



FAMILY ADVOCACY PROGRAM

1. Domestic Violence and Child Abuse Prevention

The primary focus of the Family Advocacy Program is to prevent spouse and child abuse. To carry out this goal FAP provides education, information and support to help build strong military Families. This includes parenting classes as well as stress and anger management classes to help build the skills necessary to create resilient families. FAP also provides abuse education and awareness programs to the Fort Monmouth community.

2. New Parent Support Program

Parent education for children 0-5 years of age including, infant care, child development, breastfeeding tips, health counseling and referral for expectant and new programs, play group and informal support groups.

3. Parenting Education Program

Parenting classes are presented on subjects such as communication, discipline and parenting teenagers. Individual sessions are also available for parents.

4. Stress & Anger Management

Stress classes are presented at ACS to educate participants on ways to identify stressors, symptoms of stress and ways to manage stress.

Anger is a real emotion that can become out of control. Anger Management Classes are to help participants manage anger effectively.

These classes are given bi-monthly at ACS or can be scheduled as needed.