managing Your Emotions

Develop self-awareness about your emotions, and learn to manage your emotions constructively in relationship to yourself and others, including conflict resolution. Please register for one or all of our three part class.

March 2nd: Understanding Anger  
March 16th: Anger in Relationships  
March 23rd: Anger in the Workplace  
Time: 1300-1430  
Where: ACS Room 226, Building 2915, Panzer

For more information, please call

CIV 07031-15-3362 or DSN 431-3362 or e-mail [steven.naxer@eur.army.mil](mailto:steven.naxer@eur.army.mil)

## Autism Support Group

Parents of autistic children and adults cope with issues ranging from guilt and frustration to financial issues, isolation, and sheer loneliness. You are not alone - and there are many ways to find support, rest, resources and friends. Come explore!

When: February 2nd  
Time: 1530-1630  
Where: ACS Room 226,  
Building 2915, Panzer

For more information please call CIV 07031-15-3326 or DSN 431-3326 or e-mail [lisa.gregor@eur.army.mil](mailto:lisa.gregor@eur.army.mil)



## Love & Logic: Newborn to Age 6

Raising children can be the greatest joy in life. Attend our six part class where an instructor will teach you the tools you need for raising happy, responsible children. Learn how to reduce power struggles and take the stress out of parenting. Register early for this 5 part class.

When: February 22 March 1, 8,  
15 & 22  
Time: 1000-1130  
Where: ACS Room 226 Bldg 2915,  
Panzer

For more information, please call DSN 431-3362 or CIV 07031-15-3362 or e-mail: [Joneila.w.Henselman@eur.army.mil](mailto:Joneila.w.Henselman@eur.army.mil)



## Stress Management

Does your life seem overburdened with stress? Maybe it is relationship or financial problems? Attend our class and learn to identify common stressors and learn useful and enjoyable strategies for managing stress.



Stress Management for Women is uniquely designed to address the stresses that women face in the day to day life.

When: March 17th  
Time: 1400-1530  
Where: ACS Room 226, Building 2915, Panzer

When: March 3rd  
Time: 1400-1530  
Where: ACS Room 226,  
Building 2915, Panzer

For more information, please call CIV 07031-15-3326 or DSN 431-3326 or e-mail [steven.naxer@eur.army.mil](mailto:steven.naxer@eur.army.mil)

