

Team Hill Resiliency Programs **COURSE CATALOG**

Sponsored by your
Team Hill Integrated
Delivery System (IDS)



IDS Description: The mission of the IDS is to integrate base helping agencies into one seamless team that provides the right help at the right time to active duty military, family members, DoD civilians, and retirees. The IDS is committed to increasing the sense of community and assisting Airmen, their families, and the Hill AFB community manage life demands through services, prevention programs, and educational opportunities at Hill Air Force Base.

HOTLINES

- Davis County Crisis Line** **801-773-7060**
(24 Hour Crisis/Suicide Prevention Hotline)
- Weber County Crisis Line** **801-625-3700**
(24 Hour Crisis/Suicide Prevention Hotline)
- National Suicide Prevention Lifeline** **800-273-8255 (TALK)**
press 1 for military or Veteran
- Rape Crisis Hotline** **888-421-1100**
(Rape/Sexual Assault Trauma Support Services) **801-467-7273**
- Safe Harbor** **801-444-9161**
(Supportive Services for Victims of Domestic Violence) **801-444-3191**
- Child Abuse 24 hr. Hotline** **801-395-5911**
- Adult Abuse 24 hr. Hotline** **800-371-7897**
- Community Resource Line**



TABLE OF CONTENTS

Section 1	Hotlines	2
Section 2	Resilience Based Programs/Regularly Scheduled	5
	Career	
	Deployment Cycle	
	Emotional Intelligence	
	Financial	
	Fitness	
	Health	
	Relationships and Family Connections	
	Substance Abuse	
	Life Skills	
Section 3	Commanders, First Sergeants, Directors and Supervisors	17
	Career	
	Deployment Cycle	
	Emotional Intelligence	
	Financial	
	Fitness	
	Health	
	Relationships and Family Connections	
	Substance Abuse	
	Life Skills	
Section 4	Team Hill IDS Quick Reference Contact Information	8

Disclaimer: This course catalog, compiled by the Hill Air Force Base Integrated Delivery System, is intended to provide information about the base community wellness focused programs and contact numbers. It is not an exhaustive list of all resources available on Hill AFB. Inclusion on the list is open to appropriate organizations of Team Hill and is available on a non-discriminatory basis. Although these programs provide a great foundation for wellness, there is no substitute for individual, family, or relationship therapy when appropriate. If you feel you need to speak with a mental health provider please call 777-7909 for AD, 888 TRI-WEST for Tri-Care beneficiaries, Employee Assistance Program, or your medical insurance provider for available providers.

For revisions or additions please contact Ms. Julie Pinchak, Family Advocacy Outreach Manager at julie.pinchak@hill.af.mil

2 SECTION

RESILIENCE BASED PROGRAMS – SCHEDULED

These events are regularly scheduled classes or seminars that will help guide you along your-self help path and build your resolve to manage and overcome life's challenges both small and large. Your Integrated Delivery System agencies often add programs to meet the needs of the base population, if you don't see something you are looking for please contact the appropriate agencies to see if we've added a program.

CAREER

EFFECTIVE JOB SEARCH

Available to: **Team Hill**

POC: **A&FRC** Phone: **777-4681**
Length: **2.5 hrs** Frequency: **Monthly**

Attendees learn the steps required in the areas affecting their job search. This class includes information on effective job search strategies, resume writing, self-assessment, interview techniques, salary negotiation, and evaluating job offers. Additional key topics include local and federal job search tips as well as other valuable resources and information. This class is a prerequisite prior to seeking one-on-one employment consultation or resume assistance from our staff.

NAVIGATING USAJOBS

Available to: **Team Hill**

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Weekly**

Attendees learn the basic steps required on how to create an account and profile ID, resume input, assessing qualifications and standards, as well as understanding training and education. The individual will learn tips for self-assessment, effective resume writing, understanding job announcements, veteran preference, application process, and monitoring the application status manager. Other key topics include information on federal resume database, addressing knowledge skills and abilities (KSAs), and helpful employment assistance web sites. This class is a prerequisite for anyone requesting assistance with our USAjobs or resume applications service.

DEPLOYMENT CYCLE

HEART LINK

Available to: **Team Hill**

POC: **A&FRC** Phone: **777-4681**
Length: **6 hrs** Frequency: **Quarterly**

Program consists of orientation activities designed for military spouses. Designed to increase spouses' awareness of the Air Force mission, customs, traditions, protocol, resources, and services.

EMOTIONAL INTELLIGENCE

ANGER MANAGEMENT

Available to: **Team Hill**

POC: **Health and Wellness Center (HAWC)**

Phone: **777-1215**

Length: **2 hrs x 4 sessions** Frequency: **Monthly**

Learn new techniques on how to understand where your anger comes from and how to modify the where, when, and whys of it! This is a 4 part series meeting two hours weekly for one month. The course is approved for court ordered anger management training.

COLORS

Available to: **Team Hill**

POC: **HAWC**

Length: **1 hr**

Phone: **777-1215**

Frequency: **Twice a year**

STRESS MANAGEMENT

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**

Phone: **586-9586**

Length: **1 hr overview or 6 session series**

Frequency: **Quarterly**

This class will help you get a better understanding of what stress is, how it can affect you, and some techniques to prevent and reduce the effects of stress. Two options are available to accommodate your needs, a one session stress management overview, or a detailed six session series.

FINANCIAL

BASIC BUDGETING TECHNIQUES

Available to: **Team Hill**

POC: **A&FRC**

Length: **1 Hr**

Phone: **777-4681**

Frequency: **Monthly**

Attendees learn the importance of developing a spending plan. This workshop will explore the importance of setting financial goals and ways of achieving those using budgets. Discuss different types of budgets as well as the pros and cons of each type.

COUPON AND GET IT

Available to: **Team Hill**

POC: **A&FRC**

Length: **1 Hr**

Phone: **777-4681**

Frequency: **Quarterly**

Learn how to use coupons effectively and efficiently. Discover valuable resources for finding coupons and rebates. Develop your own system for using coupons to save money.

FINANCIAL BINDER BUILDING

Available to: **Team Hill**

POC: **A&FRC**

Length: **1 Hr**

Phone: **777-4681**

Frequency: **Quarterly**

Learn the importance of setting financial goals and gain knowledge about all aspects of financial planning- from budgeting and debt management to investing and preparing for retirement. Learn how to create your own financial binder.

FITNESS

AGING & EXERCISE

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**

Phone: **586-9586**

Length: **1 Hr**

Frequency: **Quarterly**

While you can't control your age, you can be in control of how much aging affects you, your body, and your brain. In this class, you'll learn to minimize the extent of the aging process through physical activity.

BEAT THE BATTLE OF THE BULGE

Healthy Holiday Eating Strategies

Available to: **Team Hill**

POC: **HAWC**

Length: **1 hr x 2 sessions**

Phone: **777-1215**

Frequency: **Nov & Dec**

Part I will discuss healthy eating throughout the holidays and how to plan your meals to keep your weight in check. Focus is on healthy eating/cooking strategies. Part II is focused on how to get active and exercise throughout the holidays. Introductions in how to build strength and improve cardiovascular health, equipment orientation, and how to use strength training machines will be given. Beginning exercise plans will be given.

COUCH POTATO WORKOUT

Available to: **Team Hill**

POC: **HAWC**

Length: **1 hr**

Phone: **777-1215**

Frequency: **Twice a year**

Hate to exercise? Exhausted when you get home? You will learn new techniques on how to get fit during those commercial breaks.

ENHANCED FITNESS PROGRAMS

Available to: **Team Hill**

POC: **Fitness Center**

Length: **1 Hour**

Phone: **586-1305**

Frequency: **Ongoing**

Includes fee-based group exercise classes, personal training, instructional classes-martial arts, and volunteer programs.

EQUIPMENT ORIENTATIONS

Available to: **Team Hill**

POC: **Fitness Center**

Length: **1 Hour**

Phone: **777-2762**

Frequency: **As Requested**

Provided for patrons for usage of all machines/equipment.

EXERCISE BASICS

Available to: **Team Hill**

POC: **Civilian Health Promotion Services (CHPS)**

Phone: **586-9586**

Length: **1 hour**

Frequency: **Quarterly**

This class will explain the general benefits of regular activity, define different types of exercise and their benefits, provide guidelines on starting an exercise program, and discuss lifestyle changes.

FITNESS ASSESSMENTS

Available to: **Team Hill**

POC: **Fitness Center**

Length: **1 Hour**

Phone: **777-2762**

Frequency: **As Requested**

Baseline assessment measuring height, weight, blood pressure, body fat %, aerobic fitness, strength, and flexibility.

FITNESS IMPROVEMENT PROGRAM

Available to: **Team Hill**

POC: **HAWC**

Length: **1 hr**

Phone: **777-1215**

Frequency: **M ,W& Th from 3-4 pm**

This training is designed to improve your cardio capacity and muscular endurance which are key components in passing the PT test.

GROUP EXERCISE CLASSES

Available to: **Team Hill**

POC: **Fitness Center**

Length: **1 Hour**

Phone: **777-2762**

Frequency: **Daily**

Classes offered through D&D Fitness including total body, yoga, Pilates, turbo kick, and zumba. See Fitness Center for class schedule.

HALF- MARATHON TRAINING PROGRAM

Available to: **Team Hill**

POC: **Fitness Center**

Length: **1 hour 3x/wk for 16 weeks**

Phone: **777-2762**

Frequency: **Yearly**

Training Program to walk or run the Hill AFB Half Marathon.

HEALTH BENEFITS OF WEIGHT TRAINING

Available to: **Team Hill**

POC: **HAWC**

Length: **1 hr**

Phone: **777-1215**

Frequency: **Quarterly**

Discussion of proper weight training planning and techniques and how it can positively benefit one's health and well-being.

HOLIDAY MAINTAIN CAMPAIGN

Available to: **Team Hill**

POC: **Fitness Center** Phone: **777-2762**
Length: **7 weeks** Frequency: **Yearly**

Weight Management Program, goal is to maintain weight from Thanksgiving to New Years.

INTRAMURAL SPORTS

Available to: **Team Hill**

POC: **Fitness Center** Phone: **777-4617**
Length: **1 Hour Games**
Frequency: **Sports offered annually**

Softball, Basketball, Flag Football, Volleyball, Soccer.

INTRODUCTION TO MUSCULAR STRENGTH TRAINING

Available to: **Team Hill**

POC: **HAWC** Phone: **777-1215**
Length: **1 hr** Frequency: **Twice a year**

Learn new techniques on how to get a lean physique. We will cover how to build strength using a variety of exercise equipment and also how to target specific muscles.

LADIES FITNESS NIGHT

Available to: **Team Hill**

POC: **Fitness Center** Phone: **777-2762**
Length: **2 Hours** Frequency: **Annually**

Evening for ladies that focuses on healthy behaviors through diet, exercise, and stress management.

LAZY MAN MARATHON

Available to: **Team Hill**

POC: **HAWC** Phone: **777-1215**
Length: **1 hr** Frequency: **Twice a year**

This is a different spin on running a marathon. The goal is to run 26.2 miles in a month, which is 6.5 miles a week. Benefits of running, proper training techniques will be covered, as well as how to deal and treat common running injuries. Bring your running clothes and shoes for running time during this hour.

PHYSICAL FIT @ 50 & BEYOND

Available to: **Team Hill**

POC: **HAWC** Phone: **777-1215**
Length: **1 hr** Frequency: **Twice a year**

This course will help the baby boomers learn ways to keep fit and improve their quality of life in the years to come! This is a 4 week program and covers nutrition, strength exercises and improving flexibility.

PRE-SKIING/SNOWBOARDING EQUIPMENT, CONDITIONING & SAFETY

Available to: **Team Hill**

POC: **HAWC** Phone: **777-1215**
Length: **1 1/2-2 hrs**
Frequency: **Seasonal-Oct/Nov/Dec**

Learn what skis, boots, bindings or snowboards are best for you, avalanche safety, and conditioning advice.

SIT-UP AND PUSH-UP CLINIC

Available to: **Team Hill**

POC: **HAWC** Phone: **777-1215**
Length: **1 hr** Frequency: **Quarterly**

Learning to use your back, abs, shoulders and hips to increase your core strength will enable you to overcome the dread of having to perform inaccurate push-ups and sit-ups during PT assessments.

WALKING FOR HEALTH

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**
Length: **1 Hr** Frequency: **Quarterly**

There's no doubt about it, walking is good for you! There are lots of benefits of regular walking and exercise. This class teaches techniques, equipment, and setting goals for a healthy walking program.

HEALTH

ALLERGIES

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**

Length: **1 Hr** Frequency: **Quarterly**

An estimated 50 million Americans suffer from all types of allergies. In this class we'll take a look at what allergies are, when to see your physician, and what we can do to prevent and treat them.

ARTHRITIS

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**

Length: **1 Hr** Frequency: **Quarterly**

Arthritis is a painful condition that affects many people. Learning to manage and control your condition will help you to ease your symptoms and live the lifestyle you hope for. In this class, we will discuss the management and treatment of arthritis.

ASTHMA

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**

Length: **1 Hr** Frequency: **Quarterly**

In this class, we'll discuss the causes of asthma, the different treatments, and prevention of asthma.

BACK CARE

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**

Length: **1 Hr** Frequency: **Quarterly**

Almost everyone has back pain at one time or another. The good news is that most back pain will go away in a few weeks with some basic self-care. This class will focus on how to manage back pain and more importantly, how to prevent chronic back pain and maintain proper care of your back.

BLOOD PRESSURE SCREENING

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**

Length: **1 Hr** Frequency: **Monthly**

Nearly 1 in 3 American adults has high blood pressure. The good news is that High Blood Pressure can be treated and controlled. Have your blood pres

sure checked and learn what you can do to control it. Call to schedule an appointment for you or your group. We can bring this service to your building!

CARDIAC RISK PROFILE

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**

Length: **1 Hr** Frequency: **Monthly**

Our cholesterol and blood pressure screening is performed painlessly by our health professionals! You'll get results immediately, which includes your blood panel results, blood pressure and Body Mass Index (BMI). Call to schedule an appointment for you or your group. We can bring this service to your building!

CHOLESTEROL EDUCATION

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**

Length: **1 Hr** Frequency: **Monthly**

Approximately 1 in 6 adults has high blood cholesterol, which greatly increases the risk for Heart Disease. Come find out what high cholesterol is and what you can do to improve or control your numbers.

DIABETES EDUCATION

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**

Length: **1 Hr** Frequency: **Monthly**

Diabetes has reached epidemic proportions in the U.S. The CDC estimates that approximately 6 million Americans have diabetes but don't know it. This program will cover risk factors, signs, symptoms, complications, and prevention of diabetes.

DIABETES PREVENTION

Available to: **Team Hill**

POC: **HAWC** Phone: **777-1215**
Length: **1 hr** Frequency: **Monthly**

Learn about carbohydrate counting, portion size, label reading, low fat eating, smart shopping, fiber, artificial sweeteners, eating out and more.

HEADACHES

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**

Length: **1 Hr** Frequency: **Quarterly**

Despite the toll headaches take on millions of people around the world, there is enormous progress in treating them. This class will help you discover the types of headaches, treatments, and prevention, so you can take control of your condition.

HEALTHY EATING SERIES

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**

Length: **1 Hr** Frequency: **Quarterly**

Classes can be taught individually or combined.

Class Topics Include:

Healthy Eating on a Budget: This class will cover information that will help you create a healthy food plan while saving money and time.

Healthy Eating Out: This class will discuss how you can make healthy choices when eating out and with fast food restaurants.

Healthy Eating in a Busy World: How many of you feel like being busy is a barrier to eating healthier? This class will discuss some ways to break through the barriers to eating healthy!

Healthy Eating at Work: We spend the majority of our weekday at work, which makes incorporating healthy eating habits an important part of overall health.

Healthy Eating on Vacation: This class will provide you with healthy eating and exercise tips that you can follow on vacation while still enjoying yourself.

Healthy Cooking & Recipe Modifications: This class will discuss why it may be beneficial to modify recipes.

Healthy Eating During the Holidays: Come learn about strategies for avoiding those extra holiday pounds without shunning the festivities. You do not have to feel deprived this season ... just make compromises and better choices.

HEALTHY LIFESTYLES FOR CHILDREN

Available to: **Team Hill**

POC: **HAWC** Phone: **777-1215**
Length: **1 hr** Frequency: **Quarterly**

This class is designed to give parents the knowledge and tools to help their kids achieve and maintain a healthy weight.

HEART HEALTHY EATING

Available to: **Team Hill**

POC: **HAWC** Phone: **777-1215**
Length: **1 hr** Frequency: **Monthly**

This class focuses on low fat eating, portion control, fiber and antioxidant intake, label reading, shopping smart, and eating out.

HIGH BLOOD PRESSURE

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**

Length: **1 Hr** Frequency: **Monthly**

High blood pressure causes the heart to work harder. Your arteries take a beating, and your chances of a heart attack and stroke increase. Join us in a class on hypertension and learn what you can do to decrease your risks. You will also learn about treatments and prevention of hypertension.

HYPERTENSION 101

Available to: **Team Hill**

POC: **HAWC** Phone: **777-1215**
Length: **1 hr** Frequency: **Monthly**

This class is offered to help identify risk factors for hypertension and strategies to lower elevated blood pressure through nutrition and exercise.

LIGHTEN UP

Available to: **Team Hill**

POC: **HAWC/CHPS** Phone: **777-1215/586-9586**
Length: **1 hr for 6 sessions** Frequency: **Quarterly**

Learn tips to help you reach your weight loss goals. This is a 6 week series that meets once per week to discuss nutrition, exercise, and meal planning. Participants are given powerful tools to make real changes in lifestyle and eating habits.

Core Classes Include:

Healthy Lifestyle Choices: This class will help you to understand that setting goals and permanent lifestyle change, is the best way to successful weight loss.

Exercise Basics: This class will explain the general benefits of regular activity, define different types of exercise and their benefits, provide guidelines on starting an exercise program, and discuss lifestyle changes.

Mindful Eating/Stress Management: You'll learn about emotional eating and how it can lead to weight gain. Also tips to eat more mindfully.

MEN'S HEALTH

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**

Length: **1 Hr** Frequency: **Quarterly**

The Men's Health program will help you discover the most common health risks that affect men. Tips for living a healthy lifestyle will also be discussed.

MINDFUL EATING

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**

Length: **1 Hr** Frequency: **Quarterly**

Eat, Drink & Be Mindful is being diligently attentive to your body, mind, thoughts and feelings as you eat. Come join us in a class to learn tips on becoming a mindful eater! We will also discuss how emotional eating can be mindless and linked to stress or other distractions.

NUTRITION 101 SERIES

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**

Length: **1 Hr** Frequency: **Quarterly**

Classes can be taught individually or combined.

Class Topics Include:

Nutrition Basics: This class will cover the 5 basic food groups; grains, vegetables, fruits, milk, and meat & beans. We will also cover serving sizes for each group and meal planning basics.

Food Safety: This class will cover the basics of safe food preparation and storage necessary to prevent food borne illness.

Nutrition Labels: This class breaks the label down, and tells you what to look for in order be more aware of what you put in your body.

Supermarket Shopping: Find out how you can make good choices and learn the tricks to super

market shopping.

Fad Diets: This class will teach you the 5 signs of recognizing fad diets, review some of the most popular diets and their flaws and explain the valid path to successful weight loss.

Meal Planning with Seasonal Foods: It's no secret that eating fresh wholesome food is good for you. Come learn about the benefits of eating seasonal foods. Also, suggestions for Meal Planning to help you enjoy the healthiest foods around.

NUTRITION 101

Available to: **Team Hill**

POC: **HAWC** Phone: **777-1215**
Length: **1 hr** Frequency: **Monthly**

This class is designed for those who are interested in learning about good eating habits. Focus will be on the Food Guide Pyramid, basic nutrition concepts, and basic weight management. Emotional or mood eating strategies will be discussed.

NUTRITION ONE ON ONE COUNSELING

Available to: **Military Beneficiaries**

POC: **HAWC** Phone # **777-1215**
Length: **30 or 60 min** Frequency: **by appointment**

One on one nutrition therapy for military beneficiaries. Appointments made through provider referrals or self referrals.

SELF CARE BASICS AND INJURY PREVENTION

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**

Length: **1 Hr** Frequency: **Quarterly**

Class will aim to help increase awareness of healthy lifestyle habits and self treatment of common illnesses and injuries.

SKIN CANCER

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**

Length: **1 Hr** Frequency: **Quarterly**

Skin Cancer is one of the most common types of cancer, with over one million people diagnosed each year! This class will discuss ways to spot skin changes, treatment and prevention of this deadly disease.

SLEEP CLASS – THE DYNAMICS OF SLEEP, WEIGHT & NUTRITION

Available to: **Team Hill**

POC: **HAWC** Phone: **777-1215**
Length: **1 hr** Frequency: **Quarterly**

Learn how sleep, weight, and nutrition are all interconnected. We'll teach you how to sleep your weight away and eat healthier for a happier you!

SLEEP YOUR WAY TO BETTER HEALTH

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**
Length: **1 Hr** Frequency: **Quarterly**

Research reveals that a number of vital tasks carried out during sleep help us maintain good health and enable us to function at our best. Join CHPS and learn how to get your best night of sleep, every night.

SUPERSIZE ME—PORTION DISTORTION

Available to: **Team Hill**

POC: **HAWC** Phone: **777-1215**
Length: **1 hr** Frequency: **2 x per year**

Come learn about what healthy food portion sizes are and ideas on how to cut down those portions for a healthier you!

TOBACCO CESSATION

Available to: **Team Hill**

POC: **HAWC** Phone: **777-1215**
Length: **1 hr x 4 session**
Frequency: **2 classes per month**

This 4 part series course uses American Cancer Society's "Fresh Start" program. Medications, behavior modification, and support are tools given to make quitting successful. Military Beneficiaries and Federal DoD civilians are eligible for free medications. Call to reserve your spot.

TOBACCO CESSATION SUPPORT GROUP

Available to: **Team Hill**

POC: **HAWC** Phone: **777-1215**
Length: **1 hr** Frequency: **weekly**

These groups are held for anyone who needs that extra help in staying free from falling into the tobacco trap again.

UNDERSTANDING YOUR CRP

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**
Length: **1 Hr** Frequency: **Quarterly**

It's essential that you measure your risk for heart disease and make a plan for how to prevent it in the future. We will discuss blood panel results, blood pressure and Body Mass Index (BMI), as well as other risk factors including diet and exercise. Join us to find out your cardiac risk and what you can do to lower it.

WOMEN'S HEALTH

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**
Length: **1 Hr** Frequency: **Quarterly**

Our goal is to empower women to make their health a top priority. Come learn about taking steps to improve your health and lower your risks of certain diseases. This class will help you discover how to identify menopause, breast cancer, osteoporosis, ovarian cancer, and other issues specific to women.

WELLNESS CLASSES

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**
Length: **1 Hr** Frequency: **Monthly**

We offer educational wellness classes available to your group. We can bring this service to your building for your monthly staff meeting, commander's calls, lunch and learns, wingman activities, etc. We have several topics available to fit the needs of your group. We can also identify the needs of your group by using data from AFMC wellness website. Contact us today to schedule a wellness class near you!

LIFE SKILLS

MIND BODY RELAXATION PROGRAM

Available to: **Team Hill**

POC: **HAWC** Phone: **777-1215**
Length: **1 hour** Frequency: **By appointment**

Learn how to physically and mentally decrease your stress for a healthier you. A new interactive computer program designed to improve your physical and mental well-being by reducing the stress response and increasing the relaxation response. Benefits in-

clude improved productivity and quality of life. By individual appointments. Call 777-1215.

RESOLUTION SOLUTION

Available to: **Team Hill**

POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**
Length: **1 Hr** Frequency: **Quarterly**

A resolve to live a healthier lifestyle is easy to make and very difficult to keep. Come learn how to effectively stick to your goals! This class will focus on goal setting, behavior change methods, and how to create commitment with your goals.

Note: Marriage therapy resources are available through a variety of avenues. Contact your Military Family Life Consultant, Mental Health, Family Advocacy, Chaplains, Military One Source or your medical provider to assess your eligibility. *Military Members will need a referral from the Mental Health clinic to seek services for therapy through an off base provider with the exception of Military One Source.

RELATIONSHIPS AND FAMILY CONNECTIONS

123 MAGIC PARENTING PROGRAM

Available to: **Team Hill**

POC: **Family Advocacy** Phone: **777-3497**
Length: **2 Hours x 3 Sessions** Frequency: **Quarterly**

Using behavior modification techniques 123 Magic will help you get your children to stop unwanted behaviors and start desirable behaviors. 1-2-3 Magic is for parents with children between the ages of 2-12.

ACTIVE PARENTING OF TEENS

Available to: **Team Hill**

POC: **Family Advocacy** Phone: **777-3497**
Length: **2 Hours x 5 Sessions** Frequency: **Quarterly**

The challenges of successfully ushering children through their teen years has always been among parents' hardest won achievements. By attending Active Parenting of Teens you can create harmony and stability in your family while raising your teen to be responsible, courageous and prepared for independent life.

BABY BASICS

Available to: **Team Hill**

POC: **New Parent Support Program** Phone: **777-0634**
Length: **2 Hours** Frequency: **monthly**

Baby Basics is the instruction manual for the first months of baby's life with an added bonus showing of the Happiest Baby on the Block. Get the sleep all new parents want and be proud of it. Included in the "instruction manual" you'll find a bath demonstration, information on when to call the doctor, benefits of infant massage, and tips for breast feeding successfully.

BUNDLES FOR BABIES

Available to: **Team Hill**

POC: **A&FRC** Phone: **777-4681**
Length: **3 ½ hours** Frequency: **Bimonthly**

Expecting parents learn about preparing for their newborn baby. The importance and proper car seat safety techniques are discussed. Parents learn tips on how to manage finances with the costs of a new baby, and more. At the conclusion of the course, active duty parents are given a \$75 baby goods bundles provided by the Air Force Aid Society.

DADS - THE BASICS

Available to: **Team Hill**

POC: **Family Advocacy** Phone: **777-3497**
Length: **2 Hours x 3 session** Frequency: **Quarterly**

This program is designed with the first-time father in mind. Providing expectant fathers and fathers of infants with basic information about becoming a dad and your role as a father. You'll leave knowing how to survive labor and delivery, communicate with your spouse, manage family issues that result from deployment, and keep your baby safe.

HOME VISITS

Available to: **Tri-Care Beneficiaries**

POC: **New Parent Support Program Nurse**

Phone: **777-0634**

Length: **1 hour** Frequency: **As Needed**

The New Parent Support Program offers personalized home to build your confidence and reduce anxiety in all aspects of parenting. Our New Parent Nurse is available to assist with a range of child related questions including general baby/toddler development and parenting skills. Schedule your visit today.

HOW TO AVOID FALLING FOR A JERK (OR JERKETTE)

Available to: **Team Hill**

POC: **Family Advocacy** Phone: **777-3497**
Length: **2 Hours x 2 session** Frequency: **Quarterly**

Calling all single individuals! This program will guide you in the direction of finding Mr. or Mrs. Right the first time... allowing you to follow your heart without losing your mind.

LUNCH DATE SEMINAR

Available to: **Tri-Care Beneficiaries**

POC: **Family Advocacy** Phone: **777-3497**
Length: **1 hour** Frequency: **monthly**

Each Month Family Advocacy will host a Lunch Date Seminar. Information presented will range from general communication skill building to using laughter to enhance your relationship. Additional topics may include managing stress and anger, family meetings, maintaining intimacy after children and forgiveness. Bring your lunch and your partner

LOVE AND LOGIC PARENTING PROGRAM

Available to: **Team Hill**

POC: **Family Advocacy** Phone: **777-3497**
Length: **2 Hours x 5 or 6 sessions**

Frequency: **Quarterly**

Facilitators will provide you with the skills needed to raise respectful responsible children even when you are not watching. Using choices you will share control with your children; reducing conflicts and battles. Using empathy and choices you will improve your relationship with your child and might even find that the skills work with your marriage as well.

MARRIAGE LINKS

Available to: **Team Hill**

POC: **Family Advocacy** Phone: **777-3497**
Length: **2 Hours x 5 sessions** Frequency: **Quarterly**

Join us for a relationship workshop about developing "Lasting Intimacy through Nurturing, Knowledge & Skills". Falling in love is easy; staying is love is an art. Get to know your partner better. Learn how to rely on them. Build trust. Enhance commitment. Foster resiliency. Rekindle intimacy. Discussion includes impact of military life on couples. Need not be married!

OB ORIENTATION

Available to: **Team Hill**

POC: **Family Advocacy New Parent Support**

Phone: **777-0634**

Length: **2.5 hours** Frequency: **Weekly**

This class is very important to get your pregnancy off to a good start! You will learn valuable information about maintaining a healthy lifestyle including exercise, proper nutrition, rest, things to avoid during your pregnancy, and other valuable resources available to you. Class is offered every Monday (except holidays) from 1:00 – 3:30 and is held in the HAWC classroom at the Warrior Fitness Center.

PLAY GROUP

Available to: **Team Hill**

POC: **New Parent Support Program Nurse**

Phone: **777-3497**

Length: **1 hour** Frequency: **weekly**

Play group is a place for children to gain social skills and parents to utilize theirs. Play group is also an avenue to link families to garner support when you need it most. We meet on Thursdays from 10-11. During the school year we meet at the Youth Center (unless public schools are closed to children). During the Summer we meet at local parks.

SPIRITUAL

CATHOLIC RCIA-RITE OF CHRISTIAN INITIATION OF ADULTS

Available to: **Team Hill**

POC: **HC** Phone: **777-2106**
Length: **Varies** Frequency: **Varies**

Class for people interested in learning more about the Roman Catholic church.

CATHOLIC WEEKLY RELIGIOUS EDUCATION CLASSES

Available to: **Team Hill**

POC: **HC** Phone: **777-2106**
Length: **Sundays, 1 hr sessions** Frequency: **May-Sep**

Catholic religious education classes for all ages.

CATHOLIC LIFE TEEN/EDGE

Available to: **Team Hill**

POC: **HC** Phone: **777-2106**
Length: **Sundays, 1 hr sessions** Frequency: **May-Sep**

Catholic youth groups for junior high and high school students.

CATHOLIC ADULT BIBLE STUDIES

Available to: **Team Hill**

POC: **HC** Phone: **777-2106**
Length: **Varies** Frequency: **May-Sep**

Catholic mid-week adult Bible studies.

CHRISTIAN 06/GS15 BIBLE STUDY

Available to: **Team Hill**

POC: **HC** Phone: **777-2106**
Length: **Varies** Frequency: **Indefinite**

Christian Bible study for 0-6/GS-15 and above.

LDS WEEKLY SCRIPTURE STUDY

Available to: **Team Hill**

POC: **HC** Phone: **777-2106**
Length: **Varies** Frequency: **Indefinite**

Mid-week LDS Scripture study.

JEWISH YOM HASHOAH SERVICE

Available to: **Team Hill**

POC: **HC** Phone: **777-2106**
Length: **1 hr** Frequency: **Annual**

In conjunction with EO, this is an annual Holocaust Memorial Service.

PROTESTANT AWANA

Available to: **Team Hill**

POC: **HC** Phone: **777-2106**
Length: **Tuesdays from 1800-2000**

Frequency: **May-Sep**

Protestant children's religious education for K-6th grade. Stands for "Approved Workmen and Not Ashamed"

PROTESTANT WEEKLY YOUTH GROUP

Available to: **Team Hill**

POC: **HC** Phone: **777-2106**
Length: **Varies** Frequency: **May-Sep**

Protestant youth groups for junior high and high school students.

PROTESTANT WOMEN OF THE CHAPEL (PWOC)

Available to: **Team Hill**

POC: **HC** Phone: **777-2106**
Length: **Varies** Frequency: **May-Sep**

Protestant women's ministry with weekly Bible study and monthly social events.

3 SECTION

COMMANDERS, FIRST SERGEANTS, DIRECTORS AND SUPERVISORS

These programs are offered by request and can be used for Commander's Calls, Wingman Day Events, or in any other Training forum. Contact the POC to discuss your specific needs.

CAREER

CIVILITY IN THE WORKPLACE

Available to: **Civilians & Team Hill**

POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**

Civility is a timely concern, and a civil workplace can help to mitigate stress and increase collaboration. This presentation highlights the importance of civil behaviors, and reviews skills and techniques needed to build and create civility in the workplace.

COPING WITH DOWNSIZING AND JOB LOSS

Available to: **Supervisors of Civilian Employees**

POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**

This seminar identifies common stress symptoms experienced during downsizing and job loss, and offers strategies for addressing those symptoms. Tips for managing employees that will be let go are addressed.

MULTIGENERATIONAL WORKFORCE

Available to: **Supervisors of Civilian Employees**

POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**

This presentation educates supervisors about the essential elements of effective leadership of the various groups that make up today's workforce. Included is a review of the four generations, how they respond to workplace situations, and suggestions for leaders in managing the different groups.

PLANNING FOR RETIREMENT

Available to: **Civilians & Team Hill**

POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**

This presentation expands awareness of retirement as a major life transition and helps prospective retirees plan for its emotional repercussions. NOTE: This is not a seminar on retirement rules or benefits.

TRANSITIONS IN THE WORKPLACE FOR EMPLOYEES

Available to: **Civilians & Team Hill**

POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**

This seminar focuses on change in the workplace and how it can cause disruption due to the different ways in which individuals react to change, and how an understanding of the transition process may reduce the stress that change can bring.

WORKING IN TEAMS

POC: **A&FRC** Phone: **777-4681**

Length: **1 hr** Frequency: **Upon Request**

This presentation addresses characteristics of effective teams – taking into account all of the differences likely encountered and how to successfully work together to arrive at the best possible solution.

DEPLOYMENT CYCLE

EMOTIONAL CYCLE OF DEPLOYMENT

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**

This presentation addresses the seven emotional cycles of deployment:

- Stage 1: Anticipation of loss
- Stage 2: Detachment and withdrawal
- Stage 3: Emotional disorganization
- Stage 4: Recovery and stabilization
- Stage 5: Anticipation of homecoming
- Stage 6: Renegotiation of marriage contract
- Stage 7: Reintegration and stabilization

MISSION BASED MARRIAGE

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**

Marriage is never a simple undertaking – marriage plus the military lifestyle can seem impossible. In this presentation, participants will learn how to make their marriage work throughout normal challenges and those of the military lifestyle.

REIGNITING THE PASSION AFTER DEPLOYMENT

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**

This presentation addresses some of the common reasons that couples may face difficulty reconnecting after deployment and offers suggestions for rekindling the passion.

EMOTIONAL INTELLIGENCE

ANGER MANAGEMENT

Available to: **Civilians & Team Hill**

POC: **FOH EAP** Phone: **586-6875**
Length: **1 Hour** Frequency: **Upon Request**

This seminar provides participants with general skills and practical techniques for managing anger. The focus is to help participants accept anger as an emotion and learn how to deal with it constructively.

ANGER MANAGEMENT

Available to: **Team Hill**

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**

This presentation explores the motivation to choose anger over other healthier responses and offers techniques for managing anger as well as the proper way to calm an angry person.

BALANCING WORK AND PERSONAL LIFE

Available to: **Civilians & Team Hill**

POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**

A hectic, unbalanced lifestyle can prevent enjoyment

of personal relationships, interfere with productivity at work and harm our health. This seminar helps participants assess how their numerous roles can be managed to create an integrated life.

BURNOUT AND STRESS

Available to: **Civilians & Team Hill**

POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**

When someone experiences stress, or when stress lasts too long, it can be harmful: burnout is one possible outcome. This seminar addresses ways to prevent burnout.

CONTENDING WITH CHANGE

Available to: **Civilians & Team Hill**

POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**

This seminar is designed to help participants understand the effects of change, assess their own attitudes about change, and learn practical techniques for dealing with change

COPING WITH DEPRESSION

Available to: **Team Hill**

POC: **HAWC** Phone: **777-1215**
Length: **1 hour** Frequency: **Upon Request**

In this session participants will learn the symptoms of depression, how depression affects the family, strategies for recovery and relapse prevention, and coping skills to respond to a depressed person.

DEALING WITH DIFFICULT SITUATIONS

Available to: **Civilians & Team Hill**

POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**

This seminar addresses how different behavioral styles can cause friction among coworkers or with external customers, and suggests ways to assess where participants have control and what the choices are when communicating with others. This can be a helpful seminar for supervisors since the skills they model have an impact on their employees.

DEPRESSION

Available to: **Civilians & Team Hill**

POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**

What it is and how to help. The primary focus of this seminar is to educate participants about the warning signs and dangers of depression and how it can be treated.

LONELINESS FROM LOSS

Available to: **Civilians & Team Hill**

POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**

Changes, both positive and negative, can create a sense of loss. This seminar reviews the grieving process that can be experienced with loss.

STRESS MANAGEMENT BUILDING RESILIENCY/ STRESS MANAGEMENT A BRIEF REVIEW/

STRESS MANAGEMENT PRACTICAL TOOLS FOR STRESS MANAGEMENT

Available to: **Civilians & Team Hill**

POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**

These presentations identify ways to develop resiliency to stressors, discuss why stress management is essential, and offer techniques and practical methods

RESILIENCY

Available to: **Team Hill**

POC: **Resiliency Element** Phone: **777-7909**
Length: **Tailored to your needs** Frequency: **Upon request**

The Mental Health Clinic Resiliency Element offers classes/briefings upon request. Resiliency topics that may be requested in the area of mental health include: Healthy Sleep, Coping with Stress/Changes, Communication, Depression, Anxiety, Suicide Prevention, TSR (Traumatic Stress Response), Grief and general Resiliency.

STRESS DURING THE HOLIDAYS

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**

This presentation addresses both normal holiday stressors and those that are specific to the military lifestyle and offers effective coping mechanisms to decrease stress and enjoy the holidays.

STRESS MANAGEMENT

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**

The presentation defines stress and its effects; helps participants recognize signs and symptoms in themselves and eventually teaches stress management strategies for limiting the negative effects of stress.

to use in situations that cause stress. NOTE: There is overlapping information in these presentations, so please contact one of our consultants to ascertain which one is best suited for your agency.

SUICIDE AWARENESS

Available to: **Civilians & Team Hill**
POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**
This presentation acquaints participants with statistics about suicide and identifies risk factors and suicide prevention resources.

UPS AND DOWNS OF THE HOLIDAY SEASON

Available to: **Civilians & Team Hill**
POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**
During the holiday, expectations about the “way it should be” and reality often collide. This seminar explores how to cope with the pressures of the holiday season and offers strategies to reduce stress.

STAYING POSITIVE AND MOTIVATED

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**
This presentation explores the many challenges of the military lifestyle and offers coping skills for maintaining high performance and a positive outlook.

TIME MANAGEMENT STRATEGIES & HELPFUL TIPS

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**
This presentation provides effective methods for prioritizing, organizing and managing all areas of time management – family, workplace and children.

HEALTH

WELLNESS CLASSES

Available to **Team Hill**
POC: **CHPS (Civilian Health Promotion Services)**
Phone: **586-9586**
Length: **1 Hr** Frequency: **Upon Request**
We offer educational wellness classes available to your group. We can bring this service to your building for

your monthly staff meeting, commander’s calls, lunch and learns, wingman activities, etc. We have several topics available to fit the needs of your group. We can also identify the needs of your group by using data from AFMC wellness website. Contact us today to schedule a wellness class near you!

RELATIONSHIP AND FAMILY CONNECTIONS

THE ART OF PARENTING

Available to: **Team Hill**
POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Quarterly**
Parents of children of all ages can learn practical tips for setting and enforcing limits, communicating with kids, identifying when children need professional help, and other essential elements of effective parenting.

DOMESTIC VIOLENCE

Available to: **Civilians & Team Hill**
POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**
The primary focus of this seminar is to increase participant’s awareness of domestic violence, including the complex factors that keep victims in abusive relationships and to discuss ways to address the problem.

LIFE SKILLS

BUILDING RESILIENCY

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**
The presentation will teach you the characteristics of resilient people as well as methods for becoming more resilient. Participants will learn how to cope and maintain a sense of stability in the midst of change and loss.

DEALING WITH DIFFERENCES

Available to: **Civilians & Team Hill**
POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**
This presentation heightens awareness of the impact of difference: helps participants distinguish between categorizing and stereotyping; and offers tips to address dealing with differences in the workplace.

BUILDING HEALTHY MARRIAGES

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**
This presentation focuses on the keys to building a healthy marriage: mutual trust, respect and communication.

ELDER CARE

Available to: **Civilians & Team Hill**
POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**
Caring for an aging loved one presents difficult challenges. The primary focus of this seminar is to raise awareness about elder care and care giving resources, and to offer practical tips and insight.

CONFLICT RESOLUTION

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**
This presentation addresses understanding conflict, types of conflict in the workplace, conflict styles, ways we respond to conflict, conflict in the workplace, communication guidelines and how to resolve conflict.

LIFE IN BALANCE - RELAXATION & STRESS RELIEF

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**
Competing demands will be identified, and stress management strategies (stress reduction and relaxation skills) will contribute to an understanding of how to achieve improved work/life balance.

CREATING A HEALTHY MARRIAGE

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**
This presentation discusses the myths and examines the stages of marriage and addresses the behaviors that lead to and intensify marital conflict. It teaches keys to creating and maintaining a healthy marriage.

FACING THE CHALLENGES OF DIVORCE

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**
Living through a divorce is a tremendous challenge that affects all facets of life. Facing Challenges of Divorce addresses the causes and the realities of divorce, how to forgive and how to help children work through the challenges so everyone can move on positively.

DEALING WITH CONFLICT

Available to: **Civilians & Team Hill**
POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**
This presentation offers general information about the sources and symptoms of conflict so that participants may identify their own conflict management style and learn practical ways to navigate conflict.

SELF-ESTEEM - A MAJOR BUILDING BLOCK OF CONFIDENCE

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**
This presentation will examine the importance of self-esteem, characteristics of both low and high self-esteem and important exercises to build high self-esteem.

HEALTHY RELATIONSHIP SKILLS FOR SINGLES

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**

Does it seem easy to find people to date but impossible to find a good match? This presentation will help you to clarify what you are really looking for in a relationship and help you to become aware of your own personal pitfalls in choosing the wrong people.

PRINCIPLES FOR HEALTHY RELATIONSHIPS & MARRIAGES

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**

This presentation looks at the origins of our own attitudes towards relationships and then talks about the healthy components of marriages and intimate relationships and how to develop the tools needed to create and maintain a healthy marriage.

RESILIENCY

Available to: **Team Hill**

POC: **Resiliency Element** Phone: **777-7909**
Length: **Tailored to your needs**
Frequency: **Upon request**

The Mental Health Clinic Resiliency Element offers classes/briefings upon request. Resiliency topics that may be requested regarding relationships and family connections include: Family Advocacy Program Overview, Your Relationship with Technology, Child Abuse Prevention Month Awareness, Domestic Violence Awareness Month, Communication, Stress Management, Genuine Forgiveness, Sound Marital House, "The Five Love Languages", How to Avoid Falling for a Jerk or Jerkette, and deployment cycle briefings to include talking with spouses about reunion expectations.

SUPPORTING CHILDREN OF DIVORCE - ACTIVITIES BASED PROGRAM FOR CHILDREN AGES 3-5

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**

Curriculum, activities and handouts to guide young children through the emotional challenges and many changes of divorce.

SUPPORTING CHILDREN OF DIVORCE - ACTIVITIES BASED PROGRAM FOR SCHOOL AGED CHILDREN AGES

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**

A six-session curriculum that includes activities and handouts to guide school-aged children through the emotional challenges and many changes of divorce.

SUPPORTING CHILDREN OF DIVORCE - ACTIVITIES BASED PROGRAM FOR PRETEEN CHILDREN AGES 10-12

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**

A six-session curriculum with activities and handouts to guide preteen children through the emotional challenges and many changes of divorce.

THE THREE "C'S" OF COMMUNICATION

POC: **A&FRC** Phone: **777-4681**
Length: **1 hr** Frequency: **Upon Request**

This presentation will elaborate on the three "C's" of communication: to communicate, to collaborate and to commit. Participants will also learn about the different aspects of verbal and nonverbal communication.

SUBSTANCE ABUSE FOR EMPLOYEES

Available to: **Civilians & Team Hill**

POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**

This presentation offers an overview of the general nature of substance abuse by reviewing statistics, common substances, and their health effects, symptoms and intervention.

SUBSTANCE ABUSE

Available to: **Supervisors of Civilian Employees**

POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**

The primary focus of this seminar is to help participants understand the warning signs of substance abuse and recognize their role as supervisors when helping an employee with a substance abuse problem.

SPIRITUAL

SPIRITUAL PREVENTION ROUNDTABLE

Available to: **Scheduled Active Duty**

POC: **HC** Phone: **777-2106**
Length: **45 minutes** Frequency: **Weekly**

Coordinated with squadron first sergeants, this program is designed to promote a culture of suicide care and prevention among Airmen by de-stigmatizing mental health issues and engendering a sense of responsibility for the well-being of our fellow wingmen.

SUBSTANCE USE

DRUGS AND ALCOHOL ABUSE

Available to: **Civilians & Team Hill**

POC: **FOH EAP** Phone: **586-6875**
Length: **One Hour** Frequency: **Upon Request**

Drug and alcohol abuse affect not only the abuser, but also family members and coworkers and the abuser's performance on the job. This presentation helps participants recognize general warning signs of substance abuse, including behaviors that may contribute to another's substance abuse problem.

RESILIENCY

Available to: **Team Hill**

POC: **Resiliency Element** Phone: **777-7909**
Length: **Tailored to your needs**
Frequency: **Upon request**

The Mental Health Clinic Resiliency Element offers classes/briefings upon request. Resiliency topics that may be requested for substance use include: Responsible Drinking, How NOT to get a DUI, and Recognizing Alcohol Problems in Yourself and Others.