



OCTOBER 2004



FAMILY SUPPORT CENTER
FAMILY LIFE PROGRAM
BLDG 308N
HILL AIR FORCE BASE
DSN 777-4681 / COMMERCIAL: 777-4681

CALL 777-4681 to SIGN UP

These lunch-time workshops are open to all military and civilian personnel at Hill Air Force base. Bring your lunch and enjoy!

6 OCT - WED - 1130-1230 - SINGLE PARENTS SUPPORT GROUP. Come and share your parenting experiences and advice with other single parents in a group forum and meet some new friends in the process!

12 OCT - TUE - 1130-1230 - CLUTTER FREE LIVING. Come join this workshop and learn some great tips on how to take control of the clutter that collects in every available space and eats into your personal time and career. Great for those suffering from "junkholism" or "clutterphelia".

14 OCT - THUR - 1130-1230 - HOW TO CONTROL ANGER BEFORE IT CONTROLS YOU! Angry all the time? Does anger control your life or are you controlling your anger? Discover what pushes your buttons and learn new techniques on how to express anger in a more productive way so that you can develop healthier relationships.

20 OCT - WED - 1130-1230 - HOW TO BECOME A FOSTER PARENT. Do you love children and enjoy the challenge of parenting? Utah's children need you! At any given moment, there are some 2,000 children in foster care in Utah. The need for qualified foster homes is immediate and ongoing. Learn the steps on becoming a foster parent. (To obtain a package or further information prior to this workshop call 392-1114 or look online at <http://www.utahfostercare.org>).

26 OCT - TUES - 1130-1230 - EIGHT STEPS OF PARENTING DISCIPLINE. This workshop will provide you with techniques on effective parenting, methods of raising responsible children, and building your child's self confidence and self worth. If you are a first time parent, parents with difficult children, or anyone looking to develop parenting and coping skills then this is the workshop for you!

27 OCT - WED - 1130-1230 - DOES YOUR PARTNER HAVE A PROBLEM? Join this workshop and learn new skills on how to resolve your relationship issues.

Questions or concerns can be directed to the Family Life Program Manager,
Family Support Center, 777-4681